

# Community Services

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### Look for the Leaves!

They designate SeniorLine or another program of LIFE Senior Services.

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# ABUSE INFORMATION and REPORTING

Specifically elder, vulnerable adult or domestic abuse.  
In case of an emergency, call 911.

## Adult Protective Services

Department of Human Services  
(800) 522-3511 toll-free  
[www.okdhs.org](http://www.okdhs.org)

Offers emergency service referral for adults age 18 or older; investigates suspected abuse, neglect, exploitation or self-neglect. Service is provided in the least restrictive manner to people in life-threatening situations.

## Locations

### Creek County

(918) 746-3300 • (800) 572-6834 toll-free • Fax (918) 746-3397

### Okmulgee County

(918) 752-2000 • (800) 884-1582 toll-free • Fax (918) 752-2090

### Osage County

(918) 287-5800 • (800) 884-1573 toll-free • Fax (918) 287-5914

### Pawnee County

(918) 762-3606 • (800) 270-0786 toll-free • Fax (918) 762-3476

### Rogers County

(918) 283-8300 • (800) 270-0804 toll-free • Fax (918) 283-8445

### Tulsa County

(918) 430-2300 • (800) 734-7509 toll-free • Fax (918) 428-5613

### Wagoner County

(918) 614-5000 • (800) 734-7518 toll-free • Fax (918) 614-5128

### Washington County

(918) 338-5700 • (800) 734-7512 toll-free • Fax (918) 338-5777

## Ann Patterson Dooley Family Safety Center

3010 S. Harvard Ave., Ste. 200 • Tulsa, OK 74114  
(918) 742-7480 • Fax (918) 742-2870

[www.cityoftulsa.org/publicsafety/FSC](http://www.cityoftulsa.org/publicsafety/FSC) • [info@fsc-tulsa.org](mailto:info@fsc-tulsa.org)

Offers legal and social services for victims of domestic violence. On-site representatives from police department and district attorney's office assist with emergency protective orders and reports. Hours 9 a.m. to 5 p.m. Monday through Friday. Emergency protective orders are filed between 9 a.m. and 12:30 p.m. The emergency protective order hearing takes place at 2:30 p.m. English and Spanish-speaking staff.

## Attorney General's Fraud Control Unit

440 S. Houston Ave., Ste. 505 • Tulsa, OK 74127  
(918) 581-2885 • (405) 521-4274 • Fax (405) 528-1867  
[www.oag.state.ok.us](http://www.oag.state.ok.us)

Investigates and prosecutes crimes of physical abuse, neglect and financial exploitation of Medicaid clients.

## Call Rape, Inc.

4300 S. Harvard Ave., Ste. 100 • Tulsa, OK 74135  
24-Hour Crisis Line: (918) 7HELPME (743-5763)  
(918) 585-3163 • Fax (918) 584-1835  
[www.dvis.org](http://www.dvis.org) • [info@dvis.org](mailto:info@dvis.org)

Offers counseling for victims of sexual assault and their families, prevention, education, support groups and telephone crisis line.

## CSD of Oklahoma (Communication Service for the Deaf)

Toll-free: TTY/(888) 252-1017 • TTY/Voice (800) 717-1958  
Videophone CSDTULSA.TV • Fax (605) 367-5958  
(Monday through Friday, 8:30 a.m. to 5 p.m.)  
[www.c-s-d.org](http://www.c-s-d.org) • [csdoklahoma@c-s-d.org](mailto:csdoklahoma@c-s-d.org)

Connects domestic violence and sexual assault victims who are deaf or hard-of-hearing to needed help and resources. See complete listing at HEARING and SPEECH SERVICES, page 179.

## Domestic Violence Intervention Services, Inc. (DVIS)

4300 S. Harvard Ave., Ste. 100 • Tulsa, OK 74135  
24-Hour Crisis Line: (918) 7HELPME (743-5763)  
(918) 585-3163 • Fax (918) 584-1835  
[www.dvis.org](http://www.dvis.org) • [info@dvis.org](mailto:info@dvis.org)

Services include crisis line; advocacy; support and education, including outpatient counseling (group and/or individual) for survivors and perpetrators of domestic violence; assistance with filing protective orders; crisis shelter; transitional housing and supportive services for families that are homeless due to domestic violence. No eligible person denied service. Additional locations in Broken Arrow, Sapulpa and Tulsa.

## Federal Bureau of Investigation

3301 W. Memorial Rd. • Oklahoma City, OK 73099  
(405) 290-7770 • Fax (405) 290-3885  
[www.oklahomacity.fbi.gov](http://www.oklahomacity.fbi.gov)

Investigates Internet-based abuse or fraud.

## National Domestic Violence Hotline

P.O. Box 161810 • Austin, TX 78716  
(800) 799-7233 toll-free  
[www.ndvh.org](http://www.ndvh.org)

The National Domestic Violence Hotline provides crisis intervention, information about domestic violence, and referrals to local service providers and victims of domestic violence.

## OK VINE: Oklahoma's Criminal Tracking and Victim Notification System

Provided by the Oklahoma Attorney General  
(877) 654-8463 toll-free  
[www.vinelink.com](http://www.vinelink.com)

Victims of crime may register to be notified of the release of offenders from county detention facilities, county jails and the Oklahoma Department of Corrections.

## Osage Nation Adult Protective Services

255 Senior Dr. • Pawhuska, OK 74056  
(918) 287-5335 • (800) 460-4615 toll-free  
[www.osagetribe.com](http://www.osagetribe.com)

Investigates abuse claims involving Native American adults within tribal jurisdiction.

## Pawnee Nation Violence Against Women Program

400 Agency Road • Pawnee, OK 74058  
Phone (918) 762-3621 option # 2 • Fax (918) 762-6453  
Advocate's cell phone (918) 399-3310  
Toll-free 24-hour helpline (800) 624-3020

The program will assist anyone in Pawnee County who needs help with a situation of domestic violence or sexual assault. Services include crisis intervention; danger assessment and safety planning; advocacy; support and education. Advocacy and assistance are available for legal issues.

**Safe Net Services, Inc.**

2235 N. Hwy. 88 • Claremore, OK 74017  
 Mail: P.O. Box 446 • Claremore, OK 74018  
 24-Hour Crisis Line: (918) 341-9400 • (888) 372-9400 toll-free  
 Rogers County Office: (918) 341-1424  
 Protective Orders: (918) 341-0912 • Fax (918) 341-1471  
 Mayes County Protective Orders: (918) 825-0190  
[www.ocadvs.org](http://www.ocadvs.org)  
 Offers domestic violence services for Rogers and Mayes Counties, including abuse shelter, free victim counseling, and a batterer treatment program with supervised visits and exchanges.

**Safeline**

24-Hour Help Line: (800) 522-7233 toll-free  
 Safeline is the Department of Mental Health's 24-hour toll-free help line. Offers information about domestic violence and sexual assault. Callers are referred to crisis intervention and shelter services; offered information on filing a victim protective order, and educated about their rights. Calls are free and confidential.

**Tulsa County District Attorney**

500 S. Denver Ave., Ste. 900 • Tulsa, OK 74103  
 (918) 596-4805 • Fax (918) 596-4830  
[www.tulsacounty.org](http://www.tulsacounty.org) • [www.da.tulsacounty.org](http://www.da.tulsacounty.org)  
 Investigates and prosecutes complaints of abuse.

## ADULT DAY SERVICES

See complete listings at ADULT DAY SERVICES, page 114.



**LIFE's Adult Day Services**  
 LIFE Senior Services

See Our Ad On Pages 91, 115, 145

**Locations:**

5950 E. 31st St. • Tulsa • (918) 664-9000, Ext. 224  
 902 E. Pine St. • Tulsa • (918) 664-9000, Ext. 448  
 3106 S. Juniper Ave. • Broken Arrow • (918) 664-9000, Ext. 324  
 (918) 664-9000 • Fax (918) 664-9922  
[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)  
 Mailing Address: 5950 E. 31st St. • Tulsa, OK 74135

**DayBreak Adult Day Services**

1223 Swan Dr. • Bartlesville, OK 74006  
 (918) 336-8500 • Fax (918) 336-8519  
[www.abouteldercare.org](http://www.abouteldercare.org)

**Department of Human Services**

[www.okdhs.org](http://www.okdhs.org)  
 Provides financial assistance for seniors and adults with disabilities to attend adult day services. Financial guidelines apply. Contact local DHS office to apply (see listing of offices on page 187) or speak with the adult day services provider.

**Gatesway Adult Day Center**

1217 E. College St. • Broken Arrow, OK 74012  
 (918) 259-1422 • [www.gatesway.org](http://www.gatesway.org)  
 For adults with developmental disabilities.

**Life Adult Day Center**

411 W. Matthews Ave. • Stillwater, OK 74075  
 (405) 377-0978 • Fax (405) 372-7726 • [www.lifecenterads.org](http://www.lifecenterads.org)

**OASIS Adult Day Services**

3817 S. Lewis Ave. • Tulsa, OK 74105  
 (918) 749-6969 • Fax (918) 749-6961 • [www.oasisads.org](http://www.oasisads.org)  
*Additional Location:*  
 410 E. Lee • Sapulpa, OK 74066  
 (918) 224-0410 • Fax (918) 224-0410

**Rogers County Adult Day Care**

2680 N. Hwy. 88 • Claremore, OK 74017  
 (918) 341-7588 • Fax (918) 341-4055

**Veterans Administration**

Jack C. Montgomery VA Medical Center  
 1011 Honor Heights Dr. • Muskogee, OK 74401  
 (918) 781-7600 • (800) 827-1000 toll-free • Fax (918) 781-7654  
 Provides financial assistance for eligible veterans to attend adult day services. See listing in VETERANS SERVICES, page 208.

## ADVOCACY

**AARP National Office**

(800) 424-3410 toll-free  
 Oklahoma Information Center  
 126 N. Bryant Ave. • Edmond, OK 73034  
 (405) 632-1945 • (866) 295-7277 toll-free  
 Toll-free Oklahoma Membership Line: (888) 687-2277  
[www.aarp.org/ok](http://www.aarp.org/ok) • [ok@aarp.org](mailto:ok@aarp.org)

**Ability Resources**

823 S. Detroit Ave., Ste. 110 • Tulsa, OK 74120  
 (918) 592-1235 • (800) 722-0886 toll-free • Fax (918) 592-5651  
[www.ability-resources.org](http://www.ability-resources.org) • [mail@ability-resources.org](mailto:mail@ability-resources.org)  
 See complete listing at DISABILITY SERVICES, page 171.

**Gray Panthers**

1612 K St. NW • Ste. 300 • Washington, DC 20006  
 (800) 280-5362 toll-free • Fax (202) 737-1160  
[www.graypanthers.org](http://www.graypanthers.org) • [info@graypanthers.org](mailto:info@graypanthers.org)  
 National advocacy organization concentrating on social and economic issues affecting seniors. Contact the national office for referrals to local chapters, information on issues, links to resources for seniors, and a list of publications.

**National Council on Aging, Inc.**

1901 L St. NW • Fourth Floor • Washington, DC 20036  
 (202) 479-1200 • Fax (202) 479-0735 • TDD (202) 479-6674  
[www.ncoa.org](http://www.ncoa.org) • [info@ncoa.org](mailto:info@ncoa.org)  
 Offers information, training, technical assistance, advocacy and leadership in all aspects of aging services and issues. Includes BenefitsCheckUp ([www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org)), an Internet-based program designed to help people age 55 or older find programs and services that may pay some of the cost of prescription drugs, health care, utilities, and other essential items or services. This program provides information and enrollment assistance for Medicare Part D. For more information, see "The Basics of Medicare" on page 30.

### **National Indian Council on Aging, Inc.**

909 S. Meridian Ave., Ste. 405 • Oklahoma City, OK 73109  
(405) 951-9240 • Fax (405) 951-9232

[www.nicoa.org](http://www.nicoa.org)

Offers services, advocacy and information on aging issues for older American Indians and Alaska Native people.

### **Older Women's League (OWL)**

1828 L St., NW • Ste. 801 • Washington, DC 20036  
(202) 332-2949 • (800) 825-3695 toll-free

[www.owl-national.org](http://www.owl-national.org) • [owlinfo@owl-national.org](mailto:owlinfo@owl-national.org)

National organization that advocates for the concerns of women as they age.

### **Tulsa Area Alliance on Disabilities –**

#### **Community Service Council of Greater Tulsa**

16 E. 16th St. • Tulsa, OK 74119  
(918) 585-5551

[www.csctulsa.org/disabili.htm](http://www.csctulsa.org/disabili.htm)

Offers local leadership and an ongoing structure through which concerned people and organizations may plan and act together at the community level to ensure full participation in all aspects of community life for people who have disabilities.

## **ALZHEIMER'S DISEASE and DEMENTIA SUPPORT**

### **Alzheimer's Association, National Office**

225 N. Michigan Ave., 17th Fl. • Chicago, IL 60601  
24-Hour Hotline: (800) 272-3900 toll-free • Fax (866) 699-1246  
Toll-free TDD (866) 403-3073

[www.alz.org](http://www.alz.org) • [info@alz.org](mailto:info@alz.org)

### **Alzheimer's Association, Oklahoma and Arkansas Chapter**

6465 S. Yale Ave., Ste. 312 • Tulsa, OK 74136  
(918) 481-7741 • (800) 272-3900 toll-free  
Fax (918) 481-7745

[www.alz.org/alzokar](http://www.alz.org/alzokar) • [admin@alzokar.org](mailto:admin@alzokar.org)

Offers information, education, and services for people diagnosed with Alzheimer's disease and their families, including care consultation, support groups, in-home volunteer respite care, community education and information, resource center, telephone help line, caregiver counseling and Safe Return national registry.

### **Alzheimer's Disease Education and Referral Center**

P.O. Box 8250 • Silver Spring, MD 20907  
(800) 438-4380 toll-free • Fax (301) 495-3334

[www.alzheimers.org](http://www.alzheimers.org) • [adear@alzheimers.org](mailto:adear@alzheimers.org)

Offers information about Alzheimer's disease symptoms, treatment and recent research.

### **Lewy Body Dementia Association**

912 Killian Hill Road, S. W. • Liburn, GA 30047  
(800) 539-9767 caregiver helpline • Fax (480) 422-5434

[www.lbda.org](http://www.lbda.org)

LBDA is a national non-profit organization that provides information and support for individuals affected with Lewy body dementias, the second most common type of dementia after Alzheimer's disease.

## **CAREGIVER RESPITE**

For additional respite resources, see ADULT DAY SERVICES, page 114; NURSING FACILITIES, page 96; HOME CARE AGENCIES, page 118; and HOME CARE SERVICES, page 180.

### **ARCH National Respite Network and Resource Center**

800 Eastowne Drive, Suite 105 • Chapel Hill, NC 27514  
(919) 490-4905

[www.archrespite.org](http://www.archrespite.org)

This national resource center provides information on respite care and a respite locator program, technical assistance to state organizations and information.

### **Oklahoma Respite Resource Network (ORRN)**

(800) 426-2747 toll-free

(ORRN) is a collaboration of public and private agencies working to support families and caregivers by increasing the availability of respite care in Oklahoma. ORRN provides a Respite Provider Registry and a Respite Voucher Program.



### **LIFE's Adult Day Services**

See Our Ad On Pages 91, 115, 145

LIFE Senior Services

(918) 664-9000 • Fax (918) 664-9922

[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org) • [ADSinfo@LIFEseniorservices.org](mailto:ADSinfo@LIFEseniorservices.org)

Offers respite to caregivers caring for people who have Alzheimer's disease, cognitive or physical impairments, medical issues, developmental disabilities or who are socially isolated. Financial assistance may be available. Three locations in Tulsa and Broken Arrow. Early, late, and weekend hours. See complete listing at ADULT DAY SERVICES, page 114.

### **Alzheimer's Association, Oklahoma and Arkansas Chapter**

6465 S. Yale Ave., Ste. 312 • Tulsa, OK 74136  
(918) 481-7741 • (800) 272-3900 toll-free

Fax (918) 481-7745

[www.alz.org/alzokar](http://www.alz.org/alzokar) • [admin@alzokar.org](mailto:admin@alzokar.org)

In-home volunteer respite care program. See complete listing at ALZHEIMER'S DISEASE and DEMENTIA SUPPORT, page 164.

### **OASIS (Oklahoma Areawide Services Information System)**

OU Health Sciences Center

P.O. Box 26901 • Oklahoma City, OK 73190

(800) 426-2747 toll-free • Fax (405) 271-6305

<http://oasis.ouhsc.edu> • [oasis@ouhsc.edu](mailto:oasis@ouhsc.edu)

The OASIS Respite Registry provides a listing of respite care providers, most of whom accept private pay. Respite voucher program provides financial assistance to qualifying people to purchase respite services. Available to residents in all Oklahoma counties except Creek, Osage, and Tulsa Counties. See Oxford Healthcare – Community Care Division, page 166, for Creek, Osage, and Tulsa Counties. See complete listing at INFORMATION, ASSISTANCE, and REFERRAL, page 182.





# Independence. Dignity. Quality of Life.

- Adult Day Services
- Caregiver Support
- Case Management
- Senior Centers
- Senior Companion Program
- SeniorLine Information and Assistance
- Senior Health Insurance Counseling Program (SHIP)  
*Sponsored by Oklahoma Insurance Dept.*
- Vintage Housing
- *Vintage Guide to Housing & Services*
- *Vintage Newsmagazine*

*Making life better  
for seniors and their  
families since 1973.*



**(918) 664-9000**

5950 East 31st Street, Tulsa OK

[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)

INDEPENDENCE. DIGNITY. QUALITY OF LIFE.



### **Oxford HealthCare – Community Care Division**

3040 N. Hemlock Cir. • Broken Arrow, OK 74012  
(918) 258-1111 • (800) 316-2222 toll-free • Fax (918) 258-1114  
www.oxford-healthcare.com • info@oxford-healthcare.com

Offers respite services for caregivers caring for people age 60 or older and grandparents raising grandchildren. Includes in-home respite through agency-assigned companion and home health aide respite assistance, short-term adult day services respite, or respite voucher to purchase in-home respite services (provided by an individual other than an agency). Serving residents of Creek, Osage and Tulsa Counties only. Funded by an Older Americans Act grant through the INCOG Area Agency on Aging. Donations accepted. See listing of additional services in HOME CARE SERVICES, page 180.

## **CAREGIVER SUPPORT**

### **Alzheimer's Association, Oklahoma and Arkansas Chapter**

6465 S. Yale Ave., Ste. 312 • Tulsa, OK 74136  
(918) 481-7741 • Fax (918) 481-7745  
24-Hour Helpline: (800) 272-3900 toll-free  
www.alz.org/alzokar • admin@alzokar.org

Offers caregiver education for families in Creek, Osage and Tulsa Counties who are dealing with any type of chronic illness or are grandparents raising grandchildren. Education, counseling, consultation, in-home volunteer respite program and support for caregivers of people with Alzheimer's disease or dementia statewide. 24-hour telephone help line. Funded by an Older Americans Act grant through the INCOG Area Agency on Aging. See complete listing at ALZHEIMER'S DISEASE and DEMENTIA SUPPORT, page 164.



### **Caregiver Support Services at LIFE Senior Services**

5950 E. 31st St. • Tulsa, OK 74135-5114 **See Our Ad On Page 105**  
(918) 664-9000 • Fax (918) 664-9922  
www.LIFEseniorservices.org • info@LIFEseniorservices.org

Offers support and services to family caregivers, including information, referral and assistance; options counseling; case management; adult day services/respite care; caregiver education and classes; support groups; caregiver resource libraries; information on Medicare and Medicaid benefits; and special services for working caregivers.

### **Children of Aging Parents**

P.O. Box 167 • Richboro, PA 18954  
(800) 227-7294 toll-free • www.caps4caregivers.org

Nonprofit organization providing caregivers with information, referrals, and support, and working to heighten public awareness of the importance of maintaining caregiver health.

### **Department of Veterans Affairs**

#### **National Caregiver Support Line**

(855) 260-3274 toll-free  
www.caregiver.va.gov/

The National Caregiver Support Line is open Monday through Friday 8 a.m. to 11 p.m. and Saturday 10:30 a.m. to 6 p.m. Eastern Time. The support line serves as a primary resource/referral center to assist caregivers, veterans and others seeking caregiver information to help in the care of our nation's veterans. VA employees who are licensed clinical social workers will answer the calls to The National Caregiver Support Line.

### **Family Caregiver Alliance/National Center on Caregiving**

180 Montgomery St., Ste. 1100 • San Francisco, CA 94104  
(800) 445-8106 toll-free • Fax (415) 434-3508  
www.caregiver.org • info@caregiver.org

Offers information and resources for caregivers and helps families locate caregiver support and services throughout the nation. Offers free caregiver fact sheets, newsletters, a variety of publications and online support groups.

### **National Alliance for Caregiving**

4720 Montgomery Ln., Fifth Floor • Bethesda, MD 20814  
www.caregiving.org • info@caregiving.org

Coalition of more than 30 national organizations that support caregivers and the professionals who serve them. Conducts research, develops national projects and increases public awareness of caregiving.

### **National Family Caregivers Association**

10400 Connecticut Ave., Ste. 500 • Kensington, MD 20895  
(301) 942-6430 • (800) 896-3650 toll-free • Fax (301) 942-2302  
www.thefamilycaregiver.org • www.nfcares.org  
info@thefamilycaregiver.org

Offers advocacy, support and information for caregivers.

### **Osage Nation Caregiver Program/Title VI**

350 Senior Dr. • Pawhuska, OK 74056  
(918) 287-5454 • (888) 883-3610 toll-free • Fax (918) 287-1165  
www.osagetribe.org

Training for caregivers about services available from the Osage tribe and surrounding area organizations. Offers support groups and counseling.

### **The Caregivers Library**

www.caregiverslibrary.org  
Website offers free information to guide caregivers in support of their care recipients. Checklists available for planning, record keeping, housing, home care, home safety, finances, physical and emotional health.

### **Well Spouse Association**

63 W. Main St., Ste. H • Freehold, NJ 07728  
(732) 577-8899 • (800) 838-0879 toll-free • Fax (732) 577-8644  
www.wellspouse.org • info@wellspouse.org

Offers support for spouses who are caregivers and information about support groups and respite opportunities.

## **CASE MANAGEMENT**

Comprehensive case management, including assessment, planning, implementation, and coordination of services.

### **Ability Resources**

823 S. Detroit Ave., Ste. 110 • Tulsa, OK 74120  
(918) 592-1235 • (800) 722-0886 toll-free • Fax (918) 592-5651  
www.ability-resources.org • mail@ability-resources.org

Offers case management services available through the ADvantage program. See complete listing at DISABILITY SERVICES, page 171.

### **Baptist Village Retirement Communities**

#### **Baptist Home Care Private Services**

1001 Baptist Village Dr., Apt. B8 • Cleveland, OK 74020  
(918) 358-3570 • (866) 732-0388 toll-free • Fax (918) 358-5937  
www.baptistvillage.org  
Offers independent case management.



### Case Management Services at LIFE Senior Services

5950 E. 31st St. • Tulsa, OK 74135-5114 **See Our Ad On Page 132**

(918) 664-9000 • Fax (918) 664-9922

[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org) • [info@LIFEseniorservices.org](mailto:info@LIFEseniorservices.org)

LIFE's Case Management Services help at-risk seniors and adults with disabilities remain safely at home, delaying or avoiding altogether the need for nursing home care. Case management professionals work with the individual and their family to identify areas of need; create and coordinate a personalized plan that matches the person's needs with in-home and community-based care and resources to help them remain safe, healthy, independent, and surrounded by the comforts of home. Includes services and supports for family caregivers.

LIFE provides two types of case management services.

#### ADvantage Case Management Services at LIFE Senior Services

For frail seniors and adults with disabilities who are at-risk for nursing home care and who meet the medical and financial guidelines for Oklahoma's ADvantage program. For more information, see *"Helping Seniors Remain at Home with the ADvantage Program"* on page 42. ADvantage case managers help the individual remain at home by coordinating a variety of in-home and community-based services and informal supports. Services provided by the ADvantage Program may include personal care, homemaker/chore services, in-home nursing care, durable medical equipment, incontinence, ostomy and diabetic supplies, nutritional supplements, respite care, adult day services, and others. LIFE provides ADvantage case management services in Creek, Okmulgee, Osage, Pawnee, Rogers, Tulsa and Wagoner Counties.

#### LIFE's Independent Case Management Services

LIFE's independent case managers help the individual and family navigate the maze of in-home and community-based services and obtain the help they need to remain in their home. Serving the Tulsa metropolitan area.

#### Counseling and Recovery Services of Oklahoma

7010 S. Yale Ave., Ste 215 • Tulsa, OK 74136

(918) 492-2554 • Fax (918) 494-9870

[www.crsok.org](http://www.crsok.org)

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

#### Locations

117 N. Main St. • Sand Springs, OK 74063

(918) 245-5565 • Fax (918) 245 5564

#### Elder Care of Washington and Nowata Counties

1223 Swan Dr. • Bartlesville, OK 74006-5037

(918) 336-8500 • Fax (918) 336-8519

[www.abouteldercare.org](http://www.abouteldercare.org) • [info@abouteldercare.org](mailto:info@abouteldercare.org)

Offers case management services primarily to people age 60 or older through the ADvantage program and private pay. Also provides transportation and homemaker services, medical equipment and air conditioner loan programs.

#### Additional Location

307-A S. Locust St. • Nowata, OK 74048

(918) 273-3190 • Fax (918) 273-0439

#### Eldercare Locator (National)

(800) 677-1116 toll-free • TTD/TTY Dial 711

[www.eldercare.gov](http://www.eldercare.gov)

Offers information about senior resources across the country.

#### Family & Children's Services

650 S. Peoria Ave. • Tulsa, OK 74120

(918) 587-9471 • Fax (918) 587-0419

[www.fcsok.org](http://www.fcsok.org) • [info@fcsok.org](mailto:info@fcsok.org)

Offers comprehensive case management services for Family & Children's Services' mental health clients.

#### National Association of Professional Geriatric Care Managers, Inc.

3275 W. Ina Rd., Ste. 130 • Tucson, AZ 85741

(520) 881-8008 • Fax (520) 325-7925

[www.caremanager.org](http://www.caremanager.org)

Offers referrals to independent case managers throughout the U.S.

#### OU Nursing – Life Stage Solutions

(866) 416-4980 toll-free

[www.oulifestagesolutions.com](http://www.oulifestagesolutions.com)

Provides professional in-home assessment, care coordination, care management and support services. Private fee based.

## Select Life Management

*assessment • solutions • monitoring*

Our care managers will customize a plan to fit your specific needs.

They will be an advocate and facilitator for every aspect of your life.

**We provide unbiased clarity to any situation, empowering families and professionals with their decisions.**

**We provide assessment, oversight, and coordination of services.**

- Safety
- Nutrition
- Cognitive
- Psycho/Social
- Caregiver Support
- Environment
- Financial
- Legal
- Health

9717 E 42nd St.  
Suite 220  
Tulsa, OK 74146

**(918) 935-2020**  
[selectlifemanagement.com](http://selectlifemanagement.com)

**Tulsa Day Center for the Homeless, Inc.**

415 W. Archer St. • Tulsa, OK 74103

(918) 583-5588 • Fax (918) 583-6745

[www.tulsadaycenter.org](http://www.tulsadaycenter.org)

Offers case management to help clients secure benefit information and gain access to services and training programs. Assists with obtaining official documents, IDs and permits. Also helps with basic resources, including bus tokens, long-distance calls and locked storage.

## CHEMICAL and SUBSTANCE ABUSE

For complete listings of treatment options see the Mental and Behavioral Health Section, page 212.

**12 & 12, Inc.**

6333 E. Skelly Dr. • Tulsa, OK 74135

(918) 664-4224 • (800) 680-8979 toll-free • Fax (918) 663-0203

[www.12and12.org](http://www.12and12.org)

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

**Al-Anon Intergroup Service Office**

4867 S. Sheridan Rd., Ste. 705 • Tulsa, OK 74145

(918) 627-9114 • (866) 210-3426 toll-free • Fax (918) 627-5401

[www.tulsa.org/alanon](http://www.tulsa.org/alanon) • [tulsaiso@aol.com](mailto:tulsaiso@aol.com)

Twelve-step support and growth program for people whose lives have been affected by alcoholism. Call for meeting locations, times. Donations accepted.

**Alcoholics Anonymous**

4853 S. Sheridan Rd., Ste. 612 • Tulsa, OK 74145

(918) 627-2224 • Fax (918) 627-2225

[www.aaoklahoma.org](http://www.aaoklahoma.org) • [www.aaneok.org](http://www.aaneok.org) • [necs@aaneok.org](mailto:necs@aaneok.org)

Twelve-step program for people whose lives have been affected by alcohol. Call for meeting locations, times. Donations accepted.

**Bryce House for Homeless Veterans**

1214 S. Baltimore Ave. • Tulsa, OK 74119

(918) 779-7203

See complete listing at VETERANS SECTION, page 208

**Counseling and Recovery Services of Oklahoma**

7010 S. Yale Ave., Ste 215 • Tulsa, OK 74136

(918) 492-2554 • Fax (918) 494-9870

[www.crsok.org](http://www.crsok.org)

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

**Location:**

117 N. Main St. • Sand Springs, OK 74063

(918) 245-5565 • Fax (918) 245 5564

**Department of Veterans Affairs – Behavioral Medicine Clinic**

10159 E. 11th St., Ste. 100 • Tulsa, OK 74128

(918) 610-2000 • Fax (918) 835-5760

Suicide Prevention Line: (800) 273-8255 toll-free

[www.va.gov](http://www.va.gov)

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

**Indian Health Care Resource Center**

550 S. Peoria Ave. • Tulsa, OK 74120

(918) 588-1900 • Fax (918) 582-6405

[www.ihcrc.org](http://www.ihcrc.org) • [info@ihcrc.org](mailto:info@ihcrc.org)

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

**Muscogee (Creek) Nation Behavioral Health and Substance Abuse Services**

32 N. Water St. • Sapulpa, OK 74066

(918) 224-9185 • Fax (918) 224-9211

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

**Narcotics Anonymous**

(918) 747-0017 • (888) 749-0017 toll-free

[www.na.org](http://www.na.org)

Twelve-step program for people whose lives have been affected by drugs. Call for list of area meeting locations, times.

**Parkside Psychiatric Hospital and Clinic –****Chemical Dependency Intensive Outpatient Therapy**

1620 E. 12th St. • Tulsa, OK 74120 • Crisis Line: (918) 588-8888

(918) 582-2131 • Fax (918) 588-8859

[www.parksideinc.org](http://www.parksideinc.org)

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

**Tulsa Center for Behavioral Health – Department of Mental Health and Substance Abuse Services**

2323 S. Harvard Ave. • Tulsa, OK 74114

Crisis Line: (918) 293-2100 • Crisis Fax: (918) 293-2193

(918) 293-2140 • Fax (918) 712-7164

[www.odmhsas.org](http://www.odmhsas.org)

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

**Bill Willis Mental Health Center**

1400 S. Hensley Dr. • Tahlequah, OK 74464

Mail: P.O. Box 558 • Tahlequah, OK 74465

24-Hour Crisis Line: (866) 364-3110 toll-free

(918) 207-3000

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

## CONSUMER INFORMATION

**Better Business Bureau of Tulsa, Inc.**

1722 S. Carson Ave., Ste. 3200 • Tulsa, OK 74119

(918) 492-1266 (24 hours) • Fax (918) 492-1276

[www.tulsabbb.org](http://www.tulsabbb.org) • [info@tulsabbb.org](mailto:info@tulsabbb.org)

Offers reliability reports on businesses and charities; offers consumer business mediation. Complaints must be in writing. Check on a business or file a complaint at the website. Automated phone system will fax complaint forms and provide information on businesses.



**Consumer Protection Unit – Office of the Attorney General**  
313 N.E. 21st St. • Oklahoma City, OK 73105  
(918) 581-2885 • (405) 521-3921 • Fax (405) 528-1867  
[www.oag.state.ok.us](http://www.oag.state.ok.us)

Investigates consumer complaints. Call to request a complaint form or visit the website.

**Crime Commission, Inc.**

2121 S. Columbia Ave., LL8 • Tulsa, OK 74114  
(918) 585-5209 • Fax (918) 585-1015  
[www.crimecomok.org](http://www.crimecomok.org)

Offers programs to prepare older adults to be alert to crimes specific to people age 60 or older, such as fraud, scams, etc. Other programs include: Alert Neighbors, Citizen's Alert Patrol, Crime Stoppers, Gangs Advisory, and educational and youth programs.

**DMA Mail Preference Service**

(212) 768-7277 ext. 1500  
[www.dmachoice.org](http://www.dmachoice.org)

Submit your name, address and telephone number on the on-line form to request removal from telemarketer direct mailing lists. Effective within 90 days of request.

**Do Not Call Registry**

(888) 382-1222 toll-free • (888) 382-1222 toll-free  
(405) 604-4665  
[www.donotcall.gov](http://www.donotcall.gov) • [www.oag.state.ok.us](http://www.oag.state.ok.us)

Call to be listed as someone who doesn't want to receive unsolicited telemarketing calls. Telemarketers are prohibited from contacting people on the list, with some exceptions. Registration is effective for two years. Telemarketers have 30 days to remove consumers' names. List updated quarterly.

*To be removed from mailing lists:*

P.O. Box 9008 • Farmingdale, NY 11735

*To be removed from calling lists:*

P.O. Box 9014 • Farmingdale, NY 11735

**Oklahoma Corporation Commission**

2101 N. Lincoln Blvd. • Oklahoma City, OK 73105  
Mail: P.O. Box 52000 • Oklahoma City, OK 73152  
(405) 521-2211 • (800) 522-8154 toll-free  
[www.occ.state.ok.us](http://www.occ.state.ok.us)  
Tulsa office: 440 S. Houston • Tulsa, OK 74127  
(918) 581-2296

State agency investigates consumer complaints about gas, electric, telephone and water services.

**Oklahoma Insurance Department – Consumer Assistance/  
Claims Division – HMO Complaints**

(800) 522-0071 toll-free  
[www.ok.gov/oid](http://www.ok.gov/oid)

Contact to file an HMO-related complaint or grievance. Complaint form may be downloaded from the website or mailed on request.

**Senior Health Insurance Counseling Program (SHIP) –  
Oklahoma Insurance Department**

Provides accurate and objective information, counseling and assistance relating to Medicare, Medicare supplements, Medicare Advantage, long-term care and other related health coverage plans for Medicare beneficiaries, their representatives or persons soon to be eligible for Medicare.

*Locations:*



Northeastern Oklahoma

**See Our Ad On Page 193**

SHIP at LIFE Senior Services

5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000 • (866) 664-9009 toll free

[SHIP@LIFEseniorservices.org](mailto:SHIP@LIFEseniorservices.org)

State-wide

Five Corporate Plaza

3625 N.W. 56th St., Ste. 100 • Oklahoma City, OK 73112

(800) 763-2828 toll-free • [www.ok.gov/oid](http://www.ok.gov/oid)

## CRISIS INTERVENTION

See also ABUSE INFORMATION and  
REPORTING, page 162.

**2-1-1 Helpline**

Dial 211 or (918) 836-HELP (4357) • Fax (918) 295-7721  
[www.211tulsa.org](http://www.211tulsa.org) • [www.csctulsa.org](http://www.csctulsa.org)

Offers 24-hour crisis intervention, information and referral for Adair, Cherokee, Craig, Creek, Delaware, Mayes, McIntosh, Muskogee, Nowata, Okfuskee, Okmulgee, Osage, Ottawa, Rogers, Sequoyah, Tulsa, Wagoner and Washington Counties.

**Adult Protective Services (APS)**

Department of Human Services

24-Hour Hotline: (800) 522-3511 toll-free

See complete listing at ABUSE INFORMATION and  
REPORTING, page 162.

**Ann Patterson Dooley Family Safety Center**

3010 S. Harvard Ave., Ste. 200 • Tulsa, OK 74114-6124  
(918) 742-7480

[www.cityoftulsa.org/PublicSafety/FSC](http://www.cityoftulsa.org/PublicSafety/FSC) • [info@fsctulsa.org](mailto:info@fsctulsa.org)

See complete listing at ABUSE INFORMATION and  
REPORTING, page 162.

**Call Rape, Inc.**

4300 S. Harvard Ave., Ste. 100 • Tulsa, OK 74135

Crisis Line: (918) 7HELPME (743-5763)

See complete listing at ABUSE INFORMATION and  
REPORTING, page 162.

**Counseling and Recovery Services of Oklahoma**

7010 S. Yale Ave., Ste 215 • Tulsa, OK 74136

(918) 492-2554 • Fax (918) 494-9870

[www.crsok.org](http://www.crsok.org)

See complete listing at MENTAL HEALTH, BEHAVIORAL  
HEALTH and COUNSELING, page 212.

*Location:*

117 N. Main St. • Sand Springs, OK 74063

(918) 245-5565 • Fax (918) 245 5564

**COPEs at Family and Children's Services**

2325 S. Harvard Ave., Ste. 400 • Tulsa, OK 74114

(918) 744-4800 • Fax (918) 749-7777

[www.fcsok.org](http://www.fcsok.org) • [info@fcsok.org](mailto:info@fcsok.org)

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

**Domestic Violence Intervention Service, Inc. (DVIS)**

Crisis Line: (918) 7HELPME (743-5763)

See complete listing at ABUSE INFORMATION and REPORTING, page 162.

**National Suicide Prevention Hotline**

(800) 273-8255 toll-free

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Call for yourself or about someone for whom you care. Call is free and confidential.

**Osage Nation Counseling Center**

518 Leahy Ave. • Pawhuska, OK 74056

Toll-free 24-Hour Crisis Line: (866) 897-4747

(918) 287-5422

Offers crisis intervention, information and referral services for Osage County. Monday through Friday, 8 a.m. to 5 p.m. Closed all national holidays.

**Parkside Psychiatric Hospital and Clinic**

1620 E. 12th St. • Tulsa, OK 74120

24-Hour Crisis Line: (918) 588-8888

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

**Safeline**

24-Hour Help Line: (800) 522-7233 toll-free

Safeline is the Department of Mental Health's 24-hour toll-free phone line, providing information on domestic violence and sexual assault. Callers may receive referral to crisis intervention and shelter services, obtain information on filing a victim protective order, and learn about their rights. All calls are free and confidential.

**Tulsa Center for Behavioral Health – Department of Mental Health and Substance Abuse Services**

2323 S. Harvard Ave. • Tulsa, OK 74114

24-Hour Crisis Line: (918) 293-2100 • [www.odmhsas.org](http://www.odmhsas.org)

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

**Bill Willis Mental Health Center**

1400 S. Hensley Dr. • Tahlequah, OK 74464

Crisis Line: (866) 364-3110 toll-free

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

## DEATH BENEFITS and INFORMATION

**Department of Veterans Affairs – Burial Benefits**

125 S. Main St. • Muskogee, OK 74401-7025

(800) 827-1000 toll-free • [www.va.gov](http://www.va.gov)

Offers limited financial assistance for burial expenses to eligible veterans and spouses.

**Oklahoma State Department of Health –****Tulsa Division of Vital Records**

315 S. Utica Ave. • Tulsa, OK 74104

(918) 594-4840 • Fax (918) 594-4868

[www.health.ok.gov](http://www.health.ok.gov)

Contact for birth certificates (\$15) and death certificates (\$15). Monday through Friday, 8 a.m. to 4 p.m. Must show ID when purchasing certificates. To receive certificate by mail, write to the address listed above or Vital Records Service, 1000 N.E. 10th St., Oklahoma City, OK 73117.

**Osage Nation Burial Assistance Program – Constituent Services**

627 Grandview Ave. • Pawhuska, OK 74056

Mail: P.O. Box 779 • Pawhuska, OK 74056

(918) 287-5555 • Fax (918) 287-5562

[www.osagetribe.com](http://www.osagetribe.com)

Pays up to \$3,500 toward an Osage tribal member's funeral expenses. Must complete an application within 30 days of death.

**Social Security Administration**

4750 S. Garnett Rd. • Tulsa, OK 74146

Tulsa: (866) 931-7106 toll-free • Fax (918) 641-2445

National: (800) 772-1213 toll-free • TTY (800) 325-0778 toll-free

[www.socialsecurity.gov](http://www.socialsecurity.gov)

A lump sum death benefit of \$255 may be paid upon the death of a person insured under the Social Security program. Payment may be made only to a spouse or minor children if they meet certain requirements.

**Tulsa County Social Services**

2401 Charles Page Blvd. • Tulsa, OK 74127

(918) 596-5560 • Fax (918) 596-5568

[www.tulsacounty.org](http://www.tulsacounty.org)

Burial/cremation services. Restricted services provided. Must meet financial guidelines. Must have died in Tulsa County.

## DENTAL CARE

**Catholic Charities – Dental Clinic**

2450 N. Harvard Ave. (at Apache St.) • Tulsa, OK 74115

(918) 949-4673 • Fax (918) 582-2123

[www.catholiccharitiestulsa.org](http://www.catholiccharitiestulsa.org)

[information@catholiccharitiestulsa.org](mailto:information@catholiccharitiestulsa.org)

Free services to people who are unable to afford dental care. Tuesday only.

**D-Dent**

6430 N. Western Ave., Ste. 200 • Oklahoma City, OK 73116

(405) 424-8092 • (800) 522-9510 toll-free

[www.d-dentok.org](http://www.d-dentok.org) • [d-dent@coxinet.net](mailto:d-dent@coxinet.net)

Offers free dental care for people age 60 or over and people who have developmental disabilities. Preventative dental education program. Must meet financial guidelines.

### Eastern Oklahoma Donated Dental Services

3741 S. Peoria Ave. • Tulsa, OK 74105  
(918) 742-5544 • (918) 742-5548 • Fax (918) 742-5545  
www.eodds.org

Offers free, comprehensive dental services to low income individuals who are age 65 or older, or people who have a disability. Must meet financial guidelines. No walk-ins. Applications accepted through mail only.

### Indian Health Care Resource Center

550 S. Peoria Ave. • Tulsa, OK 74120  
(918) 588-1900 • Fax (918) 582-6405  
www.ihcrc.org • info@ihcrc.org

Offers dental services, including cleaning, oral check-ups, education, fillings, sealants, extractions and gum treatment. Must be Native American; CDIB card or other tribal documentation required. SoonerCare, Medicare, Medicaid and insurance accepted. Sliding fee scale.

### Koweta Indian Health Facility

31870 E. State Hwy 51 • Coweta, OK 74429  
(918) 279-3200

Medical, dental, eye care and behavioral health services for Native Americans. Must have CDIB card. Eligibility guidelines apply.

### Morton Comprehensive Health Services – Dental Department

1334 N. Lansing Ave. • Tulsa, OK 74106  
(918) 295-6145 • Fax (918) 295-6101  
www.mortonhealth.org • admin@mortonhealth.org

Offers general dental care. Emergency services for pain and infection available. Morton Health Services patients given preference. JCAHO accredited. Walk-in appointments available Monday, Wednesday, Friday at 8:30 a.m.; Thursday at 9:30 a.m. Sliding fee scale.

### Neighbor for Neighbor, Inc.

505 E. 36th St. N. • Tulsa, OK 74106-1812  
(918) 425-5578, ext. 123 • Fax (918) 428-4951  
www.neighborforneighbor.org

Dental clinic offers limited services to adults who are unable to afford dental care. Services may include cleaning, fillings, restorative care and emergency extractions. Appointment required; call the first Monday of the month at 10 a.m. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 204.

### Sapulpa Indian Health Center

1125 E. Cleveland Ave. • Sapulpa, OK 74066  
(918) 224-9310 • Fax (918) 224-9314  
www.muscogeenation-nsn.gov

Offers dental services, including oral check-ups, instructions, fillings, sealants, extractions and gum treatment. Must be a citizen of a federally-recognized tribe or have a CDIB card. SoonerCare, Medicare, Medicaid and insurance accepted.

### Tulsa Community College Dental Hygiene Program

909 S. Boston Ave. • Tulsa, OK 74119  
(918) 595-7022 • Fax (918) 595-8300

Offers complete dental exams, cleaning, fluoride treatments, x-rays, sealants and oral health education at very low cost. Services performed by TCC dental hygiene program students, closely supervised by a dental hygiene professional. Exam/cleaning/fluoride treatment: \$5. September through April only.

## DISABILITY SERVICES

See also HEARING and SPEECH SERVICES, page 179; VISION SERVICES, page 209; VEHICLE ADAPTIVE DEVICES, page 157.

### Ability Resources

823 S. Detroit Ave., Ste. 110 • Tulsa, OK 74120  
(918) 592-1235 • (800) 722-0886 toll-free • Fax (918) 592-5651  
www.ability-resources.org

Serving people with disabilities who live in Creek, Osage, Rogers, Tulsa and Wagoner Counties. Services include information and referral; professional and peer counseling; independent skills training; travel training; information about rights of people who have disabilities; community outreach, advocacy, and education; assistance finding equipment and assistive devices; nursing home transition program; and ADvantage case management. No eligible person denied service.

### ABLE Tech at Oklahoma State University

1514 W. Hall of Fame • Stillwater, OK 74078  
(405) 744-9748 • (888) 885-5588 toll-free • Fax (405) 744-2487  
Toll-Free Voice/TDD (800) 257-1705  
http://okabletech.okstate.edu

See complete listing at MEDICAL EQUIPMENT and ASSISTIVE TECHNOLOGY, page 188.

## Shortline Restores Smiles with Dentures



Appointment Line  
**(918) 359-0507**

Shortline has over 20 years experience.  
We provide exams, cleanings, fillings,  
crowns, root canals and partials.

**Denture Special**  
**Free Exam & X-ray**  
a \$150 value

1550 N. Lewis Ave.  
(Pine and Lewis)  
**(918) 359-0506**

1671 E. 71st St.  
(71st and Utica)  
**(918) 340-5020**

9908 E. 21st St.  
(21st and Mingo)  
**(918) 384-0099**



**www.shortlinedental.net**  
Medicaid/SoonerCare and other insurance accepted.  
Financing Available  
Care Credit Financial plans



### **The Center for Individuals with Physical Challenges**

815 S. Utica Ave. • Tulsa, OK 74104  
(918) 584-8607 • Fax (918) 584-8646  
www.tulsacenter.org

Offers services and activities for people who have physical disabilities, including adaptive community recreation/leisure classes, community reintegration services and rehabilitative services.

### **CSD of Oklahoma (Communication Service for the Deaf)**

4815 S. Harvard Ave., Ste. 250 • Tulsa, OK 74135  
Toll-free: TTY (888) 252-1017 • TTY/Voice (800) 717-1958  
Videophone CSDTULSA.TV  
Fax (605) 367-5958 (Monday through Friday, 8:30 a.m. to 5 p.m.)  
www.c-s-d.org • csdoklahoma@c-s-d.org

Offers advocacy, education and awareness. Promotes a safe and positive environment for people who are deaf or hard-of-hearing and their communities. Offers technical assistance, qualified interpreters, video interpreting online, Deaf Culture Awareness training, sign language and TTY training to all service providers, the court system, medical providers, legal services and state agencies working with people who are deaf or hard-of-hearing.

### **Department of Human Rights**

City Hall at One Technology Center  
175 E. 2nd St., Ste. 865 • Tulsa, OK 74103  
(918) 596-7818 • Fax (918) 596-7826 • Spanish: (918) 596-7837  
www.cityoftulsa.org

Offers handicapped parking permit applications and information. Permits are issued by the Department of Public Safety.

### **Department of Rehabilitation Services – Vision Services**

444 S. Houston Ave., Ste. 200 • Tulsa, OK 74127  
Voice/TTY/TDD (918) 581-2301 • Fax (918) 583-9210  
Information Line (918) 743-3332 • (800) 829-3255  
*For other DVR offices, schools or facilities,  
call (800) 845-8476 toll-free.*  
www.okrehab.org.

See complete listing at VISION SERVICES, page 209.

### **Department of Rehabilitation Services – Vocational Rehabilitation Services**

444 S. Houston Ave., Ste. 200 • Tulsa, OK 74127-8990  
Voice/TTY/TDD (918) 581-2301 • Fax (918) 583-9210  
www.okrehab.org  
*For other DVR offices, schools or facilities,  
call (800) 845-8476 toll-free.*

Offers services for people who have disabilities, including evaluation, training, job placement, restorative services, counseling and guidance, assistive devices, information and referral. Limited transportation and health care services. Serving people age 16 or older. Some financial guidelines may apply.

#### *Additional Locations*

101 N. Greenwood Ave. • Tulsa, OK 74120-1444  
(918) 581-2301 • Fax (918) 583-9210  
8740 E. 11th St., Ste. F • Tulsa, OK 74112-7957  
(918) 836-5556 • Fax (918) 835-2358

### **Handicapped Parking Permit – Department of Public Safety**

3600 N. Martin Luther King Ave.  
Oklahoma City, OK 73111-4223  
(405) 425-2424  
www.dps.state.ok.us

Call for an application or download the application from the website. The Department of Public Safety requires approximately 10 business days after receipt to process the application.

### **OASIS (Oklahoma Areawide Services Information System)**

OU Health Sciences Center  
P.O. Box 26901 • Oklahoma City, OK 73190  
(800) 426-2747 toll-free • Fax (405) 271-6305  
http://oasis.ouhsc.edu • oasis@ouhsc.edu  
See complete listing at INFORMATION, ASSISTANCE and REFERRAL, page 182.

### **Office of Disability Concerns – Client Assistance Program**

2401 N.W. 23rd St., Ste. 90 • Oklahoma City, OK 73107  
(800) 522-8224 toll-free • Fax (405) 522-6695  
TDD (405) 522-6706  
www.odc.ok.gov  
Offers information and referral to benefits and programs for people who have disabilities, assistance with the Department of Rehabilitation Services appeals process, and problem resolution.

### **Oklahoma Disability Law Center**

Interim Plaza, 2828 E. 51st St., Ste. 302 • Tulsa, OK 74105  
(918) 743-6220 • (800) 226-5883 toll-free • Fax (918) 743-7157  
www.okdlc.org  
See complete listing at LEGAL SERVICES, page 184.

### **Oklahoma Highway Patrol**

Contact to receive an application for a handicapped parking permit, issued by the Department of Public Safety.

#### *Locations*

9191 E. Skelly Dr. • Tulsa, OK 74129 • (918) 627-3881  
651 N. 43rd St. • Muskogee, OK 74403 • (918) 683-3256

### **Oklahoma Library for the Blind and Physically Handicapped**

300 N.E. 18th St. • Oklahoma City, OK 73015  
(800) 523-0288 toll-free  
www.library.state.ok.us  
Free services for people who are visually impaired, have a learning disability or have a physical limitation. Necessary equipment provided for books and magazines on tape or in Braille. Subscriptions to over 250 newspapers, including the *Tulsa World*, *Daily Oklahoman*, *The New York Times* and *USA Today* are available. Free postage through the U.S. Postal Service.

### **Social Security Disability**

Social Security Administration  
4750 S. Garnett Rd. • Tulsa, OK 74146  
Tulsa: (866) 931-7106 toll-free • Fax (918) 641-2445  
National: (800) 772-1213 toll-free  
TTY (800) 325-0778 toll-free  
www.socialsecurity.gov  
See complete listing at SOCIAL SECURITY INFORMATION, page 200.

### **TARC (Tulsa Advocates for the Rights of Citizens with Developmental Disabilities)**

2516 E. 71st St., Ste. A • Tulsa, OK 74136  
(918) 582-8272 • (800) 688-8272 toll-free • Fax (918) 582-3628  
www.ddadvocacy.net • tarc@ddadvocacy.net

A network of programs advocating for the rights of citizens who have developmental disabilities and their families. Committed to ensuring a high quality of life through education, empowerment, support and advocacy. Programs include family support, self-advocacy, the ARC Corps and OK-AIM volunteer programs and support groups.

### **Tulsa City-County Library Outreach Services**

400 Civic Center • Tulsa, OK 74103  
(918) 549-7480  
www.tulsalibrary.org • os@tulsalibrary.org

An outreach service for people who have visual or physical disabilities. Offers book delivery and books by mail to homebound readers and residents of nursing homes and retirement facilities.

## **DRIVING ASSESSMENTS and RESOURCES**

See also GERIATRIC SPECIALISTS and ASSESSMENT on page 175.

### **AARP Driver Safety Program**

(888) 227-7669 toll-free  
www.aarp.org/drive • drive@aarp.org

Driver education program for people age 50 or older. Completion may entitle participants to a reduction in auto insurance premiums. Topics include defensive driving techniques, new traffic laws, and rules of the road. No tests.

### **Department of Public Safety**

P.O. Box 11415 – Oklahoma City, OK 73136  
(405) 425-2424

Call to report an unsafe driver who is having difficulty related to vision loss, memory loss or other medical condition. DPS will investigate the situation. Results can include retesting and/or cancellation of driver's license.

### **Driving Evaluation Program at Saint Francis Hospital at Broken Arrow**

2950 S. Elm Pl. • Broken Arrow, OK 74012  
(918) 451-5149 • Fax (918) 451-5287  
www.saintfrancis.com

Evaluates strength and range of motion, coordination, vision, visual perception, cognition, and in-vehicle activities. Offers recommendations for adaptive devices and referrals for on-road assessment. Approximately two hours. \$200 one-time fee.

### **Kaiser Rehabilitation Center**

1125 S. Trenton Ave. • Tulsa, OK 74120  
(918) 579-7100 • Fax (918) 579-7110

Using a driving simulator, an occupational therapist measures reaction speed and five other driving components while identifying specific limitations that may impair driving performance. \$221 fee not covered by most insurance. Doctor's order required with diagnosis.

### **Oklahoma Safety Council Defensive Driving Course**

9810 E. 42nd St., Ste. 207 • Tulsa, OK 74146  
(Techridge Office Park, Southeast of 41st St. and Mingo Rd.)  
(918) 622-4771 • (866) 622-4771 toll-free  
www.oksafety.org/defensivedriving.php

First and third Saturday of each month, 8 a.m. to 3 p.m. (except holiday weekends). Cost is \$50, payable by cash or money order. You will learn to recognize the need for and benefits of defensive driving, and that defensive driving involves both legal and personal responsibilities. You will learn to identify risky driving attitudes and behaviors, determine if a collision was preventable, and become familiar with the DDC Collision Prevention Formula.

## **EMPLOYMENT**

### **AARP Foundation Work Search of Tulsa**

4823 S. Sheridan Rd., Rm. 304 • Tulsa, OK 74145  
(918) 621-4480 • Fax (918) 622-2690  
www.aarp.org • sctulsaok@aol.com

Helps people age 55 or older in Creek and Tulsa Counties obtain employment. Services include eligibility assessment, work placement services and short-term paid community service arrangements at nonprofit or public agencies with the goal of obtaining a permanent job. Monday through Friday, 8 a.m. to 4 p.m.

### **Department of Rehabilitation Services – Vocational Rehabilitation Services**

444 S. Houston Ave., Ste. 200 • Tulsa, OK 74127-8990  
Voice/TTY/TDD (918) 581-2301 • Fax (918) 583-9210  
www.okrehab.org.

*For other DVR offices, schools or facilities call (800) 845-8476 toll-free.*

Helps people who have disabilities obtain employment. Services may include vocational evaluation guidance and counseling, job placement, college or vocational training, information, etc.

#### *Additional Locations*

101 N. Greenwood Ave. • Tulsa, OK 74120-1444  
(918) 581-2301 • Fax (918) 583-9210

8740 E. 11th St., Ste. F • Tulsa, OK 74112-7957  
(918) 836-5556 • Fax (918) 835-2358

### **Employment Resources, Inc.**

6202 S. Lewis Ave., Ste. D • Tulsa, OK 74136  
(918) 744-6202 • Fax (918) 744-6261  
www.employmentresources.org • eritulsa@employmentresources.org

Employment opportunities for people who have disabilities or mental illnesses, including eligibility assessment, career counseling and guidance, vocational and other training services, work placement services, and post-employment services to maintain or regain suitable employment.

### **Metropolitan Tulsa Urban League, Inc.**

240 E. Apache St. • Tulsa, OK 74106  
(918) 584-0001 • Fax (918) 584-0569  
www.mtul.org

Job matching service for area employers who seek qualified employees. Also offers counseling and assessments.

**National Indian Council on Aging, Inc.**

909 S. Meridian Ave., Ste. 405 • Oklahoma City, OK 73109  
(405) 951-9240 • Fax (405) 951-9232

[www.nicoa.org](http://www.nicoa.org)

Senior Community Service Employment Program (SCSEP) offers low-income people age 55 or older the opportunity to enhance current skills, learn additional skills and move into private or public sector employment while providing community services to nonprofit or public agencies. Financial guidelines apply.

**Senior Job Bank**

P.O. Box 30064 • Savannah, GA 31410

[www.seniorjobbank.org](http://www.seniorjobbank.org)

Senior Job Bank is an online resource that provides free job information and resources for members. Contact the Job Bank to find listings for occasional, part-time, flexible, temporary or full-time jobs for older people.

**Single Parent/Displaced Homemaker Program at Tulsa Technology Center**

3420 S. Memorial Dr. • Tulsa, OK 74145

Mail: P.O. Box 477200 • Tulsa, OK 74147

(918) 828-5156 • Fax (918) 828-5269

[www.tulsatech.org/displaced](http://www.tulsatech.org/displaced)

Offers vocational and personal counseling and training for people suffering loss of support through divorce, separation, death or disability of a spouse. The course is an all year program, for all ages. For full-time students the school will pay 25% of the tuition.

**Tulsa Works – Goodwill Industries of Tulsa**

2800 Southwest Blvd. • Tulsa, OK 74107

(918) 584-7291

[www.goodwilltulsa.org](http://www.goodwilltulsa.org)

Career preparation and employment linked with family support assistance.

**Workforce Oklahoma**

[www.workforceok.org](http://www.workforceok.org)

Offers testing, assessment, skills training and job placement for economically disadvantaged adults, recipients of state aid and dislocated workers.

**Locations**

Claremore • 1810 N. Sioux Ave. (74017)

(918) 341-6633 • Fax (918) 341-7723

Muskogee • 717 S. 32nd St. (74401)

(918) 682-3364 • Fax (918) 682-4311

Okmulgee • 1801 E. 4th (74447)

(918) 756-5791 • Fax (918) 756-0937

Sand Springs • 401 E. Broadway St., Ste. B1 (74063)

(918) 245-9544 • Fax (918) 245-9566

Sapulpa • 1700 S. Main St. (74066)

(918) 224-9430 • Fax (918) 227-2859

Tulsa • 14002 E. 21st St., Ste. 1030 (74134)

(918) 796-1200 • Fax (918) 796-1313

Tulsa • 6128 E. 38th St., Ste. 405 (74135)

(918) 384-2300 • Fax (918) 384-2310

**YWCA Women's Resource Center**

1503 S. Denver Ave. • Tulsa, OK 74119

(918) 588-9393 • Fax (918) 588-9394

[www.ywcaoftulsa.org](http://www.ywcaoftulsa.org) • [info@ywcaoftulsa.org](mailto:info@ywcaoftulsa.org)

Career assessment, counseling, and workshops.

## FINANCIAL INFORMATION and REFERRAL

See also URGENT and BASIC NEEDS, page 204.

**Consumer Credit Counseling Service of Oklahoma, Inc.**

(918) 744-5611 • (800) 324-5611 toll-free outside Tulsa

[www.cccsofok.org](http://www.cccsofok.org) • [customerservice@ccsofok.org](mailto:customerservice@ccsofok.org)

Services include education and counseling about credit and money management; budgeting, debt management and repayment, housing, including reverse mortgages; bankruptcy pre-filing counseling, and pre-discharge education. Options available for people who are homebound.

**Locations**

Broken Arrow • 317 S. Main St. (74012)

(918) 251-0164 • Fax (918) 251-8302

Claremore • 104 S. Missouri, Ste. 205 (74017)

(918) 343-3313 • Fax (918) 343-2712

Muskogee • 323 W. Broadway St., Ste. 404 (74401)

(918) 683-2778 • Fax (918) 683-5571

Sapulpa • 19 N. Main St. (74066)

(918) 224-8412 • Fax (918) 224-8759

Tulsa • 4646 S. Harvard Ave. (74135)

(918) 744-5611 • Fax (918) 744-0232

**Department of Human Services**

[www.okdhs.org](http://www.okdhs.org)

Programs include Aid to the Aged, Blind and Disabled; ADvantage Program; adult day services; Supplemental Nutrition Assistance Program (SNAP), *formerly Food Stamps*, nursing home care; and QMB, SLMB and QI. See complete listing at MEDICAID INFORMATION, page 186.

**Department of Veterans Affairs**

9322 E. 41st St. • Tulsa, OK 74145

(800) 827-1000 toll-free

[www.va.gov](http://www.va.gov)

See complete listing at VETERANS SERVICES, page 208.

**National Association of Retired and Current Federal Employees**

[www.narfe.org](http://www.narfe.org)

Offers information and advocacy for federal employees and their families; works to protect benefits of current and retired federal employees; and helps surviving spouses gain access to benefits. Three chapters in Tulsa area.

**Reverse Mortgages**

To be eligible for a federally-insured Home Equity Conversion Mortgage (HECM, also known as a reverse mortgage), you must discuss the loan with a counselor employed by a nonprofit or public agency approved by the U.S. Department of Housing and Urban Development (HUD). To find other HUD-approved counseling agencies, call (800) 569-4287 toll-free or search



online at [www.hud.gov/buying/rvrsmort.cfm](http://www.hud.gov/buying/rvrsmort.cfm). To order a copy of *Reverse Mortgage Lending: Borrowing Against Your Home* by AARP, call (800) 209-8085 toll-free.

**HUD/FHA Approved Counselors:**

Don Boschee, Don Davis, or John Dessaur at Consumer Credit Counseling Service of Oklahoma • (918) 744-5611

**Social Security Administration**

4750 S. Garnett Rd. • Tulsa, OK 74146  
(800) 772-1213 toll-free • Fax (918) 641-2445  
TTY (800) 325-0778 toll-free  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

See complete listing at SOCIAL SECURITY INFORMATION, page 200.

## GERIATRIC SPECIALISTS and ASSESSMENT

Evaluation and treatment of age-related physical, mental, cognitive and emotional disorders. Inpatient, outpatient and partial hospitalization. Medicare certified.

**Joanne L. Alderman, MSN, RN-BC, APRN, FNGNA**

744 W. 9th St. • Tulsa, OK 74127  
(918) 599-5286 • Fax (918) 631-8513  
Clinical nurse specialist, board-certified in geriatric nursing.

**B. Eric Blackwell, DO**

3316 E. 21st St., Ste. A • Tulsa, OK 74114-1967  
(918) 749-3533 • Fax (918) 749-9789

**John Carment, MD**

OU Physicians – Geriatrics  
4444 E. 41st St. • Tulsa, OK 74135  
(918) 619-4101 • Fax (918) 619-4152  
<http://tulsa.ou.edu/docs>

**Andrew Donnelly, MD**

OU Physicians – Family Medicine  
1111 S. St. Louis Ave. • Tulsa, OK 74120  
(918) 619-4600 • Fax (918) 619-4607  
<http://tulsa.ou.edu/docs>

**David Duncan, MD**

5505 E. 51st St., Ste. 100 • Tulsa, OK 74135  
(918) 494-3768 • Fax (918) 270-1194

**Elder Care of Washington and Nowata Counties**

W.R. Bohon Senior Health Clinic  
1223 Swan Dr. Bartlesville, OK 74006  
(918) 336-8500 • Fax (918) 336-8519  
[www.abouteldercare.org](http://www.abouteldercare.org) • [info@abouteldercare.org](mailto:info@abouteldercare.org)

Geriatric and primary care services provided by Chris Taylor, DO, board-certified geriatrician. Physical therapy center on-site. Monday through Friday, 8 a.m. to 5 p.m. Serving Washington and Nowata Counties.

**Elite Medical Clinic**

**Vishal Aggarwal, MD**

**Pallavi Agarwal, MD**

1725 E. 19th St., Ste. 202 • Tulsa, OK 74104  
(918) 742-4900 • Fax (918) 742-4901

**Michael Foster, MD**

7912 E. 31st Ct. • Tulsa, OK 74145  
(918) 743-8200 • Fax (918) 743-8609

**Ron Gann, DO**

1111 S. St. Louis Ave. • Tulsa, OK 74120  
(918) 376-8454 • Fax (918) 376-8454

**Victoria Gayle, MD**

1011 Honor Heights Dr. • Muskogee, OK 74401  
(918) 683-3261 • Fax (918) 577-3617

**Terence E. Grewe, DO**

3316 E. 21st St., Ste. A • Tulsa, OK 74114-1967  
(918) 749-3533 • Fax (918) 749-9789

**Charles Hill, MD**

OMNI Medical Group - Geriatric Psychiatrist  
1705 E. 19th St., Ste. 304 • Tulsa, OK 74104  
(918) 748-7660

**Insung Kim, MD, FACP**

Warren Clinic • 6160 S. Yale Ave. • Tulsa, OK 74136  
(918) 497-3650

**Sarah Land, D.O.**

1221 E. 33rd St., Ste. 100 • Tulsa, OK 74105  
(918) 645-5400 • Fax (918) 995-2194

**Laureate Psychiatric Hospital and Clinic –**

**Older Adult Services Psychiatrists**

**Jim McAdams, DO, Medical Director**

**Patricia Costner, DO**

**Heather Hall, MD**

6655 S. Yale Ave. • Tulsa, OK 74136  
(918) 502-5000 • Fax (918) 491-5623

[www.laureate.com](http://www.laureate.com)

Serving people age 55 or older with assessment, evaluation, and inpatient and outpatient treatment of mental health issues, including dementia, Alzheimer's disease, bipolar disorders, and depression. JCAHO accredited.

**Jeffery McIlroy, MD, Psychiatrist**

Strength of Mind • 2990 N. Sioux Ave. • Claremore, OK 74017  
(918) 342-2622 • [www.strengthofmind.com](http://www.strengthofmind.com)

**Additional Location**

8937 S. Garnett Rd. • Broken Arrow, OK 74012  
(918) 872-9777

**Robert G. Niebergall, MD**

1129 S. Aspen Ave. • Broken Arrow, OK 74012  
(918) 994-9160

**OU Physicians Internal Medicine and Family Medicine**

Schusterman Center Clinic • 4444 E. 41st St. • Tulsa, OK 74135

(918) 619-4400

<http://tulsa.ou.edu/docs>

Serving frail older adults who have complex medical and social needs. Includes geriatric assessment and cognitive testing for dementia for people age 60 or older. Also available to adults who have disabilities and who are under age 60.

**Senior Care Hospital Unit at Claremore Regional Hospital**

1202 N. Muskogee Pl. • Claremore, OK 74017

(918) 341-9373 • Fax (918) 342-7849

[www.claremorehospital.com](http://www.claremorehospital.com)

Offers a comprehensive, inpatient mental health program for people age 55 or older.

**Senior Outpatient Services at Wagoner Community Hospital**

1200 W. Cherokee • Wagoner, OK 74467

(918) 485-1397 • Fax (918) 485-5519

Serving people age 55 or older with psychiatric assessment, intensive and limited outpatient care, medication management, and groups for depression, anxiety and grief. Transportation available. Sliding fee scale. Service area: 35-mile radius of Wagoner.

**Chandini Sharma, MD**

3315 E. 47th Pl., Ste. 111 • Tulsa, OK 74135

(918) 478-8111

**Christopher A. Taylor, DO**

Elder Care

1223 Swan Dr. • Bartlesville, OK 74006

(918) 336-8500

**Marilyn Taylor, MD**

OU Physicians – Family Medicine

1111 S. St. Louis Ave. • Tulsa, OK 74120

(918) 619-4400 • Fax (918) 619-4607

<http://tulsa.ou.edu/docs>

**John Tipton, MD**

OU Physicians – Family Medicine

1111 S. St. Louis Ave. • Tulsa, OK 74120

(918) 619-4400 • Fax (918) 619-4607

<http://tulsa.ou.edu/docs>

**Julia Warnock, MD**

OU Physicians – Geriatric Psychiatrist

4502 E. 41st St. • Tulsa, OK 74135

(918) 660-3115

**John White, MD**

Parkside Hospital • 1620 E. 12th St. • Tulsa, OK 74120

(918) 582-2131 • Fax (918) 588-8803

[www.parksideinc.org](http://www.parksideinc.org)

**Additional Location**

Community Health Connection

9912 E. 21st St. • Tulsa, OK 74129

(918) 622-0641 • Fax (918) 622-0683

**Kirsten M. Wilkins, MD**

OU Physicians – Psychiatry • 4502 E. 41st St. • Tulsa, OK 74135

(918) 660-3511 • Fax (918) 660-3517

<http://tulsa.ou.edu/docs>

**Gerald Wootan, DO**

715 W. Main St., Ste. S • Jenks, OK 74037

(918) 299-9447 • Fax (918) 299-5325

## GRANDPARENTS RAISING GRANDCHILDREN

**AARP Grandparent Information Center**

601 E. St., N.W. • Washington, DC 20049

(202) 434-2296 • (888) 687-2277 toll-free • Fax (202) 434-6466

[www.aarp.org/family/grandparenting](http://www.aarp.org/family/grandparenting) • [gic@aarp.org](mailto:gic@aarp.org)

**Family & Children's Services**

650 S. Peoria Ave. • Tulsa, OK 74120

(918) 587-9471 • Fax (918) 587-0419

[www.fcsok.org](http://www.fcsok.org) • [info@fcsok.org](mailto:info@fcsok.org)

Offers education programs for grandparents raising grandchildren.

**Grandparents Raising Grandchildren Support Group**

Asbury United Methodist Church

6767 S. Mingo Rd. • Tulsa, OK 74133

(918) 492-1771

Meets first and third Tuesdays, 6:30 to 8:30 p.m. Childcare provided at no charge.

**Oxford HealthCare – Community Care Division**

3040 N. Hemlock Cir. • Broken Arrow, OK 74012

(918) 258-1111 • (800) 316-2222 toll-free • Fax (918) 258-1114

[www.oxford-healthcare.com](http://www.oxford-healthcare.com) • [info@oxford-healthcare.com](mailto:info@oxford-healthcare.com)

Oxford respite vouchers available to help grandparents purchase child care/respite care in Creek, Osage, and Tulsa Counties.

Funded by an Older Americans Act grant through the INCOG Area Agency on Aging. Donations accepted.

## GRIEF RECOVERY

Additional grief related support and services offered by many faith communities, hospices and funeral homes.

**Grace Hospice Foundation**

P.O. Box 35894 • Tulsa, OK 74153

(918) 712-2800

[www.gracehospice.com](http://www.gracehospice.com)

Offers grief related education and support groups.

**Hospice of Green Country** See Our Ad On Page 149

2121 S. Columbia Ave., Ste. 200 • Tulsa, OK 74114

(918) 747-2273 • Fax (918) 747-2573

Offers a variety of grief counseling workshops and presentations and often works with groups or businesses that have been stricken with multiple deaths.

### **Tristesse Healing Hearts Grief Center**

3930 E. 31st St. • Tulsa, OK 74135  
(918) 587-1200 • Fax (918) 587-1205  
www.thegriefcenter.org

Offers individual and group grief support services. Special programs for grieving adults, teens and children to help them discover healthy ways to express grief effectively and develop coping skills to feel supported and less isolated. Sliding fee scale.

## **HEALTH-RELATED ORGANIZATIONS**

### **Alzheimer's Association, Oklahoma and Arkansas Chapter**

See ALZHEIMER'S DISEASE and DEMENTIA SUPPORT, page 164.

### **American Association of Geriatric Psychiatry (AAGP)**

7910 Woodmont Ave., Suite 1050 • Bethesda, MD 20814  
(301) 654-7850 • Fax (301) 654-4137  
www.aagpgpa.org

The AAGP works to improve the mental health and well-being of older people.

### **American Cancer Society**

4110 S. 100th E. Ave., Ste. 101 • Tulsa, OK 74146  
(918) 743-6767 • (888) 376-1725 toll-free • Fax (918) 743-9655  
24-Hour Hotline: (800) 227-2345 toll-free  
www.cancer.org

Offers programs including Cancer Survivor's Network, Guest Room program and nutritional education. *I Can Cope* educational program, *Look Good...Feel Better* class, mileage reimbursement for eligible patients, breast prostheses, *Reach to Recovery*, *Road to Recovery* transportation and the Wig Room.

### **American Diabetes Association**

6600 S. Yale Ave., Ste. 1310 • Tulsa, OK 74136-3346  
(918) 492-3839 • Fax (918) 492-4262  
Information Line: (888) DIABETES (342-2383) toll-free  
www.diabetes.org

Offers programs including the Diabetes Information Action Line; educational materials, literature, and cookbooks; list of physicians and health care providers who specialize in diabetes care; support groups; special programs for minorities.

### **American Heart Association**

2227 E. Skelly Dr. • Tulsa, OK 74105  
(918) 747-8254 • Fax (918) 745-2043  
www.americanheart.org

Offers community education and awareness programs, educational materials, support group referrals, referrals to CPR classes and the PAD (Public Access to Defibrillation) Program. Collaborates with the Mended Hearts support group.

### **American Lung Association**

1010 E. 8th St. • Tulsa, OK 74120  
(918) 747-3441 • Fax (918) 747-4629  
www.oklung.org

Offers adult smoking cessation programs; asthma education and screenings; community education, information, and referrals; support groups; and indoor air quality education.

### **American Parkinson's Disease Association Information and Referral Center**

1125 S. Trenton Ave. • Tulsa, OK 74120  
(918) 747-3747 • (888) 740-3747 toll-free • Fax (918) 579-7110  
www.apdaparkinson.org

Offers educational booklets and videos, and information on Parkinson's disease. Community education, physician referral and support groups.

### **American Red Cross**

10151 E. 11th St. • Tulsa, OK 74128  
(918) 831-1100 • (800) 364-4450 toll-free  
www.tulsaredcross.org

Offers a variety of safety and health education and services, including disaster relief, blood collection and professional education and training.

### **American Society on Aging (ASA)**

71 Stevenson Street, Suite 1450 • San Francisco, CA 94105  
(800) 537-9728 toll-free • Fax (415) 940-0300  
www.asaging.org

ASA is a non-profit organization providing information about medical and social practice, research, and policies pertinent to the health of older people. This organization offers subscriptions to *Generations and Aging Today*, the Society's bi-monthly news magazine.

### **American Stroke Association, National Center**

7272 Greenville Ave. • Dallas, TX 75231  
(888) 4STROKE (7653) toll-free  
www.strokeassociation.org • strokeassociation@heart.org

Offers information, education and referrals for stroke survivors and their families.

### **Arthritis Foundation, Eastern Oklahoma Chapter**

7170 S. Braden Ave., Ste. 170 • Tulsa, OK 74136  
(918) 495-3553 • (800) 400-4526 toll-free • Fax (918) 494-7971  
www.arthritis.org • info.eok@arthritis.org

Offers aquatic and land-based programs that provide group exercise classes under the guidance of Arthritis Foundation-trained and certified instructors, Arthritis Foundation Self-Help programs, support and education groups, professional education and physician referral. Monday through Thursday, 8:30 a.m. to 5 p.m.; Friday, 8:30 a.m. to 3 p.m.

### **Centers for Disease Control and Prevention (CDC)**

1600 Clifton Rd. • Atlanta, GA 30333  
(800) 311-3435 toll-free  
www.cdc.gov

The CDC, part of the Federal Government, is the lead agency for protecting the health and safety of people at home or abroad. The CDC produces fact sheets that help people make informed decisions about their health.

### **CSD of Oklahoma (Communication Service for the Deaf)**

4815 S. Harvard Ave., Ste. 250 • Tulsa, OK 74135  
Toll-free: TTY (888) 252-1017 • TTY/Voice (800) 717-1958  
Videophone CSDTULSA.TV • Fax (605) 367-5958  
(Monday through Friday, 8:30 a.m. to 5 p.m.)  
www.c-s-d.org • csdoklahoma@c-s-d.org

Offers tobacco awareness program that includes education and "Deaf Quit" support groups for people who are deaf or hard-of-hearing.



### **Leukemia and Lymphoma Society**

500 N. Broadway Ave., Ste. 250 • Oklahoma City, OK 73102  
(918) 492-0792 (forwarded to Oklahoma City office at no charge)  
(888) 828-4572 toll-free • Fax (405) 945-8355  
www.leukemia-lymphoma.org

Offers educational programs and support groups. Patient financial assistance with certain out-of-pocket treatment-related expenses for anyone who has a blood-related cancer diagnosis.

### **Lupus Foundation of America, Inc., Oklahoma Chapter**

4100 N. Lincoln Blvd., Rm. 208 • Oklahoma City, OK 73105  
(800) 725-6445 toll-free • (405) 427-8787 • Fax (405) 427-8778  
www.oklupus.com • info@oklupus.com

Offers education and awareness programs, support groups, educational materials and clinical updates for health professionals and for individuals and families affected by lupus.

### **Meso Foundation**

P.O. Box 91840 • Santa Barbara, CA 93190  
(877) 363-6376 • Fax (805) 563-8411  
www.curemeso.org

The Mesothelioma Applied Research Foundation (Meso Foundation) is a non-profit collaboration of patients and families, physicians, advocates and researchers dedicated to eradicating mesothelioma. The website provides information on the disease, treatment, research, volunteer opportunities and educational resources.

### **Muscular Dystrophy Association, Eastern Oklahoma**

3015 E. Skelly Dr., Ste. 221 • Tulsa, OK 74105  
(918) 749-7997 • (800) 572-1717 toll-free (National Office)  
Fax (918) 749-3725  
www.mdaua.org • tula@mdaua.org

Outpatient clinic in Oklahoma City provides diagnostic evaluations, including biopsy, electromyogram, lab tests and x-rays for adults. Call Tulsa office for referral.

### **Myasthenia Gravis Foundation of America, Oklahoma Chapter**

6465 S. Yale Ave., Ste. 623 • Tulsa, OK 74136-7808  
(918) 494-4951 • Fax (918) 494-4951  
www.myasthenia.org • oklahoma@myasthenia.org

Offers educational materials, support groups, referral services and indigent patient assistance.

### **National Association for Continence**

P.O. Box 1019 • Charleston, SC 29402-1019  
(843) 377-0900 • (800) 252-3337 toll-free • Fax (843) 377-0905  
www.nafc.org • memberservices@nafe.org

### **National Cancer Institute – Cancer Information Services**

6116 Executive Blvd., Rm. 3036A • Bethesda, MD 20892-8322  
(800) 422-6237 toll-free • TTY (800) 332-8615 toll-free  
www.cancer.gov

A free public service providing the latest, most accurate information on cancer.

### **National Institute on Aging at National Institutes of Health**

Toll-free: (800) 222-2225 • TTY (800) 222-4225  
Fax (301) 496-1072 • www.nia.nih.gov

Supports research on aging and develops and distributes publications on health-related aging issues.

### **National Kidney Foundation of Oklahoma**

10600 S. Pennsylvania Ave., Ste. 16-144  
Oklahoma City, OK 73170  
(800) 282-0190 toll-free • Fax (816) 221-7984  
www.kidneyok.org

Offers emergency financial assistance to dialysis and transplant patients and their families. Reimbursement program available to assist with medical expenses, including prescription drugs and nutritional supplements. Also provides education and support activities.

### **National Library of Medicine at National Institutes of Health**

(888) 346-3656 toll-free • Fax (301) 402-1384  
www.nlm.nih.gov • www.nlm.nih.gov/medlineplus  
www.clinicaltrials.gov

Offers access to the world's largest medical library on the Internet or through interlibrary loan requests.

### **National Multiple Sclerosis Society, Oklahoma Chapter**

4606 E. 67th St., Bldg. 7, Ste. 103 • Tulsa, OK 74136-4974  
(918) 488-0882 • (800) 344-4867 toll-free (National Chapter)  
Fax (918) 488-0913  
www.nationalmssociety.org/oke • lisa.gray@oke.nmss.org

Offers information, education and referral; lending library; aquatics exercise program; *Moving Forward*, a program for those newly diagnosed; durable medical equipment loan program; support groups.

### **National Osteoporosis Foundation**

1150 17th Street, N.W. Suite 850 • Washington, DC 20036  
(800) 231-4222 toll-free • Fax (202) 223-2237  
www.nof.org

### **National Stroke Association**

9707 E. Easter Ln. • Centennial, CO 80112  
(800) 787-6537 toll-free • Fax (303) 649-1328 • www.stroke.org

### **Restless Legs Syndrome Foundation**

819 Second Street, S.W. • Rochester, MN 55902  
(507) 287-6312 • Fax (507) 287-6312  
www.rls.org

RLSF is a non-profit agency that provides information about Restless Legs Syndrome. It develops support groups and seeks to find better treatments and a definitive cure.

### **Tulsa C.A.R.E.S.**

#### **(Center for AIDS Resource and Education Services)**

3507 E. Admiral Pl. • Tulsa, OK 74115  
Voice/TDD (918) 834-4194 • Fax (918) 834-4189  
Voice/TDD (800) 474-4872 toll-free • www.tulsacares.org  
Offers comprehensive HIV/AIDS services.

# HEARING and SPEECH SERVICES

## **ABLE Tech at Oklahoma State University**

(888) 885-5588 toll-free • (405) 744-9748 • Fax (405) 744-2487

Voice/TDD (800) 257-1705 toll-free

<http://okabletech.okstate.edu>

Offers free smoke alarms for people who have hearing, vision or mobility impairments. Applicant must be an Oklahoma resident and have documentation of his/her impairment. Alternative financing program offers low-interest loans to purchase hearing aids. New speech device is available at ABLE Tech.

## **American Tinnitus Association (ATA)**

P.O. Box 5 • Portland, OR 97207

(800) 634-8978 • Fax (503) 248-0024

[www.ata.org](http://www.ata.org)

A volunteer organization that supports research and provides information on tinnitus, a constant buzzing or ringing in the ears or head. ATA sponsors self-help groups nationwide each offering information, assistance and referrals to community services and tinnitus specialists.

## **Mary K. Chapman Center for Communication Disorders**

2820 E. 5th St. • Tulsa, OK 74104

Mail: 800 Tucker Dr. • Tulsa, OK 74104

(918) 631-2504 • Fax (918) 631-3668

[www.cas.utulsa.edu/commdis/](http://www.cas.utulsa.edu/commdis/)

Offers diagnosis and treatment of speech, language, voice and hearing disorders, and augmentative communication and assistive technology. Services provided by graduate students under the direct supervision of licensed speech-language pathologists and audiologists. Free screenings on Fridays by appointment. Other fees may apply. The Cleft Palate-Craniofacial Clinic team provides diagnosis, evaluation, treatment and follow-up for patients who have cleft lip/palate and craniofacial anomalies. Fees apply.

## **CSD of Oklahoma (Communication Service for the Deaf)**

4815 S. Harvard Ave., Ste. 250 • Tulsa, OK 74135

Toll-free: TTY (888) 252-1017 • TTY/Voice (800) 717-1958

Videophone CSDTULSA.TV • Fax (605) 367-5958

(Monday through Friday, 8:30 a.m. to 5 p.m.)

[www.c-s-d.org](http://www.c-s-d.org) • [csdoklahoma@c-s-d.org](mailto:csdoklahoma@c-s-d.org)

Offers advocacy, education and awareness. Promotes a safe and positive environment for people who are deaf or hard-of-hearing and their communities. Offers technical assistance, qualified interpreters, video interpreting online, Deaf Culture Awareness training, and sign language and TTY training to all service providers, the court system, medical providers, legal services and state agencies working with people who are deaf or hard-of-hearing.

## **Department of Rehabilitation Services – Vocational Rehabilitation Services**

Voice/TTY/TDD (918) 581-2301

Serving people age 16 or older who are deaf or hard-of-hearing and have other disabilities. Some financial guidelines may apply. See complete listing at DISABILITY SERVICES, page 171.

## **Hearing Loss Association of America**

7910 Woodmont Ave., Ste. 1200 • Bethesda, MD 20814

Voice/TTY (301) 657-2248 • Fax (301) 913-9413

[www.hearingloss.org](http://www.hearingloss.org)

International consumer organization for people who are deaf or hard-of-hearing, their relatives and friends. Offers benefits through information, education, advocacy and support.

## **Relay Oklahoma**

Dial 711 to use Relay Oklahoma

[www.oklahomarelay.com](http://www.oklahomarelay.com)

Toll-free: Voice (800) 522-8506 • TDD/TTY (800) 722-0353

Facilitates communication between a person who is deaf or hard-of-hearing and uses a TDD/TTY and a hearing person who uses a standard telephone. Answered 24 hours a day.

## **Senior Citizens Hearing Aid Program**

1100 E. Oklahoma St. • Sulphur, OK 73086-3108

Voice/TTY (580) 622-8812 • (866) 309-1717 toll-free

Video Phone: (580) 622-4504 • (580) 622-4931

Fax (580) 622-5850

Hearing aid assistance for individuals 60 or older with limited incomes - other eligible income requirements apply.

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YEARS LOSS AND DAMAGE INSURANCE\*

\*Applicable with purchase of AGXS, 7 or 9 technology.

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a member of AUDIGY GROUP

### **TSHA, Inc. (Total Source for Hearing-loss and Access)**

*formerly Tulsa Speech and Hearing Association*

8740 E. 11th St., Ste. A • Tulsa, OK 74112

Voice/TTY (918) 832-8742 • Fax (918) 834-4329

[www.tsha.cc](http://www.tsha.cc)

Offers information about hearing loss, available services, special equipment or sign language classes; Tulsa Hearing Helpers, a group for people who become deaf or experience loss of hearing later in life; job placement; independent living, in cooperation with peer counselors who are deaf or hard-of-hearing; skills training in a variety of areas; interpreter services (sign language); information and referral. Some fees may apply.

### **SHARP (Sertoma Hearing Aid Recycling Program)**

8740 E. 11th St. • Ste. A • Tulsa, OK 74112

Voice/TTY (918) 832-8742 • Fax (918) 834-4329

[www.tsha.cc/hearingaids.htm](http://www.tsha.cc/hearingaids.htm)

Provides reconditioned hearing aids to underserved populations. \$50 fee, waiver may be requested. Joint program of Sertoma Club of Tulsa and TSHA.

## **HOME CARE SERVICES**

See comprehensive listing of HOME CARE AGENCIES on page 118.

### **Community Action Resource and Development, Inc. (CARD)**

522 W. Will Rogers Blvd. • Claremore, OK 74017

Mail: P.O. Box 947 • Claremore, OK 74018

(918) 341-5000 • Fax (918) 343-3663

[www.cardcaa.org](http://www.cardcaa.org)

Offers homemaker services to people over age 60 who have physical limitations. Must reside in Mayes or Rogers Counties.

### **Department of Human Services**

[www.okdhs.org](http://www.okdhs.org)

Services provided through the ADvantage program and the State Plan Personal Care. See complete listing at MEDICAID INFORMATION, page 186.

### **Home Health Compare**

[www.medicare.gov/hhcompare](http://www.medicare.gov/hhcompare)

An on-line database containing home health agency information and quality measures. Home Health Compare includes information only on home health agencies that are Medicare approved.

### **Oxford HealthCare – Community Care Division**

3040 N. Hemlock Cir. • Broken Arrow, OK 74012

(918) 347-7074 • (800) 316-2222 toll-free • Fax (918) 258-1114

[www.oxford-healthcare.com](http://www.oxford-healthcare.com) • [info@oxford-healthcare.com](mailto:info@oxford-healthcare.com)

Offers homemaker services (light housekeeping, errands and laundry assistance) in Creek, Osage and Tulsa Counties. Must be age 60 or older and have physical limitations that interfere with the ability to conduct the requested service. Funded by an Older Americans Act grant through the INCOG Area Agency on Aging. Donations accepted.

### **Visiting Nurse Association of Tulsa (VNA)**

7875 E. 51st St. • Tulsa, OK 74145

(918) 743-9810 • Fax (918) 742-8885

[www.vnatulsa.org](http://www.vnatulsa.org) • [mail@vnatulsa.org](mailto:mail@vnatulsa.org)

Through the Visit Program, VNA offers skilled nursing care at a reduced rate for people who meet financial guidelines. Also offers wellness services, including immunizations (flu, pneumonia, meningitis and travel), TB testing, foot care clinics, cholesterol screening and education.

## **HOUSING REPAIR ASSISTANCE**

Some organizations offer home repair and yard maintenance services.

### **Community Action Resource and Development, Inc. (CARD)**

522 W. Will Rogers Blvd. • Claremore, OK 74017

Mail: P.O. Box 947 • Claremore, OK 74018

(918) 341-5000, ext. 379 • Fax (918) 343-1816

[www.cardcaa.org](http://www.cardcaa.org)

Weatherization program for Mayes, Nowata, Rogers, eastern Tulsa, Wagoner and Washington Counties. Must meet financial guidelines.

### **Deep Fork Community Action**

223 W. 6th St. • Okmulgee, OK 74447

Mail: P.O. Box 670 • Okmulgee, OK 74447

(918) 756-2826 • Fax (918) 756-6829

[www.deepforkcommunityaction.org](http://www.deepforkcommunityaction.org) • [deepforkca@aol.com](mailto:deepforkca@aol.com)

Offers weatherization services for people in Hughes, McIntosh, Okfuskee and Okmulgee Counties. Must meet financial guidelines, own the home or have landlord approval.

### **Housing Authority of the Cherokee Nation**

23205 S. Hwy. 66 • Claremore, OK 74018-1325

Mail: P.O. Box 1325 • Claremore, OK 74018-1325

(918) 342-2433 • (866) 342-2433 toll-free • Fax (918) 342-2682

[www.hacn.org](http://www.hacn.org) • [info@hacn.net](mailto:info@hacn.net)

Offers programs for emergency home repair, winterization and rehabilitation, including handicap accessibility. Must own the home, property must be in Cherokee Nation jurisdiction and meet financial guidelines. Applicant, spouse or household family member must be a Cherokee Nation member.

### **Muscogee (Creek) Nation Housing Division**

2951 N. Wood Dr. • Okmulgee, OK 74447

Mail: P.O. Box 297 • Okmulgee, OK 74447

(918) 756-8504 • (800) 259-5050 toll-free • Fax (918) 756-9218

[www.creeknationhousing.org](http://www.creeknationhousing.org) • [webmail@creeknationhousing.org](mailto:webmail@creeknationhousing.org)

Offers land purchase assistance for home construction, home construction on private land, home repairs and low-rent units in selected communities. See complete listing at HOUSING SERVICES, on page 181.



**Neighbor for Neighbor, Inc.**

505 E. 36th St. N. • Tulsa, OK 74106-1812

(918) 425-5578 • Fax (918) 425-4951

Repairs homes owned by seniors or people who have a disability and do not have the funds to pay for their own projects. Loans money for materials and families pay back in small installments. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 204.

**Rebuilding Together – Tulsa**

14 E. 7th St. • Tulsa, OK 74152

(918) 742-6241 • Fax (918) 742-6241

[www.rebuildingtogethertulsa.org](http://www.rebuildingtogethertulsa.org)

[contact@rebuildingtogethertulsa.org](mailto:contact@rebuildingtogethertulsa.org)

Makes home repairs for people who live in Tulsa, have a disability or are age 60 or over, and meet income requirements. Repairs are done on National Rebuilding Day, typically held on the last Saturday in April. Applications are accepted from June to October. A year-round program offers help with roofs, rails and ramps.

**Rural Development, U.S. Department of Agriculture**

[www.rurdev.usda.gov/ok](http://www.rurdev.usda.gov/ok)

Offers home rehabilitation and handicap accessibility conversions through loans and grants. Must meet financial guidelines and be age 62 or older.

*Locations***Muskogee, Okmulgee, and Wagoner Counties**

3001 Azalea Park Dr., Ste. 3 • Muskogee, OK 74401

(918) 686-0669 • Fax (918) 686-0648

**Rogers County**

235 W. Hope Ave. • Vinita, OK 74301

(918) 256-7863 • Fax (918) 256-2407

**Creek, Payne, Pawnee, Osage, Tulsa, and Washington Counties**

2600 S. Main St. • Stillwater, OK 74074

(405) 372-7071 • Fax (405) 372-8145

**Working in Neighborhoods**

City Hall at One Technology Center

175 E. 2nd St., Ste. 580 • Tulsa, OK 74103

(918) 576-5552 • Fax (918) 596-2608

Offers emergency home repair grants up to \$3,000 to repair basic components of home owned and occupied by low-income individuals. Housing rehabilitation loans up to \$25,000 available to qualified homeowners to aid in repairing home. Limited to City of Tulsa. Must meet financial and eligibility guidelines.

## HOUSING SERVICES

For a comprehensive listing of housing options, see pages 48. For additional information, see URGENT and BASIC NEEDS, page 204.

**Bristow Housing Authority**

1110 S. Chestnut St. • Bristow, OK 74010

(918) 367-5558 • Fax (918) 367-2341

Offers rental assistance for people in the City of Bristow who meet financial guidelines.

**Catholic Charities – Housing**

2450 N. Harvard Ave. • Tulsa, OK 74115

(918) 508-7146 • Fax (918) 582-2123

[www.catholiccharitiestulsa.org](http://www.catholiccharitiestulsa.org)

[information@catholiccharitiestulsa.org](mailto:information@catholiccharitiestulsa.org)

St. Elizabeth's Lodge provides temporary housing and transitional support services to homeless families with the goal of independence.

**Department of Housing and Urban Development (U.S.)**

2 W. 2nd St., Ste. 400 • Tulsa, OK 74103

(918) 292-8900 • Fax (918) 292-8993

[www.hud.gov](http://www.hud.gov)

Offers information and referral about HUD programs in northeastern Oklahoma, including rental properties, reverse mortgages, home purchase and selling and home improvements.

**Housing Authority of the Cherokee Nation**

23205 S. Hwy. 66 • Claremore, OK 74018-1325

Mail: P.O. Box 1325 • Claremore, OK 74018-1325

(918) 342-2433 • (866) 342-2433 toll-free • Fax (918) 342-2682

[www.hacn.org](http://www.hacn.org)

Offers safe and sanitary housing to low-income people residing within the boundaries of the Cherokee Nation. Includes rental assistance, mortgage assistance, assumable mortgages, apartments for seniors or those who have a disability and other senior housing.

**Housing Authority of Osage County**

200 Atlantic Field Rd. • Pawhuska, OK 74056

Mail: P.O. Box 818 • Pawhuska, OK 74056

(918) 287-2278 • (918) 287-2270 • Fax (918) 287-2224

[ok123@haosagecounty.org](mailto:ok123@haosagecounty.org) • [www.haosagecounty.org](http://www.haosagecounty.org)

Manages duplexes for low-income individuals who live in Osage County.

**Mental Health Association in Tulsa**

1870 S. Boulder Ave. • Tulsa, OK 74119

(918) 382-2475 • (918) 585-1213 • Fax (918) 585-1263

[www.mhat.org](http://www.mhat.org) • [info@mhat.org](mailto:info@mhat.org)

Operates a continuum of housing programs and support services for those living with mental illness and their families.

**Muscogee (Creek) Nation Housing Division**

2951 N. Wood Dr. • Okmulgee, OK 74447

Mail: P.O. Box 297 • Okmulgee, OK 74447

(918) 756-8504 • (800) 259-5050 toll-free • Fax (918) 756-9218

[www.creeknationhousing.org](http://www.creeknationhousing.org) • [webmail@creeknationhousing.org](mailto:webmail@creeknationhousing.org)

Offers land purchase assistance for home construction, home construction on private land, home repairs and low-rent units in selected communities. Criteria include limited financial resources; Native American, with citizens of the Creek Nation given preference; and home construction must be within the jurisdictional boundaries of the Creek Nation.

**Neighbor for Neighbor, Inc.**

505 E. 36th St. N. • Tulsa, OK 74106-1812

(918) 425-5578 • Fax (918) 428-4951

Offers home ownership program for low- and middle-income families. Circle Housing. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 204.

### **Oklahoma Housing Finance Agency**

100 N.W. 63rd St., Ste. 200 • Oklahoma City, OK 73116  
Mail: P.O. Box 26720 • Oklahoma City, OK 73116  
(405) 848-1144 • (800) 256-1489 toll-free • TDD (405) 848-7471  
www.ohfa.org

Offers housing programs ranging from a homeless program and rental assistance to housing development and home ownership.

### **Tulsa Housing Authority**

415 E. Independence St. • Tulsa, OK 74106  
Mail: P.O. Box 6369 • Tulsa, OK 74148  
(918) 582-0021 • TDD (918) 587-4712 • Fax (918) 582-0281  
www.tulsahousing.org

Manages affordable housing in the Tulsa metropolitan area for seniors and/or people who have disabilities who meet financial guidelines. Offers programs and services to assist residents with maintaining housing and self-sufficiency, including information about and referrals to social service resources. See options in APARTMENTS/ INDEPENDENT LIVING, beginning on page 56.



### **Vintage Housing**

See Our Ad On Page 57

Sooner Management Consultants  
(918) 485-8885 • www.LIFE-vintagehousing.org  
Manages affordable housing for people age 62 or older who meet financial guidelines. Locations in Tulsa and surrounding communities.

## **INFORMATION, ASSISTANCE and REFERRAL**



### **SeniorLine Information and Referral** See Our Ad On Pages 89 & 103

LIFE Senior Services • 5950 E. 31st St. • Tulsa, OK 74135  
(918) 664-9000 • (866) 664-9009 toll-free • Fax (918) 664-9922  
www.LIFEseniorservices.org • info@LIFEseniorservices.org  
SeniorLine – the first place to call – provides comprehensive and unbiased information, referral, assistance and linkage to services. One call to SeniorLine puts seniors, adults with disabilities and their families in touch with hundreds of local, state and national programs, resources and services. Includes resource counseling and access to case management, behavioral health information, adult day services and other community-based and in-home services.



### **LIFE's Vintage Newsmagazine**

See Our Ad On Page 95

5950 E. 31st St. • Tulsa, OK 74135-5114  
(918) 664-9000 • (866) 664-9009 toll-free • Fax (918) 664-9922  
www.LIFEseniorservices.org • vintage@LIFEseniorservices.org  
Award-winning, monthly newsmagazine published for 25 years by LIFE Senior Services. Offers information on issues and areas of interest to seniors, family members, caregivers and service providers. Call for free subscription.

### **2-1-1 Helpline**

Dial 211 or (918) 836-HELP (4357) • Fax (918) 295-7721  
www.211tulsa.org • www.csctulsa.org • 211info@csctulsa.org  
For health and social services information, financial assistance, housing, counseling, health care and information on free and low-cost services offered by hundreds of agencies. 2-1-1 is a free, confidential call from any phone available 24 hours a day, everyday. Serving 37 Oklahoma counties.

### **Area Agencies on Aging in Oklahoma**

(800) 211-2116 toll-free

Area Agencies on Aging provide information and referral assistance, resource directories, and coordinate or provide a variety of community-based services such as meals, legal services, transportation, homemaker assistance and minor home repair for people age 60 or older. Agencies offer caregiver counseling, training, and respite, and administer the Long-Term Care Ombudsman Program. Each Area Agency on Aging serves a designated set of counties in Oklahoma, as listed below.

#### *Locations*

#### **Creek, Osage and Tulsa Counties**

INCOG Area Agency on Aging  
(formerly Tulsa Area Agency on Aging)  
2 W. 2nd St. Ste. 800 • Tulsa, OK 74103  
(918) 584-7526 • (800) 211-2116 toll free  
Fax (918) 583-1024 • www.incog.org

#### **Canadian, Cleveland, Logan and Oklahoma Counties**

##### **Areawide Aging Agency**

4101 Perimeter Center Dr., Ste. 310  
Oklahoma City, OK 73112  
(405) 943-4344 • Fax (405) 942-8535  
www.areawideaging.org

#### **Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens and Tillman Counties**

Association of South Central Oklahoma Governments (ASCOG)  
Area Agency on Aging • 802 Main St. • Duncan, OK 73533  
(580) 252-0595 • (800) 658-1466 toll-free  
Fax (580) 252-6170 • www.ascog.org

#### **Hughes, Lincoln, Okfuskee, Pawnee, Payne, Pottawatomie and Seminole Counties**

Central Oklahoma Economic Development District (COEDD)  
Area Agency on Aging • 400 N. Bell Ave. • Shawnee, OK 74801  
Mail: P.O. Box 3398 • Shawnee, OK 74802-3398  
(405) 273-6410 • (800) 375-8255 toll-free  
Fax (405) 273-3213 • www.coedd.org

#### **Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah and Wagoner Counties**

Eastern Oklahoma Development District (EODD)  
Area Agency on Aging • 1012 N. 38th St. • Muskogee, OK 74401  
Mail: P.O. Box 1367 • Muskogee, OK 74402  
(918) 682-7891 • (800) 211-2116 toll-free  
Fax (918) 682-5444 • www.eoddok.org

#### **Craig, Delaware, Mayes, Nowata, Ottawa, Rogers and Washington Counties**

Grand Gateway Economic Development Association (GGEDA)  
Area Agency on Aging • 333 S. Oak • Big Cabin, OK 74332  
Mail: P.O. Drawer B • Big Cabin, OK 74332  
(918) 783-5793 • (800) 482-4594 toll-free  
Fax (918) 783-5786 • www.grandgateway.org

#### **Choctaw, Haskell, Latimer, LeFlore, McCurtain, Pittsburg and Pushmataha Counties**

Kiamichi Economic Development District (KEDDO)  
Area Agency on Aging • P.O. Box 638 • Wilburton, OK 74578  
(918) 465-2367 • (800) 722-8180 toll-free  
Fax (918) 465-3873 • www.keddo.org

**Alfalfa, Blaine, Garfield, Grant, Kay, Kingfisher, Major and Noble Counties**

Northern Oklahoma Development Authority (NODA)  
Area Agency on Aging • 2901 N. Van Buren St. • Enid, OK 73703  
(580) 237-4810 • (800) 749-1149 toll-free  
Fax (580) 237-8230 • [www.nodanet.org](http://www.nodanet.org)

**Beaver, Cimarron, Dewey, Ellis, Harper, Texas, Woods and Woodward Counties**

Oklahoma Economic Development Authority (OEDA)  
Area Agency on Aging • 330 Douglas Ave. • Beaver, OK 73932  
Mail: P.O. Box 668 • Beaver, OK 73932  
(580) 625-4531 • (800) 658-2844 toll-free  
Fax (580) 625-3420 • [www.oeda.org](http://www.oeda.org)

**Atoka, Bryan, Carter, Coal, Garvin, Johnston, Love, Marshall, Murray and Pontotoc Counties**

Southern Oklahoma Development Association (SODA)  
Area Agency on Aging  
224 W. Evergreen St., Ste. 202 • Durant, OK 74702  
Mail: P.O. Box 709 • Durant, OK 74702  
(580) 920-1388 • (800) 211-2116 toll-free  
Fax (580) 920-1391 • [www.soda-ok.org](http://www.soda-ok.org)

**Beckham, Custer, Greer, Harmon, Kiowa, Jackson, Roger Mills and Washita Counties**

Southwestern Oklahoma Development Authority (SWODA)  
Area Agency on Aging • P.O. Box 569 • Burns Flat, OK 73624  
(580) 562-4882 • (800) 627-4882 toll-free  
Fax (580) 562-4880 • [www.swoda.org](http://www.swoda.org)

**BenefitsCheckUp**

**A Service of the National Council on Aging**

[www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org)

Free, confidential, on-line service helps seniors learn about benefits for which they may be eligible and how to apply for them. These federal, state, local and private programs help pay for prescription drugs, utility bills, meals, health care, transportation, legal assistance, housing, in-home services and other basic needs. The nation's most comprehensive web-based benefits screening program includes more than 2,000 public and private benefits programs from all 50 states and the District of Columbia.

**Elder Care of Washington and Nowata Counties**

1223 Swan Dr. • Bartlesville, OK 74006  
(918) 336-8500 • Fax (918) 336-8519

[www.abouteldercare.org](http://www.abouteldercare.org) • [info@abouteldercare.org](mailto:info@abouteldercare.org)

Offers information about services in Washington and Nowata Counties. *Golden Opportunities* program provides educational and social programs for seniors.

**Additional Location**

307-A S. Locust St. • Nowata, OK 74048  
(918) 273-3190 • Fax (918) 273-0439

**Eldercare Locator (National)**

(800) 677-1116 toll-free • TDD/TTY Dial 711  
[www.eldercare.gov](http://www.eldercare.gov)

Nationwide directory assistance service helping seniors and caregivers locate local support and resources.

**Federal Government Telephone Information Services**

(800) FED-INFO (333-4636) roll-free

Offers information on federal agencies, programs, and benefits or other services.

**Mayor's Action Line**

(918) 596-2100 • [www.cityoftulsa.org](http://www.cityoftulsa.org)

City of Tulsa residents may call with concerns about municipal issues.

**OASIS (Oklahoma Areawide Services Information System)**

OU Health Sciences Center  
P.O. Box 26901 • Oklahoma City, OK 73190  
(800) 426-2747 toll-free • Fax (405) 271-6305  
<http://oasis.ouhsc.edu> • [oasis@ouhsc.edu](mailto:oasis@ouhsc.edu)

Statewide information referral to help people with special needs find community resources. Includes a database of thousands of agencies, organizations and programs. Searchable, online directory.

**Owasso Community Resources**

109 N. Birch St., Ste. 109 • Owasso, OK 74055  
(918) 272-4969 • Fax (918) 609-0012 • [www.owassohelps.org](http://www.owassohelps.org)  
Information on and referral to services in Collinsville and Owasso.

**Skiatook Family Resource Center**

123 S. Broadway St. • Skiatook, OK 74070  
(918) 396-4108 • Fax (918) 396-1216  
[www.greatertulsa.com/frc](http://www.greatertulsa.com/frc) • [frc983@sbcglobal.net](mailto:frc983@sbcglobal.net)

Offers information, counseling and referral to services in Osage, Tulsa and Washington Counties. Monday through Friday, 10 a.m. to 3 p.m.

**Tulsa City-County Library Community Information**

400 Civic Center • Tulsa, OK 74103  
(918) 549-7323  
[www.tulsalibrary.org](http://www.tulsalibrary.org) • [askus@tulsalibrary.org](mailto:askus@tulsalibrary.org)

The primary information and resource center for Tulsa and Tulsa County. Information and reference assistance, free community programs for all ages, books on cassette, large-print books and magazines, videos, compact discs and cassette tapes, films, software for personal computers, public computers for Internet access, genealogy reference center, African American Resource Center, Hispanic Resource Center, Native American Resource Center, computer and Internet education and adult literacy program. There are 24 branches plus the Bookmobile.

**YWCA Multicultural Center**

8145 E. 17th St. • Tulsa, OK 74112  
(918) 628-1030 • Fax (918) 628-1033  
Spanish Helpline: (918) 663-0001 • (800) 506-6211 toll-free  
[www.ywcaoftulsa.org](http://www.ywcaoftulsa.org) • [info@ywcaoftulsa.org](mailto:info@ywcaoftulsa.org)

Offers immigration counseling, document preparation and translation, and interpreter services for Spanish, Vietnamese, Russian and other languages on request. Also offers English language and citizenship classes. Some fees apply.



# INSURANCE

## Employee Benefits Security Administration

(866) 444-3272 toll-free

[www.dol.gov/ebsa](http://www.dol.gov/ebsa)

Resolves insurance and pension problems and answers other employee benefits questions.

## National Association of Retired and

### Current Federal Employees

[www.narfe.org](http://www.narfe.org)

Helps surviving spouses of federal employees gain access to benefits, works to protect the benefits of current and retired federal employees, and provides information and advocacy for federal employees and their families.

## Oklahoma Health Care Authority (OHCA)

4545 N. Lincoln Blvd., Ste. 124 • Oklahoma City, OK 73105

(800) 522-0310 toll-free

[www.okhca.org](http://www.okhca.org)

See complete listing at MEDICAID INFORMATION, page 186.

## Oklahoma Insurance Department

Five Corporate Plaza

3625 N.W. 56th St., Ste 100 • Oklahoma City, OK 73112

(800) 522-0071 toll-free • Fax (405) 521-2828

[www.ok.gov/oid](http://www.ok.gov/oid)

State regulatory agency provides consumer information about auto, home, health, long-term care and life insurance. Also, provides claims assistance and information and problem-solving about auto, home, health, long-term care and life insurance.

### Tulsa Office

4157 S. Harvard Ave., Ste. 121 • Tulsa, OK 74135

(918) 747-7700 • (800) 728-2906 toll-free

Fax (918) 747-7720

## Senior Health Insurance Counseling Program (SHIP)

Oklahoma Insurance Department

Provides accurate and objective information, counseling and assistance relating to Medicare, Medicare supplements, Medicare Advantage, long-term care and other related health coverage plans for Medicare beneficiaries, their representatives or individuals soon to be eligible for Medicare.

### Locations:



Northeastern Oklahoma SHIP  
at LIFE Senior Services

5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000 • (866) 664-0990 toll free

[SHIP@LIFEseniorservices.org](mailto:SHIP@LIFEseniorservices.org)

State-wide

Oklahoma Insurance Department

Five Corporate Plaza 3625

N.W. 56th St., Ste. 100 • Oklahoma City, OK 73112

(800) 763-2828 toll free

[www.ok.gov/oid](http://www.ok.gov/oid)

See Our Ad On Page 193

## Social Security Administration

4750 S. Garnett Rd. • Tulsa, OK 74146

Tulsa: (866) 931-7106 toll-free • Fax (918) 641-2445

National: (800) 772-1213 toll-free • TTY (800) 325-0778 toll-free

[www.socialsecurity.gov](http://www.socialsecurity.gov)

See complete listing at SOCIAL SECURITY INFORMATION, page 200.

## Veterans Administration Insurance Center

(800) 669-8477 toll-free • [www.vba.va.gov](http://www.vba.va.gov)

General life insurance information for veterans. See complete listing at VETERANS SERVICES, page 208.

# LEGAL SERVICES

## Broken Arrow Neighbors

322 W. Broadway Ave. • Broken Arrow, OK 74012

(918) 251-7781 • Fax (918) 251-9108

[www.banighbors.com](http://www.banighbors.com)

Free legal clinic first and third Mondays, 5:30 p.m. to 7 p.m.

No criminal cases. Appointment required.

let your knowledge  
**grow**

Senior Health Insurance Counseling Program (SHIP) is a division of the Oklahoma Insurance Department. We offer free, unbiased information about Medicare, drug benefits, long-term care and other senior-related issues. Contact us today and let us help you plant the seeds of knowledge.

1.800.763.2828 | [www.ship.oid.ok.gov](http://www.ship.oid.ok.gov)

**OKLAHOMA INSURANCE DEPARTMENT**

**ship** state health insurance assistance programs

### **Early Settlement Mediation**

175 E. 2nd St., 8th floor, Suite 865 • Tulsa, OK 74103

Human Rights Department

(918) 596-7786 • Fax (918) 596-7719 • [www.fcs.okstate.edu/](http://www.fcs.okstate.edu/)

Court-sponsored, low-cost mediation for the general public in disputes involving civil and family matters; consumer/merchant conflicts; real estate, landlord/tenant, and neighborhood issues. \$5 fee for self-referred cases. School-related issues for Oklahoma students are free.

### **Legal Aid Services of Oklahoma, Inc. –**

#### **Title III Seniors Program**

[www.legalaidok.org](http://www.legalaidok.org)

The Senior Law Project provides free legal advice and counseling on non-criminal matters and community education. Must be age 60 or older. Supported through special Older Americans Act funding from the Area Agencies on Aging.

#### *Locations*

##### **Tulsa Office**

Serves seniors in Tulsa, Creek and Osage Counties

907 S. Detroit Ave., Ste. 725 • Tulsa, OK 74120

(918) 428-4357 • (888) 534-5243 toll-free

##### **Bartlesville Office**

Serves seniors in Craig, Delaware, Nowata, Mayes, Ottawa, Rogers and Washington Counties

3851 E. Tuxedo Blvd., Ste. E • Bartlesville, OK 74005

(918) 336-5736 • (800) 421-4066 toll-free

##### **Muskogee Office**

Serves seniors in Adair, Cherokee, McIntosh, Muskogee,

Oklmulgee, Sequoyah and Wagoner Counties

323 W. Broadway St., Ste. 408 • Muskogee, OK 74401

(918) 683-5681 • (800) 725-5681 toll-free

### **Native American Legal Resource Center**

2501 N. Blackwelder • Oklahoma City, OK 73106

(405) 208-5017 • Fax (405) 208-5185

The Native American Indian Resource Center out of Oklahoma City University School of Law is holding the Jodi Marquette American Indian Wills Clinic, where law students that are supervised by a licensed attorney and clinical professor will provide, at no charge, will and estate planning to Oklahoma residents who are enrolled in a tribe, and preference will be given to those who own Indian land. Call to schedule an appointment, or for more information.

### **Neighbor for Neighbor, Inc.**

505 E. 36th St. N. • Tulsa, OK 74106-1812

(918) 425-5578 • Fax (918) 428-4951

[www.neighborforneighbor.org](http://www.neighborforneighbor.org)

Offers legal services for uncontested civil matters only; no criminal cases. No charge for legal services; client pays court costs. Monday through Thursday, 9 a.m. to Noon; 1 p.m. to 3 p.m. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 204.

### **Neighbors Along the Line**

5000 Charles Page Blvd. • Tulsa, OK 74127

(918) 584-1111 • Fax (918) 584-4954

[www.neighborsalongtheline.org](http://www.neighborsalongtheline.org) • [info@neighborsalongtheline.org](mailto:info@neighborsalongtheline.org)

Offers free legal clinic for civil matters on first and third Monday of the month at 6 p.m.

### **Oklahoma Disability Law Center**

Interim Plaza, 2828 E. 51st St., Ste. 302 • Tulsa, OK 74105

(918) 743-6220 • (800) 226-5883 toll-free • Fax (918) 743-7157

[www.oklahomadisabilitylaw.org](http://www.oklahomadisabilitylaw.org)

Assists people who have developmental disabilities, mental illness or other disabilities with legal advice and counseling, referrals, impartial due process hearings, advocacy and education.

### **Oklahoma Indian Legal Services**

4200 Perimeter Center Dr., Ste. 222 • Oklahoma City, OK 73112

(800) 658-1497 toll-free • Fax (405) 917-7060

[www.oilsonline.org](http://www.oilsonline.org)

Offers legal representation on Indian law and housing issues, and offers low-income tax clinics yearly from January to April. Applications for services accepted over the phone, Monday through Friday, 9 a.m. to Noon; 1 p.m. to 4 p.m. CDIB card or other tribal documentation required. Must meet financial guidelines.

### **Senior Law Resource Center**

600 N.W. 23rd St., Ste. 106 • Oklahoma City, OK 73103

(405) 528-0858 • Fax (405) 601-2134

[www.senior-law.org](http://www.senior-law.org) • [info@senior-law.org](mailto:info@senior-law.org)

The Senior Law Resource Center is a non-profit organization dedicated to empowering Oklahomans to age with independence, dignity and security by providing high-quality, affordable legal information and services.

## ***Bryce Law Firm***

PLLC

Estate Planning

Elder Law

Family Law

Trusts

Wills

Probate

Guardianships

Medicaid Planning

**(918) 398-7528**

2211 East 21st Street • Tulsa, Oklahoma 74114

[www.Brycelawfirm.com](http://www.Brycelawfirm.com)

### **Tulsa County Bar Association**

1446 S. Boston Ave. • Tulsa, OK 74119

(918) 584-5243 • Fax (918) 592-0208 • [www.tulsabar.com](http://www.tulsabar.com)

Legal referral service: (918) 587-6014 • [www.lrsok.com](http://www.lrsok.com)

Offers walk-in or Internet referral service to Tulsa-area lawyers.

No attorney referrals by phone. Open for referrals Monday

through Thursday. \$25 charge for 30-minute consultation.

### **Tulsa Dream Center**

200 W. 46th St. N. • Tulsa, OK 74126

(918) 430-9984 • Fax (918) 430-1013

[www.tulsadreamcenter.org](http://www.tulsadreamcenter.org)

Offers free legal consultations. Please call for times. No Social Security cases.

## **LONG-TERM CARE and NURSING FACILITIES**

### **Department of Human Services – ADvantage Program**

OKDHS ADvantage Administration

ADvantage Consumer Inquiry Line: (918) 933-4900

<http://advantage.ok.gov>

Also known as the Oklahoma Home and Community-Based Medicaid Waiver Program, ADvantage provides in-home assistance to avoid or delay nursing home placement. Case management, services may include personal care; homemaker/chore service; durable medical equipment; incontinence, ostomy, and diabetic supplies; nutritional supplements; respite care; adult day services; and in-home skilled nursing care. Applicants must require nursing home-level of care and be medically and financially approved for the program. Contact local DHS office or your DHS case worker to determine eligibility. See list of DHS locations at MEDICAID INFORMATION on page 186.

### **Long-Term Care Planning**

[www.longtermcare.gov](http://www.longtermcare.gov)

A collaboration between Centers for Medicare and Medicaid Services, Agency on Aging, and the office of Assistant Secretary for Planning and Evaluation. Government website designed to assist with planning ahead for long-term care needs. It includes a variety of user friendly online tools. You may also download a free long-term care planning kit or call (866) 752-6582 to order.

### **Nursing Home Compare**

[www.medicare.gov/nhcompare](http://www.medicare.gov/nhcompare)

Online database containing nursing home and long-term care facility information, including quality ratings and measures, health and fire safety inspections, staffing, payment options, and alternatives. All Medicare and Medicaid-certified nursing homes are included.

### **Nursing Home Rating**

Oklahoma Health Care Authority

[www.oknursinghomeratings.com](http://www.oknursinghomeratings.com)

In conjunction with Oklahoma Health Care Authority and the Oklahoma Department of Health, the site rates participating facilities on several factors.

### **Oklahoma State Department of Health,**

#### **Long-Term Care Division**

(405) 271-6868 • (800) 747-8419 toll-free • Fax (405) 271-3442

[www.health.state.ok.us](http://www.health.state.ok.us) • [ltccomplaints@health.state.ok.us](mailto:ltccomplaints@health.state.ok.us)

Facility licensing. Responds to complaints about adult day services, assisted living, residential care, and nursing facilities.

### **Ombudsman Program**

Advocates for nursing home residents' rights and care. Provided by Area Agencies on Aging.

#### *Locations*

#### **Creek, Osage, and Tulsa Counties**

INCOG Area Agency on Aging

(formerly Tulsa Area Agency on Aging)

(918) 584-7526 • (800) 211-2116 toll-free

#### **Hughes, Lincoln, Okfuskee, Pawnee, Payne,**

#### **Pottawatomie, and Seminole Counties**

Central Oklahoma Economic Development District

(405) 273-6410 • (800) 375-8255 toll-free

#### **Adair, Cherokee, Muskogee, Okmulgee,**

#### **Sequoyah, and Wagoner Counties**

Eastern Oklahoma Development District Area Agency on Aging

(918) 682-7891 • (800) 211-2116 toll-free

#### **Craig, Delaware, Mayes, Nowata, Ottawa,**

#### **Rogers, and Washington Counties**

Grand Gateway Area Agency on Aging

(918) 783-5793 • (800) 482-4594 toll-free

## **MEDICAID INFORMATION**

### **Centers for Medicare and Medicaid Services (CMS)**

7500 Security Blvd. • Baltimore, MD 21244

(877) 267-2323 toll-free • TTY (866) 226-1819 toll-free

[www.cms.hhs.gov](http://www.cms.hhs.gov)

A federal agency within the U.S. Department of Health and Human Services, CMS administers the Medicare program and works in partnership with the states to administer Medicaid. Offers information about Medicare and Medicaid eligibility and benefits.

### **Department of Human Services – ADvantage Program**

OKDHS ADvantage Administration

ADvantage Consumer Inquiry Line: (918) 933-4900

<http://advantage.ok.gov>

Also known as the Oklahoma Home and Community-Based Medicaid Waiver Program, ADvantage provides in-home assistance to avoid or delay nursing home placement. Through case management, services may include personal care; homemaker/chore service; durable medical equipment; incontinence, ostomy, and diabetic supplies; nutritional supplements; respite care; adult day services; and in-home skilled nursing care. Applicants must require nursing home level of care and be medically and financially approved for the program. Contact local Department of Human Services office or your DHS case worker to determine eligibility. See list of DHS locations on the next page.



## Department of Human Services

www.okdhs.org

Contact local DHS office, below, to apply for services.

### Aid to the Aged, Blind and Disabled

Income assistance program. Also qualifies individual for Medicaid coverage for health care needs and SNAP, formerly food stamps. Must be age 65 or older, age 18 to 64 and have a disability, or blind. Financial guidelines apply.

### ADvantage Program

See ADvantage Program description on page 186 for details. Contact DHS or your DHS case manager to determine eligibility. Applicants must require nursing home level of care and meet certain medical and financial guidelines.

### Adult Day Services

Offers financial assistance for people to attend an adult day services program. Must be age 18 or older. Financial guidelines apply.

### Nursing Home Care

Financial assistance for nursing home care. Applicants must require nursing home level of care and be medically and financially approved for the program. Financial guidelines apply.

### QMB, SLMB, QI

Helps cover Medicare premiums, coinsurance and deductibles for qualified Medicare recipients. Benefits vary based on eligibility. See Assistance for Individuals with Limited Income and Limited Resources in "The Basics of Medicare" article on page 30 for more details about these Medicare Savings Programs.

### State Plan Personal Care

Helps some people with daily living activities at home. A personal care attendant assists with activities such as bathing, grooming, getting in and out of bed, toileting, meals, eating and light housekeeping. Available to persons of all ages who qualify financially and medically.

### Supplemental Nutrition Assistance Program (SNAP)

*formerly Food Stamps*

Regular food stamp assistance available for people who meet income guidelines. Emergency SNAP available if monthly income is less than \$150 or if shelter and utility costs exceed monthly income.

### LIHEAP

The Low Income Home Energy Assistance Program (LIHEAP) provides winter heating, energy crisis, summer cooling and/or weatherization, and other energy-related home repair assistance to eligible low income households during specific application periods. Contact your DHS office for application deadlines or visit the website [www.okdhs.org](http://www.okdhs.org).

### Locations

#### Tulsa County - Downtown Office

444 S. Houston Ave. • Tulsa, OK 74127 • (Second Fl.)  
(918) 581-2401 • (800) 734-7516 toll-free  
Fax (918) 581-2114 (First Fl.) • Fax (918) 581-2731  
Serving ZIP Codes: 74037, 74050, 74063, 74103, 74104, 74114, 74119, 74120, 74127, 74132, 74135, 74136, 74137

#### Tulsa County - McClain Office

3666 N. Peoria Ave. • Tulsa, OK 74106  
(918) 430-2300 • (800) 734-7509 toll-free  
Fax (918) 428-5613  
Serving ZIP Codes: 74021, 74102, 74106, 74110, 74117, 74126, 74130, 74131, 74148, 74149, 74192

#### Tulsa County - Skyline Office

6128 E. 38th St., Ste. 200 • Tulsa, OK 74135  
(918) 280-3100 • (800) 734-7516 toll-free  
Fax (918) 280-3199  
Serving ZIP Codes: 74008, 74011, 74012, 74013, 74014, 74028, 74043, 74055, 74108, 74112, 74115, 74116, 74129, 74133, 74134, 74145, 74146, 74147, 74148, 74150, 74152, 74153, 74155, 74156, 74159, 74169

#### Creek County

17 S. Elm St. • Sapulpa, OK 74066  
(918) 746-3300 • (800) 572-6834 toll-free  
Fax (918) 746-3397

#### Mayes County

501 S. Elliott St. • Pryor, OK 74361  
(918) 824-4900 • (800) 815-7572 toll-free  
Fax (918) 824-4980

#### Muskogee County

727 S. 32nd St. • Muskogee, OK 74403  
Mail: P.O. Box 608 • Muskogee, OK 74402  
(918) 684-5300 • (800) 815-7573 toll-free  
Fax (918) 684-5363

#### Osage County

550 Kihekah Ave. • Pawhuska, OK 74056  
(918) 287-5800 • (800) 884-1573 toll-free  
Fax (918) 287-5914

#### Pawnee County

501 5th St. • Pawnee, OK 74058  
(918) 762-3606 • (800) 270-0786 toll-free  
Fax (918) 762-3476

#### Rogers County

2020 Holly Rd. • Claremore, OK 74017  
Mail: P.O. Box 3030 • Claremore, OK 74018  
(918) 283-8300 • (800) 270-0804 toll-free  
Fax (918) 283-8445

#### Wagoner County

102 N.E. 7th St. • Wagoner, OK 74467  
(918) 614-5000 • (800) 734-7518 toll-free  
Fax (918) 614-5128

#### Washington County

5205 Jacqueline Ln. • Bartlesville, OK 74006  
Mail: P.O. Box 1099 • Bartlesville, OK 74006  
(918) 338-5700 • (800) 734-7512 toll-free  
Fax (918) 338-5777

#### Oklahoma Health Care Authority (Medicaid)

4545 N. Lincoln Blvd., Ste. 124 • Oklahoma City, OK 73105  
(800) 522-0310 toll-free  
[www.okhca.org](http://www.okhca.org)

Oklahoma's health care program. Designed to ensure that children through age 18, pregnant women, and some people who are aged, blind or have a disability get health care. Must meet financial guidelines. Contact local Department of Human Services office to determine eligibility. See complete listing of offices on this page.

### **SMP, Empowering Seniors to Prevent Healthcare Fraud**

Oklahoma Insurance Department  
Five Corporate Plaza • 3625 N.W. 56th St, Ste. 100  
Oklahoma City, OK 73112  
Toll-free State Helpline: (888) 967-9100 • TTY (877) 588-6025  
(800) 522-0071 toll-free • Fax (405) 521-6635  
[www.ok.gov/oid](http://www.ok.gov/oid)

Accepts complaints related to Medicare and Medicaid fraud and abuse.

#### *Additional Location*

4157 S. Harvard Ave., Ste. 121 • Tulsa, OK 74135  
(918) 293-4525 • (800) 728-2906 toll-free  
Fax (918) 747-7720

## **MEDICAL EQUIPMENT and ASSISTIVE TECHNOLOGY**

### **Ability Resources**

823 S. Detroit Ave., Ste. 110 • Tulsa, OK 74120  
(918) 592-1235 • (800) 722-0886 toll-free • Fax (918) 592-5651  
[www.ability-resources.org](http://www.ability-resources.org) • [mail@ability-resources.org](mailto:mail@ability-resources.org)

Offers assistance in finding needed durable medical equipment and assistive technology for people with limited resources.

### **ABLE Tech at Oklahoma State University**

1514 W. Hall of Fame • Stillwater, OK 74078  
(405) 744-9748 • Fax (405) 744-2487  
Toll-free: (888) 885-5588 • Voice/TDD (800) 257-1705  
[www.ok.gov/abletech/](http://www.ok.gov/abletech/)

ABLE Tech Info-Line provides information about assistive technology, equipment, and products, and helps locate assistive devices, services, and funding for people of all ages who have disabilities. Oklahoma Equipment Connection links sellers of used assistive devices to people who wish to purchase them. Also offers low-interest loan program for people purchasing assistive technology such as wheelchairs, adapted vehicles, hearing aids, communication devices, or housing modifications. Oklahoma AgrAbility Project provides education, assistance, and support to farmers and ranchers who have a disability or debilitating injury that limits their ability to perform farm tasks.

### **CSD of Oklahoma (Communication Service for the Deaf)**

4815 S. Harvard Ave., Ste. 250 • Tulsa, OK 74135  
Toll-free: TTY (888) 252-1017 • TTY/Voice (800) 717-1958  
Videophone CSDTULSA.TV  
[www.c-s-d.org](http://www.c-s-d.org) • [csdoklahoma@c-s-d.org](mailto:csdoklahoma@c-s-d.org)

Technical assistance, assistive devices, equipment, and materials are available for purchase. Video Relay Service demonstration site provides one-on-one training to help people who are deaf or hard-of-hearing make video phone calls. Improves communication access for people who are deaf or hard-of-hearing by providing updates on new technology developments.

### **Department of Rehabilitation Services**

8740 E. 11th St., Ste. F • Tulsa, OK 74112-7957  
(918) 836-5556 • TTY/TDD (918) 836-7105  
Fax (918) 835-2358

Offers assistive devices at no charge through the Oklahoma Equipment Distribution program for people who are deaf or hard-of-hearing.

### **Muscular Dystrophy Association, Eastern Oklahoma**

3015 E. Skelly Dr., Ste. 221A • Tulsa, OK 74105  
(918) 749-7997 • (800) 572-1717 toll-free (National Office)  
Fax (918) 749-3725 • [www.mdausa.org](http://www.mdausa.org) • [tulsa@mdausa.org](mailto:tulsa@mdausa.org)  
Offers equipment purchase assistance for orthopedic appliances, including wheelchairs and leg braces.

### **Sand Springs Community Services, Inc.**

15 E. 2nd St. • Sand Springs, OK 74063  
(918) 245-5183 • Fax (918) 245-6180  
Offers medical equipment loans, including crutches, wheelchairs, walkers, and bedside commodes as available. Accepts donations of wheelchairs, canes (especially quad-footed canes), bedside commodes, shower chairs/benches, etc. Recipients must live in Sand Springs and meet financial guidelines.

### **Senior Safety Services**

(918) 938-2574  
[www.seniorsafetyok.com](http://www.seniorsafetyok.com)  
Offers equipment installation of grab bars, ramps, railings, lighting.

### **TSHA, Inc. (Total Source for Hearing-loss and Access)**

(formerly Tulsa Speech and Hearing Association)  
8740 E. 11th St., Ste. A • Tulsa, OK 74112  
Voice/TTY (918) 832-8742 • Fax (918) 834-4329  
[www.tsha.cc](http://www.tsha.cc)  
Administers ABLE Tech lab and loan program offering assistive equipment to people who are deaf or hard-of-hearing. Outreach point for the Oklahoma Equipment Connection program for assistive equipment for people who are deaf or hard-of-hearing.

## **MEDICAL SERVICES**

For additional information, see GERIATRIC SPECIALISTS and ASSESSMENT, page 175.

### **Angel Flight, Inc.**

1515 E. 71st St., Ste. 312 • Tulsa, OK 74136  
(918) 749-8992 • Fax (918) 745-0879  
[www.angelflight.com](http://www.angelflight.com) • [angel@angelflight.com](mailto:angel@angelflight.com)  
Offers free air transportation for medically-related needs. Individuals must be ambulatory and meet financial guidelines.

### **Arms Around BA**

700 W. Ft. Worth St. • Broken Arrow, OK 74012  
(918) 258-7714 • Fax (918) 806-2497 • [www.armsaroundba.org](http://www.armsaroundba.org)  
Free general medical clinic provides minor medical assistance for Broken Arrow and Coweta residents. Monday, Wednesday, Friday, 10 a.m. to 3 p.m.; Tuesday, 6 p.m.

### **Broken Arrow Neighbors**

322 W. Broadway Ave. • Broken Arrow, OK 74012  
(918) 251-7781 • Fax (918) 251-9108  
[www.baneighbors.com](http://www.baneighbors.com)  
Free general medical clinic provides primary health care for minor illnesses only.

**Claremore Indian Hospital**

101 S. Moore Ave. • Claremore, OK 74017

(918) 342-6200 • Fax (918) 342-6598

Specialty-based comprehensive care facility offers organized clinical services for community health, dentistry, emergency medical services, general surgery, internal medicine, OB/GYN, pediatrics and radiology. JCAHO-accredited. Must be Native American or non-Native American dependent; CDIB card required.

**Community Health Connection**

9912 E. 21st St. • Tulsa, OK 74129

(918) 622-0641 • Fax (918) 622-4815

Primary care clinic. Monday, Thursday, Friday, 8:30 a.m. to 4:30 p.m.; Saturday, 9 a.m. to 12:30 p.m. Walk-ins accepted. Spanish-speaking staff. Sliding fee scale. Medicare. Medicaid. Insurance.

**Corporate Angel Network**

Westchester County Airport

1 Loop Rd. • White Plains, NY 10604-1215

(914) 328-1313 toll-free • Fax (914) 328-3938

Patient Line: (866) 328-1313 toll-free

[www.corpangelnetwork.org](http://www.corpangelnetwork.org) • [info@corpangelnetwork.org](mailto:info@corpangelnetwork.org)

Seats on company planes are donated to transport cancer patients and bone marrow donors to and from treatment locations. Call as soon as travel date is set. Patient must be ambulatory and able to travel without medical support. Financial status is NOT a requirement. Two adults may travel with a child; one adult may accompany another adult.

**Creek County Health Department**

1808 S. Hickory St. • Sapulpa, OK 74066

(918) 224-5531 • Fax (918) 224-1739

Offers health screenings for men and women. Family planning, WIC, child health. Immunization for children and adults. Dental program for ages 3 to 19. Child guidance services.

**Department of Veterans Affairs**

(800) 827-1000 toll-free

See complete listing at VETERANS SERVICES, page 208.

**Good Samaritan Health Services**

7600 S. Lewis Ave. • Tulsa, OK 74136

(918) 493-7884, ext. 2

[www.goodsamaritanhealth.org](http://www.goodsamaritanhealth.org) • [gshsinfo@inhisimage.org](mailto:gshsinfo@inhisimage.org)

Free mobile medical clinic. Patients are taken on a first come, first served basis. Hours and locations vary.

**H.O.P.E. (HIV Outreach, Prevention, and Education)**

3540 E. 31st St. • Tulsa, OK 74135

(918) 749-8378 • Fax (918) 749-8388

HIV/AIDS Hotline: (800) 535-2437 toll-free

Toll-free Spanish Language Hotline: (918) 749-8389

[www.hopetesting.org](http://www.hopetesting.org) • [info@hopetesting.org](mailto:info@hopetesting.org)

Offers anonymous HIV/AIDS testing, information, referral, education, prevention and public outreach.

**Indian Health Care Resource Center**

550 S. Peoria Ave. • Tulsa, OK 74120

(918) 588-1900 • Fax (918) 582-6405

[www.ihcrc.org](http://www.ihcrc.org) • [info@ihcrc.org](mailto:info@ihcrc.org)

Medical clinic offers diagnosis, treatment and follow-up. Family planning, OB/GYN, immunization, pediatric care; HIV/AIDS prevention education, counseling, testing; mammograms, cancer prevention education; pharmacy services; substance abuse/chemical dependency treatment, mental health services; dental care; diabetes education. Must be Native American; CDIB card or other tribal documentation required. Sliding fee scale. SoonerCare. Medicare, Medicaid and insurance accepted.

**Koweta Indian Health Facility**

31870 E. State Hwy 51 • Coweta, OK 74429

(918) 279-3200 • Fax (918) 279-1101

Medical, dental, eye care and behavioral health services for Native Americans. Must have CDIB card. Eligibility guidelines apply.

**Morton Comprehensive Health Services**

Offers comprehensive primary health care, including adult and pediatric medical care, dental, OB/GYN, pharmacy, radiology and x-ray services, health education, community outreach and more. Monthly monitoring of diabetic patients for foot care, lab work and routine care. Some services not available at all locations. JCAHO accredited. Must meet financial guidelines. Sliding fee scale. Medicare, Medicaid and insurance accepted.

**Locations****Tulsa**

*Main Facility* • 1334 N. Lansing Ave. (74106)

(918) 587-2171 • Fax (918) 587-4882 (Administration)

Fax (918) 295-9349 (Medical)

*East Tulsa Family Health Center* • 11520 E. 21st St. (74129)

(918) 439-4422 • Fax (918) 439-4205

*Morton Midtown Clinic* • 102 N. Denver Ave., Ste. B (74103)

(918) 582-8203 • Fax (918) 582-2773

**Nowata**

*Nowata Family Health Center* • 317 E. Delaware (74048)

(918) 273-9911 • Fax (918) 273-9946

**Neighbor for Neighbor, Inc.**

505 E. 36th St. N. • Tulsa, OK 74106-1812

(918) 425-5578, ext. 123 • Fax (918) 428-4951

[www.neighborforneighbor.org](http://www.neighborforneighbor.org)

Free acute care, including lab and prescription assistance. Also, dental, vision, diabetes, dermatology and women's clinics.

Appointment required. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 204.

**Neighbors Along the Line**

5000 Charles Page Blvd. • Tulsa, OK 74127

(918) 584-1111 • Fax (918) 584-4954

[www.neighborsalongtheline.org](http://www.neighborsalongtheline.org) • [info@neighborsalongtheline.org](mailto:info@neighborsalongtheline.org)

Free clinic. No lab or x-rays. Some medications available during clinic hours only. Monday from 5:30 p.m., sign-in 5:15 p.m. to 5:30 p.m.; Thursday from 11:45 a.m., sign-in 11:30 a.m. to 11:45 a.m.



**Dennis R. Neill Equality Center**

621 E. 4th St. • Tulsa, OK 74119

(918) 743-4297

www.okeq.org • center@okeq.org

Free 20-minute HIV testing provided at the center by H.O.P.E. testing clinic staff. Monday through Saturday 3 p.m. to 9 p.m. Also provides referrals for LGBT-related medical issues and LGBT-friendly physicians.

**Okmulgee Indian Health Center**

1313 E. 20th St. • Okmulgee, OK 74447

(918) 758-1926 • Fax (918) 758-1944

www.muscogeenation-nsn.gov

Offers comprehensive outpatient medical services, including a specialized diabetes program that provides blood testing supplies, equipment and education. Also offers dental services, HIV/AIDS counseling and tobacco education. Must be a citizen of a federally-recognized tribe or have a CDIB card. SoonerCare, Medicare, Medicaid and insurance accepted.

**OSU Health Care Center**

2345 Southwest Blvd. • Tulsa, OK 74107

(918) 582-1980 • Fax (918) 561-1289

www.healthsciences.okstate.edu

Multi-specialty health care center providing a broad range of services for the entire family and every age. Specialties include family medicine, internal medicine, OB/GYN, pediatrics, psychiatry and behavioral health, ear/nose/throat, vision and osteopathic manipulation. Also available: x-rays, mammography and other services. SoonerCare, Medicare, Medicaid and insurance accepted.

*Additional Locations***OSU Physicians Office Building**

802 S. Jackson Ave., Ste. 210 • Tulsa, OK 74105

(918) 747-5322 (Surgery) • (918) 584-5364 (Family Medicine)

Fax (918) 746-7604

**OSU Physicians Houston Parke Clinic**

635 W. 11th St. • Tulsa, OK 74127

(918) 382-3100 • Fax (918) 382-3184

Internal medicine, pediatrics, HIV/AIDS and ophthalmology. Also serves as a referral/consultant facility to physicians in Oklahoma.

**OSU Physicians Houston Center – OB/GYN**

717 S. Houston, Ste. 200 • Tulsa, OK 74127

(918) 586-4500

**OSU Physicians - Eastgate Metroplex**

14002 E. 21st St., Ste. 1130 • Tulsa, OK 74106-5106

(918) 439-1500

**OSU Physicians Medical Clinic - OSU Tulsa**

700 N. Greenwood Ave. • Tulsa, OK 74107-2705

(918) 594-8920

**OU Bedlam Alliance for Community Health**

1111 S. St. Louis Ave. • Tulsa, OK 74120

(918) 619-4400

www.tulsa.ouhsc.edu

Offers medical treatment for the uninsured and under-insured in Tulsa. Patients seen on a first come, first served basis. Some lab, x-ray and pharmacy services are available. Tuesday and Thursday evenings. Patients must arrive by 5 p.m.

**OU Physicians Family Medical Center**

1111 S. St. Louis Ave. • Tulsa, OK 74120

(918) 619-4400 • Fax (918) 619-4601

www.tulsa.ouhsc.edu

Offers comprehensive medical and outpatient surgical care for children, adolescents and adults. Sliding fee scale. SoonerCare, Medicare, Medicaid and insurance accepted.

**OU Physicians Geriatrics – OU Physicians Internal Medicine**

Schusterman Center Clinic • 4502 E. 41st St. • Tulsa, OK 74135

(918) 619-4400 • Fax (918) 619-4152

www.tulsa.ouhsc.edu

Offers primary medical care through internal medicine, including health education, nutritional counseling and specialty consultation and referral. Specialties include geriatrics, diabetes, oncology, pulmonology, cardiology, GI, endocrinology, allergy, rheumatology and women's health. Lab and x-rays available. Sliding fee scale. SoonerCare, Medicare, Medicaid and insurance accepted.

**Pawhuska Indian Health Clinic**

715 Grandview Ave. • Pawhuska, OK 74056

(918) 287-4491 • Fax (918) 287-2347

Offers health screening, education, exercise and wellness program, and diabetes education. Must be Native American; CDIB card or other tribal documentation required.

**Pawnee Nation Special Diabetes Program**

400 Agency Rd. • Pawnee, OK 74058

Mail: P.O. Box 470 • Pawnee, OK 74058

(918) 762-4045 • Fax (918) 762-4643

www.pawneenation.org

Offers diabetes education, eyeglasses, meters, supplies and blood sugar screenings to any Pawnee Nation citizen and any Native American in the Pawnee service area. Must have a CDIB card, proof of residency, a diagnosis from a doctor and a current medication list.

**Sandy Park Clinic – OU Tulsa Health System**

6112 W. 11th St. • Tulsa, OK 74127

(918) 246-9361 • Fax (918) 246-9647

www.tulsa.ou.edu/medicine/bedlam

Primary care clinic. Appointment required. Monday through Friday, 8 a.m. to 5 p.m. Medicare and Medicaid accepted. Sliding fee scale.

**Sapulpa Indian Health Center**

1125 E. Cleveland Ave. • Sapulpa, OK 74066

(918) 224-9310 • Fax (918) 224-9314

www.muscogeenation-nsn.gov

Offers comprehensive outpatient medical services, including a specialized diabetes program that provides blood testing supplies, equipment and education. Also offers HIV/AIDS counseling and tobacco education. Must be a citizen of a federally-recognized tribe or have a CDIB card. SoonerCare, Medicare, Medicaid and insurance accepted.

**St. John Wound Center**

4538 S. Harvard Ave. • Tulsa, OK 74135

(918) 712-3377 • Fax (918) 712-3373

Offers evidence-based wound care. Appointment required. Monday through Friday, 8 a.m. to 5 p.m.

### **Take Charge!**

OSU Health Care Center

2345 Southwest Blvd. • Tulsa, OK 74107-2705

(918) 561-8543 • Fax (918) 561-1261

[www.healthsciences.okstate.edu/college/physicians/womens.cfm](http://www.healthsciences.okstate.edu/college/physicians/womens.cfm)

Offers free breast exams, Pap smears and mammograms for women ages 40 to 64 who do not have insurance and who meet financial guidelines. Appointment required. Monday through Friday, 9 a.m. to 4 p.m.

### **Tulsa City-County Health Department**

(918) 582-9355

[www.tulsa-health.org](http://www.tulsa-health.org)

Offers adult health screenings, including blood pressure, blood sugar, Pap smears and breast exams. Free mammograms for women over age 40 who qualify. Several clinics offer different programs. Most services no- or low-cost. Wellness programs and immunizations; education; information; TB testing; HIV/AIDS testing, counseling and referral.

#### *Locations*

#### **Bixby Health Center**

8120 E. 126th St. • Bixby, OK 74008

(918) 369-3155 • Fax (918) 369-3159

#### **Central Regional Health Center**

315 S. Utica Ave. • Tulsa, OK 74104

(918) 582-9355 • Fax (918) 594-4889

#### **Collinsville Community Health Center**

1201 W. Center St. • Collinsville, OK 74021

(918) 596-8650 • Fax (918) 596-8652

#### **Expo Square Health Center**

4616 E. 15th St. • Tulsa, OK 74112

(918) 582-9355 • Fax (918) 595-4159

#### **James O. Goodwin Health Center**

5051 S. 129th E. Ave. • Tulsa, OK 74134

(918) 582-9355 • Fax (918) 595-4492

#### **North Regional Health Center**

5424 N. Madison Ave. • Tulsa, OK 74126

(918) 591-6006 • Fax (918) 591-6036

#### **Sand Springs Health Center**

306 E. Broadway St. • Sand Springs, OK 74063

(918) 591-6100 • Fax (918) 591-6102

### **Tulsa County Medical Society**

5315 S. Lewis Ave. • Tulsa, OK 74105-6539

(918) 743-6184 • Fax (918) 743-0336

[www.tcmsok.org](http://www.tcmsok.org)

Offers information about medical services and referrals to physicians. Information about advance directives (living wills).

### **Tulsa County Social Services**

2401 Charles Page Blvd. • Tulsa, OK 74127

(918) 596-5560 • Fax (918) 596-5568

[www.tulsacounty.org](http://www.tulsacounty.org)

Free general medical clinic, Monday through Friday, 10:30 a.m. to Noon. Appointment required. No chronic conditions. Must meet financial guidelines. Must live in Tulsa County.

### **Tulsa Day Center for the Homeless, Inc.**

415 W. Archer St. • Tulsa, OK 74103

(918) 583-5588 • Fax (918) 583-6745

[www.tulsadaycenter.org](http://www.tulsadaycenter.org) • [slewis@tulsadaycenter.org](mailto:slewis@tulsadaycenter.org)

Free medical clinic for homeless people offers TB testing; vitamins; some assistance for prescription drugs; health screenings by nurses; diabetes, foot and vision clinics.

### **Tulsa Dream Center**

200 W. 46th St. N. • Tulsa, OK 74126

(918) 430-9984 • Fax (918) 430-1013

[www.tulsadreamcenter.org](http://www.tulsadreamcenter.org)

Free medical clinic for adults who do not have insurance.

Wednesday, 9 a.m. to Noon. Exams and vaccinations. Arrive by 8 a.m.

### **Tulsa Osteopathic Medical Society**

744 W. 9th St. • Tulsa, OK 74127

(918) 599-5962 • Fax (918) 599-1037

[jbratz61@yahoo.com](mailto:jbratz61@yahoo.com)

Maintains current listing of osteopathic physicians. Responds to complaints about osteopathic physicians.

### **Tulsa Veterans Administration Outpatient Clinic**

9322 E. 41st St. • Tulsa, OK 74145

(918) 628-2500 • Fax (918) 764-7208

[www.va.gov](http://www.va.gov)

Offers comprehensive medical evaluation, care and treatment, including lab, radiology and pharmacy for eligible veterans.

Daily shuttle to Jack C. Montgomery VA Medical Center in Muskogee.

### **Tulsa Wound Care and Hyperbaric Center**

OSU Medical Center • 744 W. 9th St. • Tulsa, OK 74127

(918) 599-5874 • (877) 599-5715 toll-free • Fax (918) 599-1650

Offers comprehensive state-of-the-art medical treatment and follow-up for those who suffer from open sores, wounds or lesions caused by diabetes, infection, circulatory problems or long confinement to bed. National research site. Medicare. Medicaid and insurance accepted.

**These Articles May Be Especially Helpful:**

**“Talking About Important Life Issues, ” page 12**

**“Does My Loved One Need Help?” page 14**

### Visiting Nurse Association of Tulsa (VNA)

Wellness Services

7875 E. 51st St. • Tulsa, OK 74145

(918) 743-9810 • Fax (918) 742-8885

[www.vnatulsa.org](http://www.vnatulsa.org) • [mail@vnatulsa.org](mailto:mail@vnatulsa.org)

Wellness services including immunizations (flu, pneumonia, meningitis and travel), TB testing, foot care clinics, cholesterol screening and education. Also offers the Visiting Nurse Program, skilled nursing care for people who meet financial guidelines.

### Xavier Medical Clinic

10711 E. 11th St. • Ste. 1 & 2 • Tulsa, OK

(918) 583-7233 • Fax (918) 583-7205

A free clinic sponsored by Saint Francis Health Systems and Catholic Charities offering minor care for families and individuals without medical insurance. The clinic is currently open Wednesdays only from 9 a.m. – 4 p.m.

## MEDICARE INFORMATION

See also SOCIAL SECURITY INFORMATION, page 200.

### Centers for Medicare and Medicaid Services (CMS)

7500 Security Blvd. • Baltimore, MD 21244

(877) 267-2323 toll-free • TTY (866) 226-1819 toll-free

[www.cms.hhs.gov](http://www.cms.hhs.gov)

A federal agency within the U.S. Department of Health and Human Services, CMS administers the Medicare program and works in partnership with states to administer Medicaid. Offers information on Medicare and Medicaid eligibility and benefits. Online benefit enrollment.

### Department of Human Services, Oklahoma

[www.okdhs.org](http://www.okdhs.org)

Financial assistance through the QMB, SLMB and QI programs helps low-income individuals with the costs of Medicare premiums, coinsurance, deductibles and prescriptions. See complete listing of offices at MEDICAID INFORMATION, page 186.

### Medicare

Toll-free 24-Hour Help Line: (800) MEDICARE (1-800-633-4227)

Toll-free: TTY/TDD (877) 486-2048

[www.medicare.gov](http://www.medicare.gov)

Federally-funded program provides health insurance for people age 65 or older, for those under age 65 who have certain disabilities, and for people of any age who have end-stage renal disease. Offers comprehensive information about Medicare eligibility and benefits; help planning for long-term care needs; physician and supplier directories; Medicare Part D prescription drug plan finder; contact numbers; Medicare-related information and publications; and comparison tools for hospitals, health plans, Medigap policies, nursing homes, home health agencies and dialysis facilities.

### Medicare Interactive

Medicare Rights Center

[www.medicarerights.org/help.html](http://www.medicarerights.org/help.html)

Free online counseling and assistance tool on Medicare issues. As a registered user, a person may learn about Medicare coverage, how to pick a Medicare health plan, about Medicare's drug coverage (Part D), how to appeal if coverage or care is denied and more.

### MyMedicare.gov

Medicare's free, secure online service for gaining access to personalized information about Medicare benefits and services. As a registered user of MyMedicare.gov, a person may view claim status (excluding Part D claims); order a duplicate Medicare Summary Notice or replacement Medicare card; view eligibility, entitlement and preventive services information; view enrollment information including prescription drug plans; view or modify personal drug list and pharmacy information; and retrieve online forms, publications, and messages sent by Medicare.

### Oklahoma Foundation for Medical Quality

14000 Quail Springs Pkwy., Ste. 400 • Oklahoma City, OK 73134

(800) 522-3414 toll-free • Fax (405) 840-1343

[www.ofmq.com](http://www.ofmq.com)

Federally-contracted quality improvement organization for Oklahoma Medicare. OFMQ works with every sector of the health care system, including hospitals, physicians, health maintenance organizations, other medical professionals and consumers to improve the quality, safety and integrity of healthcare. Investigates complaints about hospital care, premature release and other concerns about hospitalization procedures under Medicare. Quality improvement efforts encompass both the managed care and traditional fee-for-service arenas.

**STOP HEALTH CARE FRAUD**

**Join the Senior Medicare Patrol**

**Call 1-888-967-9100.**

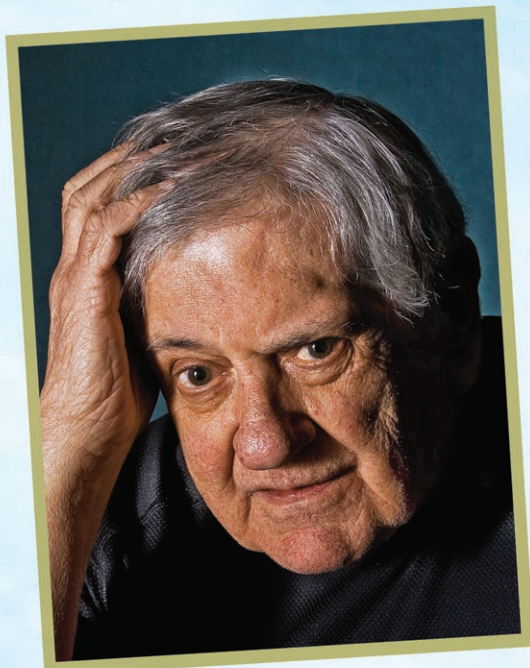
**Help Stop Medicare Fraud in its Tracks!**

**SMP**  
Empowering Seniors To Prevent Healthcare Fraud  
[www.StopMedicareFraud.gov](http://www.StopMedicareFraud.gov)

Funded in part by the U.S. Administration on Aging



# confused by Medicare?



## we can help.

### Senior Health Insurance Counseling Program

SHIP at LIFE Senior Services  
*sponsored by the Oklahoma Insurance Dept.*

- Information & education
- Objective counseling & assistance
- Annual review of Part D coverage



*Making life better for seniors  
and their families since 1973.*

**(918) 664-9000**

toll free (866) 664-9009

5950 East 31st Street, Tulsa OK

**www.LIFEseniorservices.org**



#### Railroad Retirement Board

271 W. 3rd St. N., Ste. 4010 • Wichita, KS 67202-1294

Toll-free Automated Help Line: (877) 772-5772

[www.rrb.gov](http://www.rrb.gov)

Facilitates enrollment in Medicare for railroad retirees and their spouses. Kansas office serves many Oklahoma counties, including Creek, Muskogee, Nowata, Okmulgee, Osage, Rogers, Tulsa, Wagoner and Washington Counties.

#### Senior Health Insurance Counseling Program (SHIP)

Oklahoma Insurance Department

Provides accurate and objective information, counseling and assistance relating to Medicare, Medicare supplements, Medicare Advantage, long-term care and other related health coverage plans for Medicare beneficiaries, their representatives or persons soon to be eligible for Medicare.

*Locations:*



##### Northeastern Oklahoma

**See Our Ad On Page 193**

SHIP at LIFE Senior Services

5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000 • (866) 664-0990 toll free

[SHIP@LIFEseniorservices.org](mailto:SHIP@LIFEseniorservices.org)

##### State-wide

Oklahoma Insurance Department

Five Corporate Plaza

3625 N.W. 56th St., Ste. 100 • Oklahoma City, OK 73112

(800) 763-2828 toll free

[www.ok.gov/oid](http://www.ok.gov/oid)

#### SMP, Empowering Seniors to Prevent Healthcare Fraud

Oklahoma Insurance Department

**See Our Ad On Page 192**

Five Corporate Plaza

3625 N.W. 56th St., Ste. 100 • Oklahoma City, OK 73112

(800) 522-0071 toll-free • Fax (405) 521-6635

Toll-free State Helpline: (888) 967-9100 • TTY (877) 588-6025

[www.ok.gov/oid](http://www.ok.gov/oid)

Responds to complaints related to Medicare and Medicaid fraud and abuse.

*Additional Location*

4157 S. Harvard Ave., Ste. 121 • Tulsa, OK 74135

(918) 293-4525 • (800) 728-2906 toll-free

Fax (918) 747-7720

## MEDICATIONS

#### Access to Benefits Coalition

[www.accesstobenefits.org](http://www.accesstobenefits.org)

Free website offers information, enrollment applications and assistance in selecting a Medicare Part D prescription drug plan, applying for Medicare Part D Extra Help and gaining access to other prescription drug assistance programs.

#### American Cancer Society

4110 S. 100th E. Ave., Ste. 101 • Tulsa, OK 74146

(918) 743-6767 • (888) 376-1725 • Fax (918) 743-9655

Toll-free 24-Hour Hotline: (800) 227-2345

[www.cancer.org](http://www.cancer.org)

Some ostomy supplies available.

### Broken Arrow Neighbors

322 W. Broadway Ave. • Broken Arrow, OK 74012  
(918) 251-7781 • Fax (918) 251-9108  
www.baneighbors.com

Emergency financial aid for prescriptions. Must live in Broken Arrow or Coweta. Monday through Thursday, 9 a.m. to 4 p.m. See complete listing at URGENT and BASIC NEEDS, page 204.

### Counseling and Recovery Services of Oklahoma

7010 S. Yale Ave., Ste 215 • Tulsa, OK 74136  
(918) 492-2554 • Fax (918) 494-9870  
www.crsok.org

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 212.

#### Location:

117 N. Main St. • Sand Springs, OK 74063  
(918) 245-5565 • Fax (918) 245 5564

### Indian Health Care Resource Center

550 S. Peoria Ave. • Tulsa, OK 74120  
(918) 382-1270 • Fax (918) 582-6405  
www.ihcrc.org • info@ihcrc.org

Pharmacy. Must be Native American; CDIB card or other tribal documentation required. SoonerCare, Medicare, Medicaid and insurance accepted. Sliding fee scale.

### Koweta Indian Health Facility

31870 E. State Hwy 51 • Coweta, OK 74429  
(918) 279-3200

Medical, dental, eye care and behavioral health services for Native Americans. Must have CDIB card. Eligibility guidelines apply.

### Leukemia and Lymphoma Society

8111 LBJ Freeway, Ste. 425 • Dallas, TX 75251  
(800) 800-6702 • (972) 996-5900 • Fax (972) 996-5990  
(888) 828-4572 toll-free • (918) 492-0792  
www.leukemia-lymphoma.org • mathisk@lls.org

Offers financial assistance for drugs and treatment-related expenses to anyone who has a blood-related cancer.

### Medicare Part D Prescription Drug Coverage

Toll-free (800) 633-4227 • TTY/TDD (877) 486-2048  
www.medicare.gov

Prescription drug coverage is available for Medicare beneficiaries through Medicare Part D. Enrollment in this program is voluntary and is not automatic for all beneficiaries. For more information, about Medicare Parts A, B, C, and D, see “The Basics of Medicare” on page 30 and “Closing the Medicare Part D Coverage Gap” on page 34. See also LIFE’s *Vintage Newsmagazine* for monthly updates and current information regarding Medicare Part D.



### Medicare Prescription Assistance Program

at LIFE Senior Services **See Our Ad On Page 193**

Senior Health Insurance Counseling Program (SHIP) at LIFE Senior Services

(sponsored by Oklahoma Insurance Department)

5950 E. 31st St. • Tulsa, OK 74135  
(918) 664-9000 • (866) 664-0990 toll free

www.LIFEseniorservices.org

Provides accurate and objective information, education, and

assistance in comparing, selecting and enrolling in a Medicare Part D plan; applying for Extra Help for people with limited income and resources; and locating other prescription assistance programs. See related articles on pages 30 and 34. Also see LIFE’s *Vintage Newsmagazine* for monthly updates on Medicare.

### Ministry Center at Allan Davis Building

312 S. 33rd W. Ave. • Tulsa, OK 74127

(918) 585-5310 • www.ministry-center.org

Offers limited prescription assistance to Tulsa County residents. Individuals eligible every two months. Appointment required. Monday through Thursday, 9 a.m. to 2 p.m. Must accept spiritual counseling. Also provides food and clothing.

### Neighbor for Neighbor, Inc.

505 E. 36th St. N. • Tulsa, OK 74106-1812  
(918) 425-5578, ext. 123 • Fax (918) 425-6935  
www.neighborforneighbor.org

Offers assistance with medications. Written prescription required. Certain medications not available. No cost for medications through agency dispensary; once-a-year financial assistance for medications not available through dispensary. Monday through Thursday, 10 a.m. to Noon; 1 p.m. to 3 p.m. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 204.

### Neighbors Along the Line

5000 Charles Page Blvd. • Tulsa, OK 74127  
(918) 584-1111 • Fax (918) 584-4954

www.neighborsalongtheline.org • info@neighborsalongtheline.org

Offers limited assistance with medications.

### OU Pharmacy

4444 E. 41st St. • Tulsa, OK 74135  
(918) 619-4990 • Fax (918) 619-4991  
http://tulsa.ou.edu/

Full-service pharmacy located inside the OU Schusterman Center Clinic.

### Rx for Oklahoma Prescription Assistance

(877) RX4-OKLA, ext. 29 or 34 • (877-794-6552) toll-free  
www.rx4okla.com

Assists with the completion of applications and required documentation for submission to available pharmaceutical company assistance programs. These programs may provide free or discounted medications.

### Sand Springs Community Services, Inc.

15 E. 2nd St. • Sand Springs, OK 74063  
(918) 245-5183 • Fax (918) 245-6180

Offers financial assistance for prescription medications to Sand Springs residents who meet financial guidelines. Pays 50 percent of prescription cost up to \$50 in a one year period. No Schedule II drugs.

### Sapulpa Indian Health Center

1125 E. Cleveland Ave. • Sapulpa, OK 74066  
(918) 224-9310 • Fax (918) 224-9314

Offers pharmacy services. Must be a citizen of a federally-recognized tribe and have a CDIB card. SoonerCare, Medicare, Medicaid and insurance accepted.

# Nutrition Sites and Senior Centers

Nutrition sites offer hot, nutritious meals Monday through Friday, at public locations or delivered to home-bound seniors. Senior centers offer planned activities for seniors, with or without participation in the nutrition program. Contact center for hours of operation, activity schedule, age requirements, fees and/or meal prices.

<b>Tulsa County</b>	<b>Address</b>	<b>Phone</b>	<b>Nutrition Sites</b>	<b>Senior Center</b>
Asian American Nutrition Site	11630 E. Skelly Dr., Tulsa	(918) 481-0323	Y	N
Bixby Senior Citizens at Autumn Park Apartments	8401 E. 134th St., Bixby	(918) 369-4160	Y	Y
Broken Arrow Seniors, Inc.	1800 S. Main St., Broken Arrow	(918) 259-8377	Y	Y
Buddy LaFortune Community Center (Multi-generational)	5202 S. Hudson, Tulsa	(918) 496-6220	N	Y
Cardinal Heights Nutrition	224 S. 19th St., Collinsville	(918) 371-3730	Y	N
Carver Senior Center	1208 E. Pine St., Tulsa	(918) 585-3307	Y	Y
Central Center (Multi-generational)	1028 E. 6th St., Tulsa	(918) 596-1444	N	Y
Collinsville Senior Center at Cardinal Heights Apartments	224 S. 19th St., Collinsville	(918) 371-3730	Y	Y
Cornerstone Seniors at Cornerstone Village Apartments	1045 N. Yale Ave., Tulsa	(918) 835-9544	Y	Y
Country Oaks Senior Center at Country Oaks Apartments	5648 S. 33rd W. Ave., Tulsa	(918) 446-2855	Y	Y
 LIFE's Senior Center at East Side Christian Church	15th and S. Indianapolis Ave., Tulsa	(918) 744-6760	N	Y
First Lutheran Church/Trinity Center	1244 S. Utica Ave., Tulsa	(918) 584-1584	Y	Y
Glenpool Senior Center	94 W. 145th St., Glenpool	(918) 322-6277	N	Y
Jenks Senior Center	211 N. Elm St., Jenks	(918) 299-1700	N	Y
Owasso Community Center	301 S. Cedar St., Owasso	(918) 272-1816	Y	Y
Park Village Seniors at Park Village Apartments	650 S. Memorial Dr., Tulsa	(918) 832-1427	Y	Y
Salvation Army Citadel	3901 E. 28th St., Tulsa	(918) 747-8844	N	Y
Sand Springs Senior Center	205 N. McKinley Ave., Sand Springs	(918) 246-2566	Y	Y
Senior Haven	2001 S. 129th E. Ave., Tulsa	(918) 361-3882		N
Skiatook Senior Center	4999 W. Rogers Blvd., Skiatook	(918) 396-3320	Y	Y
 LIFE's Senior Center at Southminster Presbyterian Church	3500 S. Peoria Ave., Tulsa	(918) 749-2623	N	Y
Sperry Senior Center	100 S. Main St., Sperry	(918) 288-7293	N	Y

<b>Creek County</b>	<b>Address</b>	<b>Phone</b>	<b>Nutrition Sites</b>	<b>Senior Center</b>
Bristow Senior Center at Woodland Village Apartments	131 E. 9th Ave., Bristow	(918) 367-3989	Y	Y
Depew Senior Citizens Center	412 Main St., Depew	(918) 324-5485	N	Y
Drumright Senior Center	510 S. Ohio Ave., Drumright	(918) 352-9407	Y	Y
Kellyville Senior Center	410 E. Buffalo St., Kellyville	(918) 247-6661	Y	Y
Mannford Senior Center	102 Greenvalley Park Rd., Mannford	(918) 865-2124	Y	Y
Oilton Senior Center	301 S. A St., Oilton	(918) 862-3616	Y	Y
Sapulpa Senior Nutrition	515 E. Dewey Ave., Sapulpa	(918) 224-3300	Y	Y

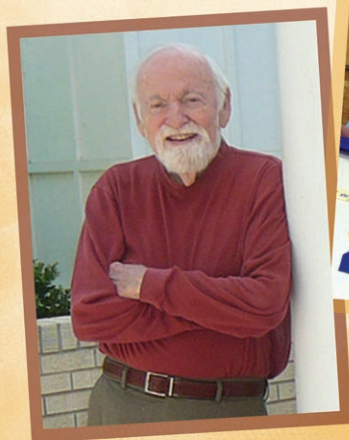
<b>Wagoner County</b>	<b>Address</b>	<b>Phone</b>	<b>Nutrition Sites</b>	<b>Senior Center</b>
Coweta Senior Center at Carriage Crossing Apartments	28530 E. 141st St., Coweta	(918) 486-1554	Y	Y
Porter Nutrition Site	529 S. Main St., Porter	(918) 483-0061	Y	N
Rolling Hills Senior Citizen Center	20 S. 200th E. Ave., Tulsa	(918) 266-3738	Y	Y



Osage County	Address	Phone	Nutrition Sites	Senior Center
Barnsdall Nutrition Site	406 W. Main St., Barnsdall	(918) 847-2376	Y	N
Cedar Ridge Nutrition Site	200 Atlantic Field Rd., Pawhuska	(918) 287-3994	Y	Y
Fairfax Senior Citizens Center	74 CR 6300, Fairfax	(918) 642-3677	Y	Y
Hominy Senior Center	211 E. 5th St., Hominy	(918) 885-2112	Y	Y
Hulah Lake Senior Citizens	1924 County Rd. 3575, Pawhuska	(918) 336-1870	N	Y
McCord Senior Center	115 Mary Rd., Ponca City	(580) 762-9350	N	Y
Pawhuska Senior Center	1924 County Line Rd. 3575, Pawhuska	(918) 287-1410	N	Y
Prue Senior Center	301 W. Wah-Gra-Cee, Prue	(918) 242-3640	N	Y
Shidler Senior Center	192 Gosden, Shidler	(918) 793-7732	Y	Y
Skiatook Senior Center	4999 W. Rogers Blvd., Skiatook	(918) 396-3320	Y	Y

Pawnee County	Address	Phone	Nutrition Sites	Senior Center
Cleveland Area Senior Center	211 E. Wichita Ave., Cleveland	(918) 358-5898	Y	Y
Pawnee Independent Senior Center	606 5th St., Pawnee	(918) 762-3400	N	Y
Project Heart – Pawnee Nutrition Site	304 Kansas Pl., Pawnee	(918) 762-2405	Y	N

Rogers County	Address	Phone	Nutrition Sites	Senior Center
CARD (Community Action Resource and Development)	1302 N. Willow Dr., Claremore	(918) 342-0622	Y	Y
Claremore Senior Citizens Center	116 N. Missouri Ave., Claremore	(918) 341-4734	N	Y
Inola Senior Citizen Center	2nd and Broadway, Inola	(918) 543-8513	N	Y
Will Rogers Senior Center	524 W. Will Rogers Blvd., Claremore	(918) 343-0045	Y	Y



put a little  
**fun**  
in your life

LIFE's Senior Centers –  
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involved and thriving!

*Making life better  
for seniors and their  
families since 1973.*



LIFE's Senior Center at East Side  
1427 S. Indianapolis, Tulsa • (918) 744-6760  
LIFE's Senior Center at Southminster  
3500 S. Peoria, Tulsa • (918) 749-2623  
[www.LIFESeniorservices.org](http://www.LIFESeniorservices.org)



Partner Agency

### **TRICARE Senior Pharmacy Program**

(866) 363-8667 toll-free

[www.tricare.osd.mil](http://www.tricare.osd.mil)

Prescription drug program for military retirees age 65 or older. Low-cost prescription drugs from the TRICARE mail order pharmacy and TRICARE network and non-network pharmacies. Must be registered in Defense Enrollment Eligibility Reporting System (DEERS) and may be required to enroll in Medicare Part B. See TRICARE at VETERANS SERVICES, page 208.

### **Tulsa County Social Services**

2401 Charles Page Blvd. • Tulsa, OK 74127

(918) 596-5560 • Fax (918) 596-5568

[www.tulsacounty.org](http://www.tulsacounty.org)

General pharmacology products provided free or at low cost for Tulsa County residents who meet financial guidelines. No Schedule II drugs. Some drugs available in generic only. Cash.

### **VA Outpatient Clinic, Ernest Childers**

9322 E. 41st St. • Tulsa, OK 74145

(918) 628-2500 • (888) 398-8387 toll-free

[www.va.gov](http://www.va.gov)

Military veterans are eligible for low-cost prescription drugs. Must meet service or financial guidelines. See complete listing at VETERANS SERVICES, page 208.

### **Western Neighbors, Inc.**

4981 S. Tacoma Ave. • Tulsa, OK 74107

(918) 445-8840 • Fax (918) 446-7010

[www.southwesttulsa.org](http://www.southwesttulsa.org)

Offers some assistance for short-term prescriptions. Must meet eligibility guidelines. Monday through Thursday. See URGENT and BASIC NEEDS, page 204.

## **MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING**

See comprehensive listings on page 212.

## **NUTRITION ASSISTANCE and SERVICES**

See comprehensive listing of senior nutrition sites on pages 195 and 196. See also URGENT and BASIC NEEDS, page 204.

### **Angel Food Ministries**

(877) 366-3646 toll-free

[www.angelfoodministries.com](http://www.angelfoodministries.com)

Offers food assistance. Grocery store-quality food is sold at \$30 per unit (approximately half retail price). Generally, one unit helps feed a family of four for one week or a single senior for one month. Orders and once-a-month distribution are handled by area host sites. Call for the site nearest you.

### **Bixby Community Outreach Center**

10 E. Dawes St. • Bixby, OK 74008

(918) 366-9226 • Fax (918) 366-9228

[www.bixbyoc.org](http://www.bixbyoc.org) • [bcoced@bixbyoc.org](mailto:bcoced@bixbyoc.org)

Food pantry provides a four-day supply of food and personal care items for Bixby-area residents who meet financial guidelines. Tuesday and Thursday, 9 a.m. to 4 p.m. See complete listing at URGENT and BASIC NEEDS, page 204.

### **Broken Arrow Neighbors**

322 W. Broadway Ave. • Broken Arrow, OK 74012

(918) 251-7781 • Fax (918) 251-9108

[www.banighbors.com](http://www.banighbors.com)

Food pantry provides a two- to three-day supply of food and personal care items for Broken Arrow and Coweta residents who meet financial guidelines. Monday through Thursday, 9 a.m. to 4 p.m. See complete listing at URGENT and BASIC NEEDS, page 204.

### **Catholic Charities – Padre Pio Assistance**

2450 N. Harvard Ave. • Tulsa, OK 74115

(918) 508-7161 • Fax (918) 582-2123

[www.catholiccharitiestulsa.org](http://www.catholiccharitiestulsa.org)

[information@catholiccharitiestulsa.org](mailto:information@catholiccharitiestulsa.org)

Assistance with food for families and seniors in need. Available four times a year per household. Monday, Tuesday, Thursday and Friday, 9 a.m. to 1 p.m.; Wednesday, 9 a.m. to 11:30 a.m.; Tuesday 5 p.m. to 7 p.m.

### **Community Action Resource and Development (CARD)**

522 W. Will Rogers Blvd. • Claremore, OK 74017

Mail: P.O. Box 947 • Claremore, OK 74018

(918) 341-5000 • Fax (918) 343-3663

[www.cardcaa.org](http://www.cardcaa.org)

The Senior Citizens Nutrition, Supportive and In-Home Services Program provides a balanced mid-day meal by home delivery or in a public location. Serving seniors age 60 or older who qualify and who live in Mayes or Rogers Counties.

### **Meals on Wheels (Claremore)**

715 McClellan Ave. • Claremore, OK 74017

(918) 342-2006

Delivers meals to homebound seniors in Claremore. Meals delivered 8:30 a.m. to Noon, Monday, Wednesday and Friday. Donations suggested, but not required.

### **Meals on Wheels of Metro Tulsa**

12620 E. 31st St. • Tulsa, OK 74146-2307

(918) 627-4103 • Fax (918) 663-8914

[www.mealsonwheelstulsa.org](http://www.mealsonwheelstulsa.org) • [mowtulsa@atlasok.com](mailto:mowtulsa@atlasok.com)

Delivers meals and offers friendly contact to homebound seniors in the Tulsa metropolitan area. Offers diabetic, low-sodium, vegetarian, and frozen meals in addition to regular hot meals. Donations suggested; no eligible person denied service.

### **Neighbor for Neighbor, Inc.**

505 E. 36th St. N. • Tulsa, OK 74106-1812

(918) 425-5578 • Fax (918) 425-6935

[www.neighborforneighbor.org](http://www.neighborforneighbor.org)

Community food store provides food to those in need; free to seniors age 65 or older and adults who have disabilities. Monday through Thursday, 9 a.m. to Noon; 1 p.m. to 3 p.m. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 204.

### **Neighbors Along the Line**

5000 Charles Page Blvd. • Tulsa, OK 74127

(918) 584-1111 • Fax (918) 584-4954

[www.neighborsalongtheline.org](http://www.neighborsalongtheline.org) • [info@neighborsalongtheline.org](mailto:info@neighborsalongtheline.org)

Food pantry serves residents of northwest Tulsa, providing groceries once a month to people who meet financial guidelines. Monday, Tuesday, Thursday, 1:30 p.m. to 3:30 p.m.; Wednesday, 5 p.m. to 6:45 p.m. See complete listing at URGENT and BASIC NEEDS, page 204.

### **Osage County Nutrition Office**

108 E. 7th St. • Pawhuska, OK 74056

(918) 287-2242 • Fax (918) 287-2351

[osagenutrition@sbcglobal.net](mailto:osagenutrition@sbcglobal.net)

Offers people age 60 or older and their spouse, regardless of age, a hot, nutritionally-balanced lunch and a variety of activities. Home-delivered meals for medically-homebound people. Monday through Friday. See list of nutrition sites on page 195.

### **Owasso Community Resources**

109 N. Birch St., Ste. 109 • Owasso, OK 74055

(918) 272-4969 • Fax (918) 609-0012

Year-round emergency food pantry assistance. Offers Thanksgiving baskets for seniors in need. Assistance available to Owasso and Collinsville residents. See complete listing at URGENT and BASIC NEEDS, page 204.

### **SHARE Colorado Food Program**

(800) 933-7427 toll-free • [www.sharecolorado.com](http://www.sharecolorado.com)

Caring Community Friends • Eastern Oklahoma Office

12 W. Burnham Ave. • Sapulpa, OK 74066

(918) 224-6464 • (855) 832-7238 • Fax (918) 224-6436

[www.midamericafoods.com](http://www.midamericafoods.com)

Several area host sites, including Skiatook and Sapulpa. Call or check the website for the Mid America Foods site nearest you. Nonprofit organization and food cooperative. Basic \$25 share package includes meats, fresh fruits and vegetables at half the retail cost. Menus change monthly and different combination packages are available. No income restrictions. SNAP (formerly food stamps) accepted.

### **Supplemental Nutrition Assistance Program – SNAP**

*formerly Food Stamps*

Department of Human Services

[www.okdhs.org](http://www.okdhs.org)

Regular SNAP available for adults who meet financial guidelines. Emergency SNAP available if monthly income is less than \$150 or if shelter costs exceed monthly income. Contact local DHS office to apply. See location listing at MEDICAID INFORMATION, page 186.

### **Tulsa and Creek County Senior Nutrition Program**

3602 E. Pine St. • Tulsa, OK 74115

(918) 835-4160 • Fax (918) 835-1299

[www.tccsnp.com](http://www.tccsnp.com) • [info@tccsnp.com](mailto:info@tccsnp.com)

Offers people age 60 or older and their spouses, regardless of age, a hot, nutritionally-balanced lunch and a variety of activities. Home-delivered hot or frozen meals for people who are medically homebound. Monday through Friday. Other services include transportation, nutrition education, and volunteer opportunities. See list of locations at page 195.

### **Tulsa Dream Center Nutrition Services**

200 W. 46th St. N. • Tulsa, OK 74126

(918) 430-9984 • Fax (918) 430-1013

[www.tulsadreamcenter.org](http://www.tulsadreamcenter.org)

Offers hot mid-day meals Tuesday and Thursday, Noon to 12:45 p.m.; Wednesday 11:30 a.m. to 1 p.m. Grocery give-a-way Tuesday and Thursday at 1 p.m., until supply depleted.

## **ONLINE RESOURCES**

### **Lotsa Helping Hands**

[www.nfca.lotsahelpinghands.com](http://www.nfca.lotsahelpinghands.com)

You and your loved ones can create a free, private web-based community to organize family, friends, neighbors and colleagues during times of need. Easily coordinate activities and manage offers of help with our intuitive group calendar.

### **Caring Bridge**

[www.caringbridge.org](http://www.caringbridge.org)

This site provides a list of free websites that connect people experiencing a significant health challenge to family and friends, making each health journey easier. The websites are easy to create and use.

### **CareCalendar**

[www.carecalendar.org](http://www.carecalendar.org)

This is an online tool that can be used with anyone experiencing an illness or surgery. The CareCalendar is a donor supported ministry of the Bortel family. This online tool was created to coordinate meals and other care that family and friends could utilize. This free program offers a setup worksheet and is easy to navigate and operates 24/7.

## **ORGAN, TISSUE and BODY DONATION**

It is important to have authorizations for donation established: sign your driver's license, communicate with next of kin and register with LifeShare Oklahoma. Also, most hospitals have an organ and tissue donation staff person to assist the family with the process.

### **American Association of Tissue Banks**

1320 Old Chain Bridge Rd., Ste. 450 • McLean, VA 22101

(703) 827-9582 • Fax (703) 356-2198

[www.aatb.org](http://www.aatb.org) • [aatb@aatb.org](mailto:aatb@aatb.org)

### **LifeShare Transplant Donor Services of Oklahoma, Inc.**

7200 Broadway Extension • Oklahoma City, OK 73116

(888) 580-5680 toll-free • Fax (405) 840-9748

[www.lifeshareoklahoma.org](http://www.lifeshareoklahoma.org)

### **Musculoskeletal Transplant Foundation (MTF)**

125 May St. • Edison, NJ 08837

(732) 661-0202 • Fax (732) 661-2298

Toll-free Customer Service: (800) 433-6576

### **NuMed Technologies, Inc.**

7225 S. 85th E. Ave., Ste. 200 • Tulsa, OK 74133

(918) 249-2697 • (800) 640-3131 toll-free • Fax (918) 461-0682



### **Oklahoma State University**

Center for Health Sciences – Body Donation Program  
1111 W. 17th St. • Tulsa, OK 74107  
(918) 561-8253

### **University of Oklahoma**

Health Sciences Center – Anatomical Donation Program  
P.O. Box 26901 • Oklahoma City, OK 73190  
(405) 271-2424

## **RECREATION and TRAVEL**

For a comprehensive list of area senior centers, see pages 195-196.



### **LIFE's Vintage Newsmagazine** See Our Ad On Page 95

5950 E. 31st St. • Tulsa, OK 74135-5114  
(918) 664-9000 • Fax (918) 664-9922

[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org) • [vintage@LIFEseniorservices.org](mailto:vintage@LIFEseniorservices.org)

Free, award-winning, monthly newsmagazine published by LIFE Senior Services. Offers information about events and activities of interest to seniors and caregivers.

### **The Center for Individuals with Physical Challenges**

815 S. Utica Ave. • Tulsa, OK 74104  
(918) 584-8607 • Fax (918) 584-8646

[www.tulsacenter.org](http://www.tulsacenter.org)

Offers recreational activities for people who have physical disabilities. See complete listing at DISABILITY SERVICES, page 171.

### **Exploritas (formerly Elderhostel)**

11 Avenue de Lafayette • Boston, MA 02111  
(800) 454-5768 toll-free • [www.exploritas.org](http://www.exploritas.org)

This not-for-profit organization offers learning adventures for people age 55 or older. A worldwide leader among education and travel organizations, Exploritas offers over 8,000 programs a year in more than 90 countries.

### **Northeast Active Timers (NEATS)**

3119 S. Jamestown Ave. • Tulsa, OK 74135  
(918) 743-1303 • Fax (918) 743-1303

[NEATSTulsa@aol.com](mailto:NEATSTulsa@aol.com)

Offers programs of enrichment, entertainment and devotion. Meals, support groups, trips, outings, Adopt a Centenarian program and more. Suggested annual dues \$15. Minimum age 55. Meets second Wednesday at Harvard Avenue Christian Church, Peake Hall.

### **Oklahoma Senior Games/Olympics**

1829 W. Honolulu St. • Broken Arrow, OK 74012  
(918) 455-1894

[www.oklahomaseniorgames.org](http://www.oklahomaseniorgames.org)

A multi-day sports festival for men and women age 50 or older, with dozens of sports events as well as creative and literary art competitions. National Senior Games Association member. Officially-sanctioned state games for Oklahoma. State games qualify athletes to attend the National Senior Games. Call for state game dates and events.

### **Senior Circle at SouthCrest Hospital**

8801 S. 101st E. Ave. • Tulsa, OK 74133  
(918) 294-4772 • Fax (918) 294-7155

[www.seniorcircle.com](http://www.seniorcircle.com)

Senior Circle is a nationwide program for people age 50 or older. \$15 annual fee. Monthly classes, exercise classes, volunteer opportunities and social activities at no additional charge. Local and national discounts for vision care, prescription drugs, hearing aids, ADT security systems and The Walking Company. Other benefits include use of the Wellness Center at Union High School and free caregiver meals if the member is hospitalized.

### **Senior Pass**

U.S. Geological Survey  
(888) 275-8747 toll-free

[www.usgs.gov](http://www.usgs.gov)

Offers access to and use of any federal recreation site that charges an entrance or Standard Amenity Fee, and provides a 50 percent discount on some Expanded Amenity Fees, such as camping, boat launching and swimming. \$10 fee for lifetime pass. Minimum age 62.

### **Silver Elite at Hillcrest Medical Center**

1120 S. Utica Ave. • Tulsa, OK 74105  
(918) 579-5203

[www.hillcrest.com](http://www.hillcrest.com)

A free social group with a health and fitness focus for people age 60 or over. Out-of-hospital benefits include invitations to monthly breakfast lectures, social activities, health fairs, free flu vaccinations and free fitness center membership. In-hospital benefits include express registration and individualized comfort items such as robes, magazines and books.

### **Tulsa City-County Library Outreach Services**

400 Civic Center • Tulsa, OK 74103  
(918) 596-7922

[www.tulsalibrary.org](http://www.tulsalibrary.org) • [os@tulsalibrary.org](mailto:os@tulsalibrary.org)

An outreach service for people who have visual or physical disabilities. Includes book delivery and books by mail to homebound readers and residents of nursing homes and retirement facilities.

### **Tulsa Parks**

City Hall at One Technology Center  
175 E. 2nd St., Ste. 690 • Tulsa, OK 74103  
(918) 596-7275 • Fax (918) 596-7249

[www.tulsaparks.org](http://www.tulsaparks.org) • [tulsaparks@cityoftulsa.org](mailto:tulsaparks@cityoftulsa.org)

Offers activities at area recreation centers for seniors and people who have disabilities. Forever Fit 50 Plus program includes a variety of health and wellness events.

### **YMCA of Bixby**

(Daily Family YMCA of Bixby)  
7910 E. 134th St. S. • Bixby, OK 74008  
(918) 369-9622 • Fax (918) 369-9624

[www.dailymca.org](http://www.dailymca.org)

Offers senior aquatics, swim lessons, arthritis and exercise swim classes, and other fitness programs, including yoga and cardio classes.

## YMCA of Greater Tulsa

2405 E. Skelly Dr. • Tulsa, OK 74105

(918) 747-9622

[www.ymcatulsa.org](http://www.ymcatulsa.org) • [info@ymcatulsa.org](mailto:info@ymcatulsa.org)

Fitness and recreational activities, including swimming, competitive sports, fitness center and more.

### Locations

#### R.C. Dickerson Family YMCA

8501 S. Garnett Rd. • Broken Arrow, OK 74012

(918) 872-9622

#### Downtown YMCA

Mayo Building • 420 Main St. • Tulsa, OK 74103

(918) 583-9622

#### Owasso

8300 Owasso Expressway • Owasso, OK 74055

(918) 272-9622

#### Hutcherson Family YMCA

1120 E. Pine St. • Tulsa, OK 74106

(918) 382-9622

#### South Neighborhood YMCA

10031 S. Yale Ave., Ste. 105 • Tulsa, OK 74137

(918) 518-5940

#### Thornton Family YMCA

5002 S. Fulton Ave. • Tulsa, OK 74135

(918) 280-9622

#### Westside YMCA

5400 S. Olympia Ave. • Tulsa, OK 74107

(918) 446-1424

## YWCA – Tulsa

[www.ywcaoftulsa.org](http://www.ywcaoftulsa.org) • [info@ywcaoftulsa.org](mailto:info@ywcaoftulsa.org)

Offers senior-specific activities, including indoor warm water pool, rehabilitative arthritis aquatic classes, multi-level aerobic classes, chair aerobics, social and physical fitness programs for seniors, trips and educational programs.

### Locations

#### Patti Johnson Wilson Center

1910 S. Lewis Ave. • Tulsa, OK 74104

(918) 749-2519

#### East Center

8145 E. 17th St. • Tulsa, OK 74112

(918) 628-1030

#### North Center

5424 N. Madison Ave. • Tulsa, OK 74126

(918) 425-7511

## SENIOR CENTERS

See comprehensive listing of area senior centers on pages 195-196.

## SHELTERS

See URGENT and BASIC NEEDS, page 204.

## SLEEP DISORDERS

### Narcolepsy Network, Inc.

P.O. Box 294 • Pleasantville, NY 10570

(888) 292-6522 toll-free • (401) 633-6567

[www.narcolepsynetwork.org](http://www.narcolepsynetwork.org)

### The American Sleep Apnea Association (ASAA)

6856 Eastern Ave., N.W., Suite 203 • Washington, D.C. 20012

(202) 293-3650 • Fax (202) 293-3656

[www.sleepapnea.org](http://www.sleepapnea.org)

The American Sleep Apnea Association focuses on reducing injury, disability and death from sleep apnea; and enhancing the well-being of those affected by this common disorder.

## SOCIAL SECURITY INFORMATION

### Railroad Retirement Board

271 W. 3rd St. N., Ste. 4010 • Wichita, KS 67202-1294

Automated Help-Line: (877) 772-5772 toll-free

[www.rrb.gov](http://www.rrb.gov)

Facilitates enrollment in Medicare for railroad retirees and their spouses. Kansas office serves many Oklahoma counties, including Creek, Muskogee, Nowata, Okmulgee, Osage, Rogers, Tulsa, Wagoner and Washington Counties.

### Social Security Administration

National: (800) 772-1213 toll-free • TTY (800) 325-0778 toll-free

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Pays retirement, disability and survivor benefits to workers and their families. Determines entitlement for Medicare benefits and Medicare Part D subsidy/Extra Help. Runs the Supplemental Security Income (SSI) program for low-income people or those who have a disability. Manages the Social Security Disability Insurance (SSDI) program. Monday through Friday, 9 a.m. to 4 p.m.

### Locations

**Bartlesville** • 900 Leisure Ln. (74006)

(918) 333-5301 • TTY (800) 325-0778 toll-free

**Muskogee** • 125 S. Main St. (74401)

(918) 687-2338 • TTY (800) 325-0778 toll-free

**Okmulgee** • 308 Creek Pl. (74447)

(918) 756-3923 • TTY (800) 325-0778 toll-free

**Tulsa** • 4750 S. Garnett Rd. (74146)

(866) 931-7106 toll-free • TTY (800) 325-0778 toll-free

### Social Security Administration Internet Online Services

[www.socialsecurity.gov/onlineservices](http://www.socialsecurity.gov/onlineservices)

The Benefit Eligibility Screening Tool (BEST) examines eligibility for retirement, survivor, disability, SSI, special veterans benefits and Medicare. The Benefits Planner contains retirement, disability and survivor planners. Other online services allow a person to change address/phone number; get a password to retrieve account information; or request a proof of income, a Social Security statement or replacement Medicare card.

### Social Security Fax Catalog

(888) 475-7000 toll-free

[www.socialsecurity.gov/pubs/Fax.html](http://www.socialsecurity.gov/pubs/Fax.html)

By following recorded instructions, caller may order specific documents to be faxed to caller's designated fax machine.

## Social Security FRAUD Hotline

Office of the Inspector General • Social Security Administration  
Toll-free: (800) 269-0271 • TTY (866) 501-2101

Call to report forged Social Security checks or misuse of Social Security numbers.

## SUPPORT GROUPS

The following organizations offer support groups. Contact these offices directly for complete program description, times, locations and activities. See also GRIEF RECOVERY, page 176.

### AARP Tulsa Resource Center

(918) 446-2277

Information and referral to support groups in the area. Staffed by volunteers seven days a week.

### ALS (Lou Gehrig's Disease)

(918) 749-7997

Support offered in conjunction with the Muscular Dystrophy Association, Eastern Oklahoma. Meets second Thursday, 6:30 p.m. to 8 p.m., at The Center for Individuals with Physical Challenges, 815 S. Utica Ave., Classroom 1, Tulsa.

### Alzheimer's Association, Oklahoma and Arkansas Chapter

(918) 481-7741 • (800) 272-3900 toll-free

Fax (918) 481-7745

[www.alz.org/alzokar](http://www.alz.org/alzokar)

### American Cancer Society

(918) 743-6767 • Fax (918) 743-9655

24-Hour Hotline: (800) 227-2345 toll-free

[www.cancer.org](http://www.cancer.org)

Support groups for people who have breast cancer (*Reach to Recovery*), prostate cancer (*Man to Man*) and address appearance-related issues of treatment/disease (*Look Good... Feel Good*).

### American Diabetes Association

(918) 492-3839 • (888) 342-2383 toll-free • Fax (918) 492-4262

[www.diabetes.org](http://www.diabetes.org)

Diabetes support groups in Bartlesville, Claremore, Muskogee and Tulsa.

### American Heart Association

(918) 747-8254 • Fax (918) 745-2043

[www.americanheart.org](http://www.americanheart.org)

### American Lung Association of Oklahoma

(918) 747-3441 • Fax (918) 747-4629

[www.oklung.org](http://www.oklung.org) • [www.asthmaok.org](http://www.asthmaok.org)

### American Parkinson's Disease Association Information and Referral Center

(918) 747-3747 • (888) 740-3747 toll-free • Fax (918) 579-7110

[www.apdaparkinson.org](http://www.apdaparkinson.org)

### Arthritis Foundation, Eastern Oklahoma Chapter

(918) 495-3553 • (800) 400-4526 toll-free • Fax (918) 494-7971

[www.arthritis.org](http://www.arthritis.org) • [info.eok@arthritis.org](mailto:info.eok@arthritis.org)

[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)

### Broken Arrow Seniors, Inc.

1800 S. Main St. • Broken Arrow, OK 74012

(918) 259-8377 • Fax (918) 251-9791

Multi-purpose senior center hosts Alzheimer's and Parkinson's support groups. Call for times and new group information.



### Caregiver Support Services at LIFE Senior Services

(918) 664-9000 • Fax (918) 664-9922

See Our Ad On Page 105

[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org) • [info@LIFEseniorservices.org](mailto:info@LIFEseniorservices.org)

Monthly support groups for caregivers at three locations:

5950 E. 31st St. and 902 E. Pine St. in Tulsa;

3106 S. Juniper Ave. in Broken Arrow.

### Celiac Spruce Association Tulsa Support Group

Saint Francis Health System • 6161 S. Yale, Tulsa, OK

[info@csatulsa.org](mailto:info@csatulsa.org) • [www.csatulsa.org](http://www.csatulsa.org)

### Hospice of Green Country

(918) 392-4127 • Fax (918) 747-2573

[www.hospiceofgreencountry.org](http://www.hospiceofgreencountry.org)

Monthly support groups for caregivers, held in Tulsa and surrounding community locations (Claremore and Sapulpa) from 12 p.m. to 1:30 p.m. Topics change monthly. Adult day care provided. Reservations required.

### Mary K. Chapman Center for Communication Disorders

(918) 631-2504 • Fax (918) 631-3668

[www.cas.utulsa.edu/commdis](http://www.cas.utulsa.edu/commdis)

### Family Caregiver Alliance/National Center on Caregiving

180 Montgomery St., Ste. 1100 • San Francisco, CA 94104

(800) 445-8106 toll-free • Fax (415) 434-3508

[www.caregiver.org](http://www.caregiver.org) • [info@caregiver.org](mailto:info@caregiver.org)

Online caregiver support groups.

### Leukemia and Lymphoma Society

(800) 800-6702 toll free • (972) 996-5900

[www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.org)

General support groups for people who have received a blood-related cancer diagnosis. Myeloma support group.

### Mental Health Association in Tulsa

(918) 585-1213 • Fax (918) 585-1263

[www.mhat.org](http://www.mhat.org) • [info@mhat.org](mailto:info@mhat.org)

Support groups for individuals and families coping with mental health issues and concerns.

### Muscular Dystrophy Association, Eastern Oklahoma

(918) 749-7997 • Fax (918) 749-3725

[www.mdausa.org](http://www.mdausa.org) • [tulsa@mdausa.org](mailto:tulsa@mdausa.org)

Second Thursday, 6:30 p.m. to 8 p.m., at The Center for Individuals with Physical Challenges, 815 S. Utica Ave., Classroom 1, Tulsa.

### Myasthenia Gravis Foundation of America, Oklahoma Chapter

(918) 494-4951 • Fax (918) 494-4951

[www.myasthenia.org](http://www.myasthenia.org) • [oklahoma@myasthenia.org](mailto:oklahoma@myasthenia.org)

### National Alliance on Mental Illness (NAMI)

### Tulsa Alliance on Mental Illness (NAMI-Tulsa)

700 S. Boston Ave., Ste. 219 • Tulsa, OK 74119

(918) 587-6264 • [nami-tulsa@sbcglobal.net](mailto:nami-tulsa@sbcglobal.net)



**National Multiple Sclerosis Society, Oklahoma Chapter**

(918) 488-0882 • Fax (918) 488-0913

[www.nationalmssociety.org/OKE](http://www.nationalmssociety.org/OKE)

**National Self-Help Clearinghouse**

(800) 533-4539 toll-free • Fax (215) 636-6312

[www.mhselfhelp.org](http://www.mhselfhelp.org) • [info@selfhelp.org](mailto:info@selfhelp.org)

Contact for publications and referrals to support systems.

**Northeast Active Timers (NEATS)**

3119 S. Jamestown • Tulsa, OK 74135

(918) 743-1303 • Fax (918) 743-1303

[NEATSTulsa@aol.com](mailto:NEATSTulsa@aol.com)

Only "One in the Family" group provides support for seniors who have no living family or whose family is far away. "Adopt a Centenarian" provides support for seniors 100+ years old. "Single Again" provides support for seniors recently widowed or single.

**Osage Nation Caregiver Program/Title VI**

350 Senior Dr. • Pawhuska, OK 74056

(918) 287-5454 • Fax (918) 287-1165

[www.osagetribe.com](http://www.osagetribe.com)

Support group for family caregivers.

**PFLAG (Parents, Families, and Friends of Lesbians and Gays)**

(918) 749-4901

[www.pflagtulsa.org](http://www.pflagtulsa.org) • [tulsafamilyandfriends@yahoo.com](mailto:tulsafamilyandfriends@yahoo.com)

Confidential support for families of lesbian, gay, bisexual and transgendered people.

**Tristesse Healing Hearts Grief Center**

3930 E. 31st St. • Tulsa, OK 74135

(918) 587-1200 • Fax (918) 712-7399

[www.thegriefcenter.org](http://www.thegriefcenter.org)

Individual and group support.

**TSHA, Inc. (Total Source for Hearing-loss and Access)**

*formerly Tulsa Speech and Hearing Association*

8740 E. 11th St. • Tulsa, OK 74112

Voice/TTY (918) 832-8742 • Fax (918) 834-4329

[www.tsha.cc](http://www.tsha.cc)

**Tulsa City-County Library Information Services**

(918) 596-7976

<http://opac.tulsalibrary.org>

Maintains a list of area support groups, under "Self Help Groups." Lists times, contacts and locations.

**Tulsa Neuropathy Support Group**

(918) 830-0157

Third Saturday of the month (except August and December), 1:30 p.m., at Will Rogers United Methodist Church, 1138 S. Yale Ave., Tulsa.

**United Ostomy Support Group**

(918) 446-8542

Fourth Thursday of the month at 7 p.m. West wing lounge at University Village, 8555 S. Lewis Ave., Tulsa.

**YWCA Women's Resource Center**

(918) 588-9393 • Fax (918) 588-9394

[www.ywcaoftulsa.org](http://www.ywcaoftulsa.org)

## TAX INFORMATION

**AARP Tax Aide Program**

(918) 446-2277

[www.aarp.org/taxaide](http://www.aarp.org/taxaide) • [taxaide@aarp.org](mailto:taxaide@aarp.org)

Free income tax help to seniors and low- to middle-income taxpayers.

**County Assessors**

[www.assessor.tulsacounty.org](http://www.assessor.tulsacounty.org)

Tax relief programs available. Must meet financial guidelines. Eligible seniors may freeze value of property and apply for Double Homestead exemption and partial refund of property taxes.

**Locations****Tulsa County Assessor**

500 S. Denver Ave., Second Fl., Rm. 215 • Tulsa, OK 74103

(918) 596-5100 • Fax (918) 596-5101

**Creek County Assessor**

317 E. Lee Ave., Third Fl. • Sapulpa, OK 74066

(918) 227-6319 • Fax (918) 227-6328

**Osage County Assessor**

600 Grandview Ave., Rm. 101 • Pawhuska, OK 74056

(918) 287-3448 • Fax (918) 287-4930

**Internal Revenue Service**

1645 S. 101st E. Ave. • Tulsa, OK 74128

(918) 622-8482 • (800) 829-1040 toll-free

[www.irs.gov](http://www.irs.gov)

Monday through Friday, 8:30 a.m. to 4:30 p.m.

**Oklahoma Tax Commission**

440 S. Houston Ave., Ste. 508 • Tulsa, OK 74127

(918) 581-2437 • (800) 522-8165 toll-free (outside Tulsa area)

[www.oktax.state.ok.us](http://www.oktax.state.ok.us) • [www.tax.ok.gov](http://www.tax.ok.gov) • [otcmaster@tax.ok.gov](mailto:otcmaster@tax.ok.gov)

Monday through Friday, 7:30 a.m. to 5 p.m.

**Volunteer Income Tax Assistance**

4606 S. Garnett, Suite 100 • Tulsa, OK 74146

(918) 382-3200 • Fax (918) 382-3213

[www.captc.org](http://www.captc.org) • [webmaster@captc.org](mailto:webmaster@captc.org)

Free tax preparation assistance for low income households.

# TRANSPORTATION RESOURCES, AMBULANCE SERVICES and HANDICAPPED PARKING PERMITS

## Ambulance Service

Many area communities provide subscription-based ambulance services to help protect people from out-of-pocket expenses for emergency and/or non-emergency transportation. Some program fees are automatically included in local utility bills; others are not. For more information, contact your local city government. Bixby, Jenks, Sand Springs and Tulsa residents, see EMSA in this section.

## All City Transportation Services, Inc.

531 N. Peoria Ave. • Tulsa, OK 74120  
(918) 585-2489 • Fax (918) 585-2480

## American Cancer Society

4110 S. 100th E. Ave., Ste. 101 • Tulsa, OK 74146  
(918) 743-6767 • (800) 376-1725 toll-free • Fax (918) 743-9655  
[www.cancer.org](http://www.cancer.org)

*Road to Recovery* program provides transportation for cancer patients to and from radiation and chemotherapy treatments in the Tulsa metropolitan area. See complete listing at HEALTH-RELATED ORGANIZATIONS, page 177.

## Angel Flight, Inc.

1515 E. 71st St., Ste. 312 • Tulsa, OK 74136  
(918) 749-8992 • Fax (918) 745-0879  
[www.angelflight.com](http://www.angelflight.com) • [angel@angelflight.com](mailto:angel@angelflight.com)

See complete listing at MEDICAL SERVICES, page 188.

## Broken Arrow Connection

Tulsa Transit  
(918) 582-2100

Fixed route. Offers some transportation to locations not on fixed route with advanced reservations. Connects with express bus to downtown Tulsa.

## Cimarron Public Transit System

501 6th St. • Pawnee, OK 74058  
(918) 762-3041 • Fax (918) 762-3712  
Ride Line: (800) 789-7314 toll-free • Fax (918) 762-3712

(Creek, Pawnee and Osage Counties only) Offers transportation within the city limits of Bartlesville, Bristow, Pawhuska, Ponca City and Sapulpa. Senior Program in Creek County. SoonerRide. Monday through Friday, 8 a.m. to 4 p.m. Fees range from \$1 to \$2.50.

## Additional Locations

**Bartlesville** • (918) 336-2233  
**Ponca City** • (580) 718-0456

## Corporate Angel Network

Westchester County Airport 1 Loop Rd.  
White Plains, NY 10604-1215  
(866) 328-1313 toll-free • Fax (914) 328-3938  
[www.corpangelnetwork.org](http://www.corpangelnetwork.org) • [info@corpangelnetwork.org](mailto:info@corpangelnetwork.org)  
See complete listing at MEDICAL SERVICES, page 188.

## Coweta/Ki Bios Transit System

Low Cost Transportation Services  
(918) 486-1783

Low cost transportation for Coweta residents. Call ahead to schedule a ride.

## Deep Fork Community Action

223 W. 6th St. • Okmulgee, OK 74447  
Mail: P.O. Box 670 • Okmulgee, OK 74447  
(918) 756-2826 • Fax (918) 756-6829  
[www.deepforkcommunityaction.org](http://www.deepforkcommunityaction.org) • [deepforkca@aol.com](mailto:deepforkca@aol.com)  
Offers transportation to medical appointments and scheduled shopping trips for people who have a disability and people age 60 or older. Services vary by location.

## EMSA (Emergency Medical Services Authority) – Membership Services

(918) 396-2888 • Fax (918) 596-3177  
[www.emsaonline.com](http://www.emsaonline.com)

### TotalCare

This ambulance subscription program is sponsored by the Emergency Medical Services Authority (EMSA), and is designed to protect people from out-of-pocket expenses for emergency transport. Membership benefits are applied to emergency transports and medically-necessary, non-emergency, ground ambulance transports to hospitals in the EMSA service areas of Bixby, Jenks, Sand Springs and Tulsa. TotalCare is not an insurance policy or supplement. Annual membership open enrollment is May 1 through June 30; annual fee is \$45. Membership includes all permanent residents of the household and is designed for people who live in multi-unit facilities that do not participate in Tulsa's Ambulance Service Program.

### Tulsa's Ambulance Service Program

Single-family utility customers living within Tulsa's city limits are automatically enrolled in the City of Tulsa's Ambulance Service Program. With enrollment, the utility customer and all permanent residents of the household receive TotalCare benefits, as outlined above. The cost of \$3.64 per month, is automatically included in the regular water bill. City of Tulsa utility customers may opt out of the Ambulance Service Program by calling (918) 596-9511 between June 1 and June 30.

## Handicapped Parking Permit

### Locations

#### Department of Human Rights

707 S. Houston Ave., Ste. 303 • Tulsa, OK 74127  
(918) 596-7818 • Fax (918) 596-7826  
Spanish: (918) 596-7837

#### Department of Public Safety

3600 N. Martin Luther King Ave.  
Oklahoma City, OK 73111-4223  
(405) 425-2424 • [www.dps.state.ok.us](http://www.dps.state.ok.us)  
Permits are issued by the Department of Public Safety.  
Call for application or download the application from the

department's website. The Department of Public Safety requires approximately 10 business days after receipt to process application.

#### **Oklahoma Highway Patrol**

Permits issued by the Department of Public Safety. Contact OHP for an application.

##### *Locations*

9191 E. Skelly Dr. • Tulsa, OK 74129 • (918) 627-3881  
651 N. 43rd St. • Muskogee, OK 74403 • (918) 683-3256

#### **Indian Health Care Resource Center**

550 S. Peoria Ave. • Tulsa, OK 74120  
(918) 588-1900 • Fax (918) 582-6405

[www.ihcrc.org](http://www.ihcrc.org) • [info@ihcrc.org](mailto:info@ihcrc.org)

Curb-to-curb transportation to medical clinic Monday through Friday. Round trips to Claremore Indian Hospital on Monday. Must be Native American; CDIB card or other tribal documentation required.

#### **Koweta Indian Health Facility**

31870 E. State Hwy 51 • Coweta, OK 74429  
(918) 279-3200

Medical, dental, eye care and behavioral health services for Native Americans. Must have CDIB card. Eligibility guidelines apply.

#### **MedSupport**

(918) 627-5111 • Fax (918) 627-4111

[www.medsupport03.com](http://www.medsupport03.com) • [medsupport03@sbcglobal.net](mailto:medsupport03@sbcglobal.net)

Private company offers wheelchair and stretcher transportation to medical appointments in the Tulsa metropolitan area.

#### **My Driver Transportation and Companion Service**

1540 E. 77th St. • Tulsa, OK 74136  
(918) 491-9929

Private company provides transportation in Tulsa County. Rates begin at \$30 for a round trip; \$80 for lift transport.

#### **Osage County Nutrition Office**

108 E. 7th St. • Pawhuska, OK 74056  
(918) 287-2242 • Fax (918) 287-2351  
[osagenutrition@sbcglobal.net](mailto:osagenutrition@sbcglobal.net)

Service coordinated through Osage County nutrition sites. Offers transportation to physician appointments for seniors age 60 or older who live in Osage County.

#### **Pawnee Nation of Oklahoma –**

##### **Community Health Representative Program**

810 Morris Dr. • Pawnee, OK 74058  
(918) 762-4641 • (918) 762-6450 • Fax (918) 762-6451  
[www.pawneenation.org/chr.htm](http://www.pawneenation.org/chr.htm)

Transportation provided to medical appointments made through referrals from the Pawnee Indian Health Clinic. Must have CDIB card.

#### **Pelivan Transit**

333 S. Oak St. • Big Cabin, OK 74332-0502  
(918) 256-7540 • Fax (918) 783-5786

Offers transportation service in Claremore, Grove, Miami, Owasso, Pryor, Vinita and surrounding rural areas for health care appointments, shopping, employment and recreation. Discounted fares for people aged 60 or older. Travel also available to Tulsa International Airport and Tulsa bus terminal. Call Monday through Saturday, 8 a.m. to 4 p.m., for area dispatch numbers, fares and reservations.

#### **Sooner Ride**

(877) 404-4500 toll-free

Non-emergency transportation for Medicaid recipients only. Requires a valid Oklahoma Medicaid card. Reservations required. Monday through Saturday, 8 a.m. to 6 p.m.

#### **Talon Emergency Medical Transportation**

(800) 658-1906 toll-free • (910) 382-2854

Ambulance. Lift. Emergency and non-emergency.

#### **Tulsa Transit**

510 S. Rockford Ave. • Tulsa, OK 74120  
(918) 582-2100 • TDD (918) 584-7209 • Fax (918) 584-6369  
[www.tulsatransit.org](http://www.tulsatransit.org) • [info@tulsatransit.org](mailto:info@tulsatransit.org)

##### **Lift Program**

Curb-to-curb paratransit service for Tulsa-area residents who have a disability. Appointment required. \$3 one way. Application required. Call Tulsa Transit or download application from [www.adaride.com](http://www.adaride.com) or call ADA Ride toll-free at (877) 232-7433.

##### **Reduced Fare Program**

People age 62 or over and people who have disabilities may use city bus system at half price. Reduced fare photo ID card or Medicare card required.

##### **Super Seniors Program**

People age 75 or over may ride FREE for life on Tulsa Transit's fixed-route bus system. Super Senior photo ID card required.

#### **Tulsa Veterans Administration Outpatient Clinic**

9322 E. 41st St. • Tulsa, OK 74145  
(918) 628-2500 • Fax (918) 764-7208

[www.va.gov](http://www.va.gov)

Offers daily shuttle to Jack C. Montgomery VA Medical Center in Muskogee.

## **URGENT and BASIC NEEDS**

#### **Arms Around BA**

700 W. Ft. Worth St. • Broken Arrow, OK 74012  
(918) 258-7714 • Fax (918) 806-2497

[www.armsaroundba.org](http://www.armsaroundba.org) • [findhelp@armsaroundba.org](mailto:findhelp@armsaroundba.org)

Offers food pantry, clothing referrals and utility assistance for Broken Arrow and Coweta residents. Monday, Wednesday, Friday, 10 a.m. to 2 p.m. See also MEDICAL SERVICES, page 188.



**Bixby Community Outreach Center**

10 E. Dawes St. • Bixby, OK 74008  
(918) 366-9226 • Fax (918) 366-9228  
www.bixbyoc.org • info@bixbyoc.org

Basic needs agency. Food pantry provides a four-day supply of food and personal care items. Clothing distributed year-round. No-interest loans for limited assistance with utility cut-offs, prescriptions, eviction notices and gasoline for local work travel only. Serves primarily Bixby-area residents who meet financial guidelines. Tuesday through Thursday, 9 a.m. to 4 p.m.

**Bristow Social Services**

206 S. Main St. • Bristow, OK 74010  
(918) 367-5400 • Fax (918) 367-5458

Offers various forms of assistance including help with rent/mortgage payments, clothing, utilities, prescriptions, household supplies, personal care products and food.

**Broken Arrow Neighbors**

322 W. Broadway • Broken Arrow, OK 74012  
(918) 251-7781 • Fax (918) 251-9108  
www.baneighbors.com

Basic needs agency. Food pantry offers a two- to three-day supply of food and personal care items. Clothing distributed year-round. General medical clinic for minor illnesses. Legal clinic. No-interest loans for limited assistance with utility cut-offs, prescriptions, eviction notices and gasoline for local work travel only. Only Broken Arrow and Coweta residents who meet financial guidelines. Monday through Thursday, 9 a.m. to 4 p.m.

**Catholic Charities**

2450 N. Harvard Ave. • Tulsa, OK 74115  
(918) 949-4673 • Fax (918) 582-2123  
www.catholiccharitiestulsa.org  
information@catholiccharitiestulsa.org

Offers assistance with groceries, clothing and social services information and referrals at several locations; call ahead. Free medical clinic on Wednesday, 9 a.m. to 4 p.m. Some prescription assistance. Some mental health services. Monday, Tuesday, Thursday, Friday, 9 a.m. to 1 p.m.; Wednesday, 9 a.m. to 11:30 a.m. Dental clinic, Tuesday only. Call ahead.

**Community Action Resource and Development (CARD)**

522 W. Will Rogers Blvd. • Claremore, OK 74017  
Mail: P.O. Box 947 • Claremore, OK 74018  
(918) 341-5000 • Fax (918) 343-3663  
www.cardcaa.org

Rent and utility assistance to eligible residents of Mayes, Nowata, Rogers, Wagoner and Washington Counties.

**Community Care of Sapulpa**

12 W. Burnham Ave. • Sapulpa, OK 74066  
(918) 224-6464 • Fax (918) 224-6436

www.sapulpacommunitycare.org • ccshop@sbcglobal.net

Offers assistance to families who need basic necessities, such as food and clothing and, when funds are available, helps with utility bills and some prescriptions. Serving families in the Kellyville, Kiefer, Mannford, Mounds and Sapulpa areas. Member of Share Colorado/Food Share America, a food cooperative serving all families in the Tulsa area.

**CornerStone Assistance Network – Tulsa Metro Area**

1120 N. Peoria Ave. • Tulsa, OK 74106  
(918) 583-3670 • Fax (918) 583-3097  
www.tulsacan.org

Helps churches assist individuals and families by providing food, clothing, furniture, appliances and car repair through Tulsa-area churches. Angel Food program offers groceries at reduced prices.

**Deep Fork Community Action**

223 W. 6th St. • Okmulgee, OK 74447  
Mail: P.O. Box 670 • Okmulgee, OK 74447  
(918) 756-2826 • Fax (918) 756-6829  
www.deepforkcommunityaction.org • deepforkca@aol.com

Food pantry. Help with prescription medication costs, utility bills and rent/mortgage payments.

**Disabled American Veterans**

3131 E. Pine St. • Tulsa, OK 74110  
(918) 834-4643 • Fax (918) 834-5048  
dav@tulsacoxmail.com

Helps veterans with matters involving the Department of Veterans Affairs and offers temporary emergency financial assistance for honorably discharged veterans and their families through the Oklahoma Department of Veterans Affairs. Maximum \$1,000 for utility assistance or rent/mortgage payments. Tuesday through Thursday, 9 a.m. to 4 p.m.

**Grace Church Community Outreach Ministry**

9610 S. Garnett Rd. • Broken Arrow, OK 74012  
(918) 362-5265  
www.gcstulsa.com

The Storehouse is a community outreach ministry of Grace Church, in conjunction with Loaves and Fishes, providing food and clothing assistance to families in need in Tulsa, Broken Arrow, Bixby and Jenks. Food and clothing will be given after a short, encouraging message.

**Helping Hands Ministry**

Bernsen Building • 700 S. Boston Ave. • Tulsa, OK 74119  
(918) 584-6923

Offers once-a-year assistance with utility bills, prescriptions and food. Monday through Friday, 9 a.m. to Noon.

**John 3:16 Family and Youth Center**

2027 N. Cincinnati Ave. • Tulsa, OK 74106  
(918) 592-1186 • Fax (918) 587-0699  
www.john316mission.org

Offers a range of materials and educational, spiritual and recreational support to at-risk children and families. Grocery baskets, clothing and limited financial aid to help families facing an immediate crisis pay utility bills.

**John 3:16 Mission**

506 N. Cheyenne Ave. • Tulsa, OK 74103  
(918) 587-1187 • Fax (918) 587-0838  
www.john316mission.org

**Men's Shelter**

Male guests staying overnight are offered clothing, hot showers, meals, a clean bed, secure shelter, spiritual input, counseling and more.

**Women's Ministries**

Maintains a "day room" so women may get off the streets and take refuge in a friendly, supportive place during daytime hours. Meals are provided.

**Ministry Center at Allan Davis Building**

312 S. 33rd W. Ave. • Tulsa, OK 74127  
(918) 585-5310

Offers limited prescription assistance, clothing, food, counseling and referral services for Tulsa County residents. Monday through Thursday, 9 a.m. to 2 p.m. Appointment required. Must accept spiritual counseling.

**Neighbor for Neighbor, Inc.**

505 E. 36th St. N. • Tulsa, OK 74106-1812  
(918) 425-5578 • Fax (918) 428-4951  
www.neighborforneighbor.org

Community food store offers food to those in need. Free to seniors age 65 or older and adults with disabilities. Limited financial assistance. Medical, dental, vision and prescription programs. Circle Housing and community projects. Nominal fees apply. Monday through Thursday. Closed Friday.

**Neighbors Along the Line**

5000 Charles Page Blvd. • Tulsa, OK 74127  
(918) 584-1111 • Fax (918) 584-4954

www.neighborsalongtheline.org • info@neighborsalongtheline.org

Food pantry for residents of northwest Tulsa. Monday, Tuesday, Thursday, 1:30 p.m. to 3:30 p.m.; Wednesday, 6:45 p.m. to 7:30 p.m. Offers groceries once a month to people who meet financial guidelines. Medical clinic provides general medical services to adults and children who do not have medical insurance coverage. Legal Aid clinic first and third Mondays at 6 p.m. GED preparation lab Monday through Thursday, 10 a.m. to 7 p.m. WIC clinic second and fourth Tuesday, 10 a.m. to 5 p.m.

**Osage Nation Social Services**

255 Senior Dr. • Pawhuska, OK 74056  
(918) 287-5335 • (800) 460-4615 toll-free  
www.osagetribe.com

Financial assistance with food, utility, and medical bills. Heating and cooling assistance provided through DHS and LIHEAP.

**Owasso Community Resources**

109 N. Birch St., Ste. 109 • Owasso, OK 74055  
(918) 272-4969 • Fax (918) 609-0012

Emergency utility assistance program for residents of Owasso and Collinsville. Emergency food pantry. Thanksgiving baskets for low-income families, adults who have disabilities and seniors in need.

**Pawnee Nation Food Distribution Program**

Beck Dr. and Morris Rd. • Pawnee, OK 74058  
(918) 762-2541, ext. 21 or 26  
www.pawneenation.org/food

Distributes food, including fresh vegetables, fruits and meat. Must have a CDIB card and must provide income verification, Social Security card and live in Pawnee or northern Payne Counties.

**Restore Hope Ministries**

2960 Charles Page Blvd. • Tulsa, OK 74127-8318  
(918) 582-5766 • Fax (918) 587-5449

www.restorehope.org • rhm@restorehope.org

Offers emergency financial assistance for rent, except for those living in subsidized housing. Food, clothing and household items available.

**Salvation Army Center of Hope**

102 N. Denver Ave. • Tulsa, OK 74103  
(918) 582-7201 • Fax (918) 582-4363

www.salvationarmytulsa.org

Operates shelter for homeless individuals and families. Morning and evening meals. Limited emergency financial assistance for utility bills (Tulsa County residents only), prescriptions, rent, and travel.

**Sand Springs Community Services, Inc.**

15 E. 2nd St. • Sand Springs, OK 74063  
(918) 245-5183 • Fax (918) 245-6180

www.sscommunityservices.org

Offers temporary/emergency assistance to Sand Springs residents for basic necessities, such as food, shelter, clothing, utility payments and prescription assistance. Must meet financial guidelines.

**Skiatook Emergency Assistance Center**

319 E. Rogers Blvd. • Skiatook, OK 74070  
(918) 396-1137

Offers food, clothing, utility assistance, information and referrals to residents of Avant, Skiatook and Sperry. Monday through Friday, 10 a.m. to 2 p.m.

**South Peoria Neighborhood House**

1208 E. 58th St. • Tulsa, OK 74105  
(918) 742-5597 • Fax (918) 742-4485  
spneighborhoodhouse@yahoo.com

Offers information and referral for people requiring basic needs, including food, clothing and bus tokens. Serving South Tulsa.

**Southern Hills Baptist Church**

5590 S. Lewis Ave. • Tulsa, OK 74105  
(918) 743-8897

www.shbctulsa.org

Car care clinic held on third Saturday of the month. Angel Food program offers groceries at reduced price.

### **Supplemental Nutrition Assistance Program (SNAP)**

*formerly Food Stamps*

Department of Human Services (DHS)

www.okdhs.org

Emergency SNAP program to assist people whose income is less than \$150 a month and liquid assets less than \$100 at time of application, or if cost of shelter and utilities exceeds income. Contact local DHS office to apply. See complete listing of offices at MEDICAID INFORMATION, page 186.

### **Tulsa County Social Services**

2401 Charles Page Blvd. • Tulsa, OK 74127

(918) 596-5560 • Fax (918) 596-5568

www.tulsacounty.org

Offers emergency shelter and food assistance for residents of Tulsa County.

### **Tulsa Day Center for the Homeless, Inc.**

415 W. Archer St. • Tulsa, OK 74103

(918) 583-5588 • Fax (918) 583-6745

www.tulsadaycenter.org • slewis@tulsadaycenter.org

Day shelter for people who are homeless. Night shelter for women, children, men who have physical and/or mental disabilities who are receiving case management and men age 55 or older. Clothing room. On-site services for basic needs.

### **Tulsa Dream Center**

200 W. 46th St. N. • Tulsa, OK 74126

(918) 430-9984 • Fax (918) 430-1013

www.tulsadreamcenter.org

Offers a variety of services, including food pantry, clothing, auto repair clinic, legal clinic and medical clinic.

### **United Community Action Programs**

501 6th St. • Pawnee, OK 74058

(918) 762-3041 • Fax (918) 762-3418

Offers food, clothing and some financial assistance to prevent utility cut-offs.

### **Volunteers of America of Oklahoma Supported Housing**

9605 E. 61st St. • Tulsa, OK 74133

(918) 307-1500 • Fax (918) 307-1520

www.voaok.org • info@voaok.org

Offers housing to people who meet HUD homeless requirements and who have a mental or physical disability.

### **Wagoner Area Neighbors**

100 N.W. 8th St. • Wagoner, OK 74467

Mail: P.O. Box 993 • Wagoner, OK 74477

(918) 485-2309 • Fax (918) 485-4454

wan@valornet.com

Offers food, clothing, household items and financial assistance for utilities, rent, gasoline and prescriptions. Wagoner County residents only.

### **Weather Coalition**

(918) 834-2665

jlyall@csctulsa.org

Air conditioner loan program April through September. Must be chair-fast, bed-fast or have a serious medical condition that limits mobility. There may be no other air conditioner in the home available to the individual. Must meet financial guidelines, reside in Tulsa County, and have medical documentation or agency referral.

### **Western Neighbors, Inc.**

4981 S. Tacoma Ave. • Tulsa, OK 74107

(918) 445-8840 • Fax (918) 446-7010

www.southwesttulsa.org

Offers food assistance once a month, clothing, and small household items. Some utility and short-term prescription assistance. Pay back contributions requested. Must live south and west of Arkansas River (west to 97th W. Ave., south to 81st St.). Monday through Thursday.

## **UTILITY and TELEPHONE ASSISTANCE**

See also URGENT and BASIC NEEDS, page 204.

For financial assistance from ONG's *Share the Warmth*, AEP-PSO's *Light a Life*, or OG&E's *Lend a Hand* programs, call the Salvation Army at (918) 582-7201. Heating and cooling assistance provided through LIHEAP (see next page).

### **AEP-PSO**

Public Service Company of Oklahoma

24-Hour Helpline: (888) 216-3523 toll-free

www.psooklahoma.com

#### **Third-Party Notification**

Designates a third party, usually a close relative, to receive a copy of cut-off notice to safeguard against loss of service due to nonpayment.

#### **Customer Account ID Program**

Seniors may choose to be specially identified in PSO's customer database for assistance in the event of an emergency or service problem. Minimum age 65; younger if the person has a disability.

#### **Medical Awareness Code (MAC)**

PSO personnel are alerted not to disconnect service to a MAC customer, unless previously arranged. A physician's verification of a life-threatening situation is required for this designation.

### **Federal Government Telephone Information Service**

(800) FED-INFO (333-4636) toll-free

www.answers.usa.gov

The federal government has launched a telephone information service to help people who are seeking an answer to just about any question regarding U.S. government benefits and services. Operators speaking English and Spanish are available Monday through Friday from 8 a.m. to 8 p.m. Eastern time.

### **Lifeline Assistance and Link-up America**

**Lifeline Assistance and Link-up America** are Federal Communications Commission (FCC) sanctioned assistance programs for income-eligible consumers to receive low-cost phone service. Eligibility is determined by income and participation in state, tribal or federal assistance programs.

**Lifeline Assistance** provides discounts on basic monthly service at the primary residence for qualified telephone subscribers. **Link-up America** helps income eligible consumers initiate telephone service by paying part of the installation fee.

The following companies in northeastern Oklahoma are authorized by the FCC to provide this assistance:



For landline service:

AT&T (877) 677-5635 toll-free  
Bixby Telephone Company (918) 366-8000  
Cox Communications (918) 806-6000  
Terracom (888) 716-8880 toll-free  
Windstream (800) 501-1754 toll-free  
Your Tel America (918) 749-9191

For cellular service:

Sprocket Wireless (918) 686-9999  
U.S. Cellular (800) 447-1339 toll-free

### **LIHEAP (Low Income Home Energy Assistance Program)**

[www.okdhs.org](http://www.okdhs.org)

The Low Income Home Energy Assistance Program (LIHEAP) provides winter heating, energy crisis, summer cooling and/or weatherization and other energy-related home repair assistance to eligible low-income households during specific application periods. Contact your DHS office (see page 187) for application deadlines or visit the website.

### **Oklahoma Natural Gas Co.**

(800) 664-5463 toll-free

To report a natural gas leak or emergency: (800) 458-4251 toll-free  
[www.ong.com/customerservice/programs](http://www.ong.com/customerservice/programs)

#### **Third-Party Notification**

Designates a third party, usually a close relative, to receive a copy of cut-off notice to safeguard against loss of service due to nonpayment.

#### **Customer Account ID Program**

Seniors may choose to be specially identified in ONG's customer database for assistance in the event of an emergency or service problem. Minimum age 65; younger if the person has a disability.

### **Senior Valuation Limitation-Property Tax Freeze**

Tulsa County Assessor Homestead Department Tulsa County Admin Bldg., Room 215 • 500 S. Denver • Tulsa, OK 74103  
(918) 596-5143

Freezes property taxes. Minimum age 65, other eligibility requirements apply. Application must be filed January 1 through March 15 or within 30 days from the date issued on the *Notice of Change in Assessed Value of Real Estate*.

## **VETERANS SERVICES**

### **American Legion**

Carson Wilson Rigney Forrester Post 1  
1120 E. 8th St. • Tulsa, OK 74120  
(918) 584-4274 • Fax (918) 584-4423

Assists veterans and their families with matters involving the Department of Veterans Affairs. Helps veterans with temporary, emergency financial aid for shelter, utilities and food. Tuesday and Thursday.

### **Bryce House for Homeless Veterans**

1214 S. Baltimore Ave. • Tulsa, OK 74119  
(918) 779-7203

Operates a 31-bed transitional housing facility for homeless male veterans in recovery from drug or alcohol abuse. Services include case management, counseling, support groups, employment counseling and life skills training. Operated by the Jack C. Montgomery VA Medical Center and 12 & 12, Inc. Female veterans referred to 12 & 12. Must meet admission guidelines as determined by VA staff. Referral from VA provider required.

### **Defense Enrollment Eligibility Reporting System (DEERS)**

(800) 538-9552 toll-free

[www.tricare.osd.mil](http://www.tricare.osd.mil)

Health care program for active duty and retired members of the military, their families and survivors. Combines the health care resources of the Army, Navy, Marine Corps and Air Force supplementing them with networks of civilian health care professionals.

### **Department of Veterans Affairs**

[www.vba.va.gov](http://www.vba.va.gov) or [www.va.gov](http://www.va.gov)

Offers information, advice and assistance about veterans' benefits, e.g., disability, medical/health care (inpatient and outpatient), in-home and community-based services, nursing home care, adult day services, aid and attendance, home loans and education. Available to honorably discharged veterans and their eligible dependents or survivors.

#### *Locations*

Tulsa • 9322 E. 41st St. 74145  
(918) 628-2500 • (888) 398-8387 toll-free  
Muskogee • 125 S. Main St. 74401-7025  
(918) 781-7600 • (800) 827-1000 toll-free  
Fax (918) 781-7654

### **Department of Veterans Affairs Behavioral Medicine Clinic**

10159 E. 11th St., Ste. 100 • Tulsa, OK 74128  
(918) 610-2000 • Fax (918) 835-5760

Offers outpatient individual and group counseling, as well as an inpatient and intensive outpatient program for substance abuse disorders. Special programs include post traumatic stress disorder, smoking cessation, depression, family education and Operation Enduring Freedom/Operation Iraqi Freedom (for people returning from Iraq and related campaigns). Must be a veteran. Referral from VA primary care physician required.

#### *Additional Location*

**Jack C. Montgomery VA Medical Center**  
1011 Honor Heights Dr. • Muskogee, OK 74401  
(918) 577-3000 • (888) 397-8387 toll-free  
[www.muskogee.va.gov](http://www.muskogee.va.gov)

### **Department of Veterans Affairs**

#### **National Caregiver Support Line**

(855) 260-3274 toll-free

[www.caregiver.va.gov/](http://www.caregiver.va.gov/)

The national Caregiver Support Line is open Monday through Friday 8 a.m. to 11 p.m. and Saturday 10:30 a.m. to 6 p.m. Eastern Time. The support line serves as a primary resource/referral center to assist caregivers, veterans and others seeking caregiver information to help in the care of our Nation's Veterans.

### **Disabled American Veterans**

3131 E. Pine St. • Tulsa, OK 74110  
(918) 834-4643 • Fax (918) 834-5048  
[dav@tulsacoxmail.com](mailto:dav@tulsacoxmail.com)

Assists veterans with matters involving the Department of Veterans Affairs and provides temporary emergency financial assistance through the Oklahoma Department of Veterans Affairs. Tuesday through Thursday, 9 a.m. to 4 p.m.

**Jack C. Montgomery VA Medical Center**

1011 Honor Heights Dr. • Muskogee, OK 74401

(918) 577-3000 • (888) 397-8387 toll-free

Offers comprehensive inpatient and outpatient health care, including 14-bed acute inpatient psychiatric care unit, inpatient physical medicine and rehabilitation unit, and substance abuse services for eligible veterans.

**TRICARE –****Humana Military Health Care Services (HMHS)**

(800) 444-5445 toll-free • (800) 403-3950 toll-free

**Veterans Administration Insurance Center**

(800) 669-8477 toll-free

[www.va.gov](http://www.va.gov)

General life insurance information for veterans.

**Veterans Administration Tulsa Outpatient Clinic**

9322 E. 41st St. • Tulsa, OK 74145

(918) 628-2500 • (888) 398-8387 toll-free • Fax (918) 764-7208

[www.va.gov](http://www.va.gov)

Comprehensive medical evaluation, care and treatment, including lab, radiology and pharmacy for eligible veterans. Daily shuttle to Jack C. Montgomery VA Medical Center in Muskogee. Veterans who enlisted after September 1980 are eligible only if they served at least two years or served in a combat zone. Must meet service or financial guidelines.

## VISION SERVICES

**American Foundation for the Blind (AFB)**

2 Penn Plaza, Ste. 1102 • New York, NY 10121

(800) 232-5463 toll-free • Fax (818) 545-8331

[www.afb.org](http://www.afb.org)

A national non-profit organization, AFB provides services and support for people who are blind or visually impaired. AFB supports technologies such as the talking books program and provides information and mentoring on technology assistance for people who are blind.

**American Printing House for the Blind, Inc.**

1839 Frankfort Ave. • Louisville, KY 40206-0085

Mail: P.O. Box 60805 • Louisville, KY 40206-0805

(800) 223-1839 toll-free • Fax (502) 899-2274

[www.aph.org](http://www.aph.org) • [info@aph.org](mailto:info@aph.org)

Nonprofit organization offers aids, tools and supplies to people who have a vision impairment. No-cost subscriptions to *Newsweek* and *Readers' Digest* available for people who are legally blind.

**Department of Rehabilitation Services – Vision Services**

444 S. Houston Ave., Ste. 200 • Tulsa, OK 74127

Voice/TTY/TDD (918) 581-2301 • Fax (918) 583-9210

*For other DVR offices, schools, or facilities, call*

*(800) 845-8476 toll-free.*

[www.okrehab.org](http://www.okrehab.org).

Offers services to people who are visually impaired, including evaluation, training, job placement, restorative services, counseling and guidance, assistive devices, mobility training, information and referral, and independent living services. Limited transportation services. Some financial guidelines may apply.

**Older Blind Program**

Serving severely visually-impaired people age 55 or older.

Downtown Tulsa Lions Club

3100 S. Jamestown Ave., Ste. 48 • Tulsa, OK 74114

(918) 742-5555 • Fax (918) 742-5555

Offers referrals to optometrists. Tulsa residents only. Monday through Friday, 8:30 a.m. to 12:30 p.m.

**EyeCare America – Senior Eye Care Program**

P.O. Box 429098 • San Francisco, CA 94142

(800) 222-3937 toll-free • Fax (415) 561-8567

[www.eyecareamerica.org](http://www.eyecareamerica.org)

Makes referrals to ophthalmologists for eye examinations. Eligible people age 65 or older receive a comprehensive medical eye exam and up to one year of treatment for any condition diagnosed during the initial exam. Eyeglasses, prescriptions, hospital services and fees for other medical professionals are not covered. Must meet financial guidelines and have no current eye doctor (ophthalmologist) or eye care insurance through an HMO or the VA. Volunteer ophthalmologists accept Medicare and/or other insurance reimbursement as payment in full. Patients without insurance receive free care.

**Indian Health Care Resource Center – Vision Services**

550 S. Peoria Ave. • Tulsa, OK 74120

(918) 588-1900 • Fax (918) 582-6405

[www.ihcrc.org](http://www.ihcrc.org) • [info@ihcrc.org](mailto:info@ihcrc.org)

Optometry clinic. Must be Native American or non-Native American dependent; CDIB card or other tribal documentation required. SoonerCare, Medicare, Medicaid and insurance accepted. Sliding fee scale.

**Koweta Indian Health Facility**

31870 E. State Hwy 51 • Coweta, OK 74429

(918) 279-3200

Medical, dental, eye care and behavioral health services for Native Americans. Must have CDIB card. Eligibility guidelines apply.

**Lighthouse National Center for Vision and Aging**

111 E. 59th St. • New York, NY 10022

(800) 829-0500 toll-free • (212) 821-9200

TTY (212) 821-9713 • Fax (212) 821-9705

[www.lighthouse.org](http://www.lighthouse.org) • [info@lighthouse.org](mailto:info@lighthouse.org)

Offers advocacy, support, information, resources, referrals, audio visual materials and publications about vision impairment and blindness. Call for list of local physicians.

**National Library Service for the Blind and Physically Handicapped**

(800) 523-0288 toll-free • TDD (405) 521-4672

[www.library.state.ok.us](http://www.library.state.ok.us) • [library@drs.state.ok.us](mailto:library@drs.state.ok.us)

Offers free books-on-tape, audio-cassette players, books in Braille and descriptive videos. Materials mailed to participants at no charge.

### **Neighbor for Neighbor, Inc.**

505 E. 36th St. N. • Tulsa, OK 74106-1812  
(918) 425-5578 • Fax (918) 428-4951  
www.neighborforneighbor.org

Vision clinic offers eye exams at no charge. Glasses are \$30 for adults. Monday through Wednesday, 6 p.m. Appointment required; call at 10 a.m. on first Wednesday of the month. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 204.

### **Oklahoma Council of the Blind**

P.O. Box 1476 • Oklahoma City, OK 73101  
(877) 578-6212 toll-free  
www.okcb.org

No-cost membership organization for people who are blind and their families. Offers legislative initiatives, advocacy, information and referral and social programs.

### **Oklahoma Library for the Blind and Physically Handicapped**

(800) 523-0288 toll-free  
www.library.state.ok.us

Free services for people who are visually impaired or have a learning disability or a physical limitation. Necessary equipment provided for books and magazines on tape or in Braille. Subscriptions available to over 250 newspapers, including the *Tulsa World*, *Daily Oklahoman*, *The New York Times* and *USA Today*. Free postage through the U.S. Postal Service.

## **VOLUNTEER OPPORTUNITIES**

### **Caring Companions**

Volunteers of America of Oklahoma  
9605 E. 61st St. • Tulsa, OK 74133  
(918) 307-1500 • Fax (918) 307-1520  
www.voaoak.org

Offers regular volunteer visitors to nursing home residents who would not otherwise have visitors. Training provided.

### **Caring Hearts of Oklahoma**

Oklahoma State Department of Health  
(405) 271-9444, ext. 57981  
www.ok.gov/health

Visit residents of nursing homes and help with activities. Health and safety training provided for volunteers.

### **Foster Grandparents**

729 Overland Trail • Enid, OK 73703  
(800) 522-1064 toll-free • Fax (580) 548-8964  
www.seniorcorps.org

Work one-on-one with students, helping with reading and other skills at local Head Start centers and public schools. Income-eligible seniors receive \$2.65 for every hour they volunteer. Minimum age 60.

### **Hospice of Green Country**

2121 S. Columbia Ave., Ste. 200 • Tulsa, OK 74114  
(918) 747-2273 • Fax (918) 747-2573

Visit with patients, deliver medications and/or food to patients, walk and care for patient pets, help take pets to the vet, sit and be a companion, give respite to the caregivers as they need to shop or get out. Opportunities also include general office work, computer database maintenance, light sewing.

### **INCOG Area Agency On Aging Ombudsman Program**

*formerly Tulsa Area Agency on Aging*  
2 West 2nd St. Ste. 800 • Tulsa, OK 74103  
(918) 584-7526 • (800) 211-2116 toll-free

Ombudsman volunteers serve residents of long-term care facilities by advocating for their rights and by responding to and resolving complaints. Training provided.

### **Meals on Wheels of Metro Tulsa**

12620 E. 31st St. • Tulsa, OK 74146-2307  
(918) 627-4103 • Fax (918) 663-8914  
www.mealsonwheelstulsa.org • mowtulsa@atlasok.com

Help with delivery of meals to homebound seniors. See complete listing at NUTRITION ASSISTANCE and SERVICES, page 197.

### **Owasso Community Resources**

109 N. Birch St., Ste. 109 • Owasso, OK 74055  
(918) 272-4969 • Fax (918) 609-0012  
www.owassocommunityresources.org

Recruitment and referral of volunteers to agencies and people within Owasso and Collinsville who request assistance. Opportunities include visitation, phone calls, seasonal projects and food pantry.

### **RSVP of Tulsa (Retired Senior Volunteer Program)**

5756 E. 31st St. • Tulsa, OK 74135  
(918) 280-8656 • Fax (918) 280-8659  
www.rsvptulsa.org

RSVP connects senior volunteers to meaningful community service opportunities, matching each volunteer's skills, experience and interests with community needs. Special programs include Airport Ambassadors, Volunteers in the Courts, Grandfriends, RSVP Consultants, computer instruction for seniors and more. Serving Creek, Osage, Tulsa, Wagoner and Washington Counties.



**LIFE Senior Services** See Our Ad On Page 211  
**Senior Companion Program**

(918) 664-9000

For people 55+ who want to make a difference in someone's life and help seniors continue to thrive at home. Must meet income deadlines.

### **Service Corps of Retired Executives (SCORE)**

907 S. Detroit Ave., Ste. 1012 • Tulsa, OK 74120  
(918) 581-7462 • Fax (918) 581-6908  
www.tulsascore.org • consult@tulsascore.org

Retired business executives offer small business consultation and business plan seminars.



### **Tulsa Public Schools Volunteer Program**

3027 S. New Haven Ave. • Tulsa, OK 74114

(918) 746-6899 • Fax (918) 746-6407

[www.tulsaschools.org](http://www.tulsaschools.org)

Mentoring, reading, clerical work, classroom assistants and lunch buddies.

### **Volunteer Central**

P.O. Box 9861 • Tulsa, OK 74152

(918) 447-1888 • Fax (918) 447-1889

[www.volunteercentraloftulsa.org](http://www.volunteercentraloftulsa.org)

Connects people with service opportunities and organizations to promote effective volunteerism. Mobilizes volunteers for targeted community needs with Tulsa County Emergency Operations Plan for the Volunteer Call Center.

## **VOTER INFORMATION**

### **Election Boards**

Voter registration, absentee and homebound voting.

#### **Creek County Election Board**

230 E. Hobson Ave. • Sapulpa, OK 74066

(918) 224-3529 • Fax (918) 227-6332

[www.creek-co-electionboard.com](http://www.creek-co-electionboard.com)

### **Okmulgee County Election Board**

314 W. 7th St. • Okmulgee, OK 74447

(918) 756-2365 • Fax (918) 758-1275

### **Osage County Election Board**

630 Kihekah Ave. • Pawhuska, OK 74056

(918) 287-3036 • Fax (918) 287-4820

### **Rogers County Election Board**

P.O. Box 1029 • Claremore, OK 74018

(918) 341-2965 • Fax (918) 341-4666

### **Tulsa County Election Board**

555 N. Denver Ave. • Tulsa, OK 74103

(918) 596-5780 • Fax (918) 596-4536

[www.tulsacounty.org](http://www.tulsacounty.org)

### **Wagoner County Election Board**

208 N. Lee • Wagoner, OK 74477

(918) 485-2142 • Fax (918) 485-8063

### **League of Women Voters**

3336 E. 32nd St., Ste. 1B • Tulsa, OK 74135

(918) 747-7933

[www.lwvtulsa.org](http://www.lwvtulsa.org) • [lwvtulsa@sbcglobal.net](mailto:lwvtulsa@sbcglobal.net)

Voter services, registration, information, education, and advocacy. Compiles Directory of Government Officials, available free at any Tulsa City/County Library.



## **Senior Companions Make Independence a Reality**

If you're 55+ and want to:

- Make a difference in someone's life
- Help seniors continue to live and thrive at home
- Volunteer 15-40 hours a week - you decide
- Receive a tax-free stipend for volunteering, if you are income eligible

Get involved!

Your kindness can create life-changing possibilities!



*Making life better  
for seniors and their  
families since 1973.*

**Senior Companion Program  
at LIFE Senior Services  
(918) 664-9000**

5950 East 31st Street, Tulsa OK

[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)



# MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING

The purpose of the Behavioral Health Reference is to provide referral information for older adults and adults with disabilities who may need to access mental health or counseling services in Northeast Oklahoma. The agencies listed are funded in a variety of ways and most accept private insurance, including Medicare and Medicaid. Some of the agencies receive special funding for low income clients through the Oklahoma Department of Mental Health and Substance Abuse Services. The services offered are primarily office-based; however, several organizations provide home-based services to older adults and adults with disability who prefer and are successfully able to stay in their own homes. In order to learn more about the specific services and eligibility, please contact the individual providers.

Older Adults 65+	Adults 50-64	Adult 18+	Child/Youth	IQ Under 70	Medicare	Medicaid	DMH	HMO or PPO	Veterans	Other Insurance	DHS	Free	Sliding Scale	Private Pay	EAP	CDIB Card/Tribal Mbrshp
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**12 & 12 Inc.** (Substance Abuse Treatment)  
6333 E. Skelly Dr., Tulsa, OK 74135

Phone: (918) 664-4224 • (800) 680-8979 • Fax: (918) 663-0203  
Website: [www.12and12.org](http://www.12and12.org)

Medically Supervised																
Detox	X	X	X				X	X							X	
Residential Treatment	X	X	X				X	X							X	
Day Treatment	X	X	X				X	X							X	
Psychiatric & Substance																
Co-Occuring	X	X	X				X	X							X	
Transitional Living	X	X	X				X	X							X	
Intensive Outpatient	X	X	X				X	X							X	
Continuing Care																
Family	X	X	X				X	X							X	
Homeless Program (3 month recovery)	X	X	X				X	X							X	
Independent Living	X	X	X				X	X							X	
Medication Management	X	X	X				X	X							X	

**2-1-1 Helplines**  
Serving all Northeast Oklahoma

Phone: 211 • Fax: (918) 295-7721  
Website: [www.211tulsa.org](http://www.211tulsa.org)

24-Hour Information and Referral	X	X	X	X	X							X				
Health	X	X	X	X	X							X				
Social Services	X	X	X	X	X							X				

**Alzheimer's Association, OK and AR Chapter**  
6465 S. Yale Ave., Suite 312, Tulsa, OK 74136

Phone: (918) 481-7741 • (800) 272-3900 • Fax: (918) 494-5445  
Website: [www.alz.org/alzokar](http://www.alz.org/alzokar)

Caregiver Counseling & Education	X	X	X		X							X				
Professional Education	X	X	X		X									X		
24-Hour Helpline	X	X	X		X							X				

*Disclaimer: Information in this section is subject to change at any time.*

Older Adults 65+	Adults 50-64	Adult 18+	Child/Youth	IQ Under 70	Medicare	Medicaid	DMH	HMO or PPO	Veterans	Other Insurance	DHS	Free	Sliding Scale	Private Pay	EAP	CDIB Card/Tribal Mbrshp
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### Brookhaven Hospital

201 S. Garnett Ave., Tulsa, OK, 74128

Phone: (918) 438-4257 • (800) 298-4673 • Fax: (918) 438-8016

Website: [www.brookhavenhospital.com](http://www.brookhavenhospital.com)

Hospital Inpatient Mental Health	X	X	X		X	X	X		X		X					
Hospital Inpatient Neurological	X	X	X		X	X	X		X		X					
Outpatient Counseling	X	X	X		X	X	X		X		X					

### Catholic Charities

2450 N. Harvard Ave., Tulsa, OK 74464

Phone: (918) 949-4673 • Fax: (918) 582-2123

Website: [www.catholiccharities.org](http://www.catholiccharities.org)

Individual Counseling	X	X								X			X			
Family Counseling	X	X								X			X			

### Cherokee Nation Behavioral Health

2053 Mahaney Ave., Tahlequah, OK, 74464

Phone: (918) 458-6285 • Fax: (918) 458-7601

Website: [www.atr.cherokee.org](http://www.atr.cherokee.org)

Individual Counseling	X	X	X	X	X											X
Family Counseling	X	X	X	X	X											X
Substance Abuse Services	X	X	X	X	X											X

### Claremore Regional Hospital Senior Care

1202 N. Muskogee Pl., Claremore, OK 74107

Phone: (918) 341-9373 • Fax: (918) 342-7847

Website: [www.claremorehospital.org](http://www.claremorehospital.org)

Inpatient Geriatric Psychiatry	X	X			X					X						
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### Cleveland Area Hospital - The Senior Life Program

1401 W. Pawnee, Cleveland, OK 74020

Phone: (918) 358-3616 • Fax: (918) 358-3188

Website: [www.clevelandareahospital.com](http://www.clevelandareahospital.com)

Individual Counseling & Group Counseling	X	X			X	X				X						
Medication Management	X	X			X	X				X						
Transportation	X	X										X				

### Community Outreach Psychiatric Emergency Services (COPES)

Phone: (918) 744-4800 • Fax: (918) 744-4800

Website: [www.fcsok.org/?p=copes](http://www.fcsok.org/?p=copes)

24-Hour Crisis Intervention-Mental Health	X	X	X	X	X							X				
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### CREOKS Behavioral Health Services

23 E. Ross Ave., Sapulpa, OK 74066

Phone: (918) 227-2016 • Fax: (918) 227-2016

Website: [www.creoks.org](http://www.creoks.org)

Individual & Group Counseling	X	X	X	X	X		X	X			X					
Family Counseling	X	X	X	X	X		X	X			X					
Individual & Group Education	X	X	X	X			X	X			X					
Case Management	X	X	X	X			X	X			X					
Medication Management	X	X	X	X		X	X	X			X					
Home-Based	X	X	X	X			X	X								
School-Based	X	X	X	X			X	X			X					
24-Hour Crisis Intervention	X	X	X	X								X				

*Disclaimer: Information in this section is subject to change at any time.*



Older Adults 65+	Adults 50-64	Adult 18+	Child/Youth	IQ Under 70	Medicare	Medicaid	DMH	HMO or PPO	Veterans	Other Insurance	DHS	Free	Sliding Scale	Private Pay	EAP	CDIB Card/Tribal Mbrshp
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### CREOKS Behavioral Health Services

616 S. Boston Ave., Ste. 400, Tulsa, OK 74119

Phone: (918) 382-7300 • Fax: (918) 382-7302

Website: [www.crsok.org](http://www.crsok.org)

Individual & Group Counseling	X	X	X	X	X		X	X			X					
Family Counseling	X	X	X	X	X		X	X			X					
Individual Education	X	X	X	X			X	X		X						
Case Management	X	X	X	X			X	X			X					
Medication Management	X	X	X	X		X	X	X			X					
Home-Based	X	X	X	X			X				X					
School-Based	X	X	X	X			X	X			X					
24-Hour Crisis Intervention	X	X	X	X								X				

### CREOKS Behavioral Health Services

2109 S. Hwy. 69, Wagoner, OK 74467

Phone: (918) 485-0242 • Fax: (918) 485-0204

Website: [www.crsok.org](http://www.crsok.org)

Individual & Family Counseling	X	X	X	X			X	X								
Individual & Group Education	X	X	X	X			X	X								
Substance Abuse Counseling	X	X	X	X			X	X								
Case Management	X	X	X	X			X	X								
Medication Management	X	X	X	X			X	X								

### Counseling and Recovery Services of Oklahoma

7010 S. Yale Ave., Ste. 215, Tulsa, OK 74136

Phone: (918) 492-2554 • Fax: (918) 494-9870

Website: [www.actcares.org](http://www.actcares.org)

CALM 24-Hour Crisis Center (918) 394-2256 (Ages 10-17)				X			X	X								
Outpatient																
Individual Counseling	X	X	X	X			X	X					X	X		
Family Counseling	X	X	X	X			X	X					X	X		
Group Education	X	X	X	X			X	X					X	X		
Individual Education	X	X	X	X			X	X					X	X		
Group Education	X	X	X	X			X	X					X	X		
Case Management	X	X	X	X			X	X					X	X		
Medication Management	X	X	X	X		X	X	X					X	X		
Action House Recovery Program	X	X	X				X	X								
Home-Based	X	X	X	X			X						X			
School-Based				X			X						X			

### Counseling and Recovery Services of Oklahoma

117 N. Main St., Sand Springs, OK 74063

Phone: (918) 245-5565 • Fax: (918) 245-5564

Website: [www.actcares.org](http://www.actcares.org)

Individual Counseling	X	X	X				X	X					X	X		
Individual Education	X	X	X				X	X					X	X		
Group Education	X	X	X				X	X					X	X		
Case Management	X	X	X				X	X					X	X		
Medication Management	X	X	X			X	X	X					X	X		

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Older Adults 65+	Adults 50-64	Adult 18+	Child/Youth	IQ Under 70	Medicare	Medicaid	DMH	HMO or PPO	Veterans	Other Insurance	DHS	Free	Sliding Scale	Private Pay	EAP	CDIB Card/Tribal Mbrshp
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**Dayspring Community Services of Oklahoma**  
3015 E. Skelly Dr., Ste. 103, Tulsa, OK 74105

Phone: (918) 712-0859 • Fax: (918) 388-9708  
Website: [www.dayspringsbhs.com/contactus/oklahoma.html](http://www.dayspringsbhs.com/contactus/oklahoma.html)

Individual Counseling	X	X	X	X	X		X			X			X	X		
Family Counseling	X	X	X	X	X		X			X			X	X		
Group Counseling	X	X	X	X	X		X									
Individual Education	X	X	X	X	X		X									
Group Education	X	X	X	X	X		X									
Case Management	X	X	X	X	X		X									
Home-Based	X	X	X	X	X		X			X			X	X		
School-Based				X	X		X									

**Dayspring Villa**  
7802 W. 7th, Sand Springs, OK 74063

Phone: (918) 245-4075 • Fax: (918) 245-3995  
Website: [www.dayspringvilla.com](http://www.dayspringvilla.com)

Domestic Violence Emergency Shelter for Women	X	X	X	X	X							X				
Case Management	X	X	X	X	X							X				

**DVIS/Call Rape**  
4300 S. Harvard Ave., Tulsa, OK 74135

Phone: (918) 743-5763 • Fax: (918) 584-1835  
Website: [www.dvis.org](http://www.dvis.org)

24-Hour Crisis Line (918) 7HELP-ME	X	X	X	X	X								X			
Emergency Women's & Children's Shelter	X	X	X	X	X								X			
Legal Services	X	X	X	X	X								X			
Outpatient Counseling	X	X	X	X	X								X			
Abuser Counseling	X	X	X	X	X									X		
Hospital Advocacy	X	X	X	X	X								X			
Community Education	X	X	X	X	X								X			
Professional Education	X	X	X											X		

**Edwin Fair Community Mental Health Center**  
124 E. 6th St., Pawhuska, OK 74056

Phone: (918) 287-1175 • (800) 566-1343 (Crisis) • Fax: (918) 287-0036  
Website: [www.efcmhc.com](http://www.efcmhc.com)

Individual & Family Counseling	X	X	X	X	X		X	X								
Home-Based	X	X	X	X	X		X									

**Edwin Fair CMHC**  
1500 N. 6th St., Ponca City, OK 74601

Phone: (580) 762-7561 • Fax: (580) 762-2576  
Website: [www.efcmhc.com](http://www.efcmhc.com)

Individual & Family Counseling	X	X	X	X	X		X	X								
Group Counseling	X	X	X	X	X		X	X								
Home-Based	X	X	X	X	X		X									
Medication Management	X	X	X	X	X		X	X								

**Effective Teaching & Learning**  
1717 E. Skelly Dr., Tulsa, OK 74105

Phone: (918) 749-8717 • Fax: (918) 749-8797  
Website: [www.etl.org](http://www.etl.org)

Individual Education	X	X	X	X							X			X		
Training	X	X	X									X				

*Disclaimer: Information in this section is subject to change at any time.*

Older Adults 65+	Adults 50-64	Adult 18+	Child/Youth	IQ Under 70	Medicare	Medicaid	DMH	HMO or PPO	Veterans	Other Insurance	DHS	Free	Sliding Scale	Private Pay	EAP	CDIB Card/Tribal Mbrshp
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**Family & Children's Services**  
650 Peoria Ave., Tulsa, OK 74120

Phone: (918) 587-9471 • Fax: (918) 425-4202

Website: [www.fcsok.org](http://www.fcsok.org)

Individual Counseling	X	X	X	X			X	X			X	X		X	X	X	
Family Counseling	X	X	X	X			X	X			X	X		X	X	X	
Group Counseling	X	X	X	X			X	X									
Individual Education	X	X	X	X			X	X									
Group Education	X	X	X	X			X	X									
Case Management	X	X	X	X			X	X									
Medication Management	X	X	X	X		X	X	X		X			X				
Intensive Substance Abuse Treatment	X	X	X				X	X									
Co-occurring (Substance Abuse & Mental Health Treatment)	X	X	X				X	X									
COPACT Team	X	X	X				X	X									
Home-Based	X	X	X				X										

**Grand Lake Mental Health Center, Inc.**  
12005 E. 470 Rd., Claremore, OK 74017

Phone: (918) 342-0770 • Fax: (918) 342-0087

Website: [www.gimc.net](http://www.gimc.net)

Adult Crisis Unit Inpatient	X	X	X				X	X			X				X		
Individual & Family Counseling	X	X	X	X			X				X				X		
Home-Based	X	X	X	X			X								X		
Group Counseling	X	X	X	X			X	X			X				X		
Individual Education	X	X	X	X			X	X			X				X		
Group Education	X	X	X	X			X	X			X				X		
Case Management	X	X	X	X			X	X			X				X		
Medication Management	X	X	X	X		X	X	X			X				X		

**Green Country Behavioral Health Services, Inc.**  
619 N. Main St., Muskogee, OK 74401

Phone: (918) 682-8407 • (800) 318-6866 • Fax: (918) 687-0976

Website: [www.gcbhs.org](http://www.gcbhs.org)

Adult Crisis Unit Inpatient		X	X				X	X							X		
Individual Counseling	X	X	X	X			X	X							X		
Family Counseling	X	X	X	X			X	X							X		
Group Counseling	X	X	X	X			X	X							X		
Individual Education	X	X	X	X			X	X							X		
Group Education	X	X	X	X			X	X							X		
Case Management	X	X	X	X			X	X							X		
Medication Management	X	X	X	X		X	X	X							X		
Recovery		X					X	X									
Home & School-Based				X			X	X							X		
24-Hour Crisis Intervention												X					

**Henryetta Medical Center, Senior Focus for Behavioral Health**  
2401 W. Main St., Henryetta, OK 74437

Phone: (918) 652-2597 • Fax: (918) 650-1389

Website: [www.henryettaMedicalcenter.com](http://www.henryettaMedicalcenter.com)

Inpatient Geriatric Program	X	X				X	X				X						
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Older Adults 65+	Adults 50-64	Adult 18+	Child/Youth	IQ Under 70	Medicare	Medicaid	DMH	HMO or PPO	Veterans	Other Insurance	DHS	Free	Sliding Scale	Private Pay	EAP	CDIB Card/Tribal Mbrshp
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**Hillcrest Medical Center, (at OSU Medical Center)**  
**Child & Adolescent Behavioral Health**  
 744 W. 9th St., Tulsa, OK 74127

Phone: (918) 599-5880 • (888) 765-2605 • Fax: (918) 599-5680  
 Website: [www.hillcrest.com](http://www.hillcrest.com)

Hospital			X	X		X		X		X				X		
Residential			X	X		X		X		X				X		
Partial Hospitalization			X	X		X		X		X				X		

**Hillcrest Medical Center, Adult Behavioral Center**  
 1145 S. Utica, Ave., Tulsa, OK 74104

Phone: (918) 579-7180 • Fax: (918) 579-7385  
 Website: [www.hillcrest.com](http://www.hillcrest.com)

Hospital Inpatient	X	X	X	X		X	X		X		X				X	
Medical Detoxification	X	X	X			X	X		X		X				X	

**Indian Health Care Resources**  
 550 S. Peoria Ave., Tulsa, OK 74120

Phone: (918) 588-1900 • Fax: (918) 582-6405  
 Website: [www.ihcrc.org](http://www.ihcrc.org)

Individual Counseling	X	X	X	X	X		X									X
Group Counseling	X	X	X	X			X									X
Family Counseling	X	X	X	X	X		X									X
Medication Management	X	X	X	X	X	X	X									X

**Jack C. Montgomery VA Medical Center**  
 1011 Honor Heights Dr., Muskogee, OK 74401

Phone: (918) 577-3000 • (877) 391-8387 • Fax: (918) 577-3701  
 Website: [www.muskogee.gov](http://www.muskogee.gov)

Hospital Inpatient	X	X	X		X					X	X					
Individual & Group Counseling	X	X								X	X					
Family Counseling	X	X								X	X					
Medication Management	X	X								X	X					

**Koweta Indian Health Facility**  
 31870 E. State Hwy 51, Coweta, OK 74429

Phone: (918) 279-3471 • Fax: (918) 279-1090  
 Website: [www.muscogeenation-nsn.gov](http://www.muscogeenation-nsn.gov)

Individual Counseling	X	X	X	X												X
Group Counseling	X	X	X	X												X
Family Counseling	X	X	X													X
Medication Management	X	X	X	X												X

**Laureate Psychiatric Clinic & Hospital**  
 6655 S. Yale Ave., Tulsa, OK 74136

Phone: (918) 481-4000 • Fax: (918) 481-4059  
 Website: [www.laureate.com](http://www.laureate.com)

Hospital Inpatient	X	X	X			X			X		X				X	
Eating Disorder Inpatient	X	X	X			X				X					X	
Residential Eating Disorder Counseling	X	X	X							X					X	
Substance Abuse Treatment	X	X	X						X		X				X	
Medical Detoxification	X	X	X						X		X				X	
Individual Counseling	X	X	X	X		X			X		X				X	
Family Counseling	X	X	X	X		X			X		X				X	
Group Counseling	X	X	X	X		X			X		X				X	
Medication Management	X	X	X	X		X			X		X				X	

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Older Adults 65+
Adults 50-64
Adult 18+
Child/Youth
IQ Under 70
Medicare
Medicaid
DMH
HMO or PPO
Veterans
Other Insurance
DHS
Free
Sliding Scale
Private Pay
EAP
CDIB Card/Tribal Mbrshp

### LIFE Senior Services

5950 E. 31st St., Tulsa, OK 74135

Phone: (918) 664-9000 • Fax: (918) 664-9922

Website: [www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)

Information & Referral	X	X	X									X			
Consultation, Screening & Referral	X	X	X									X			
Caregiver & Community Education	X	X	X									X		X	
Professional Education	X	X	X									X		X	
Training, Master's Level Counseling Interns & Practicum Students	X	X	X									X			
Counseling Non-complex Cases by Supervised Master's Level Interns & Practicum Students	X	X	X									X			

### Mental Health Association in Tulsa

1870 S. Boulder, Tulsa, OK 74119

Phone: (918) 585-1213 • Fax: (918) 585-1263

Website: [www.mhat.org](http://www.mhat.org)

Mental Health Screenings	X	X	X	X	X									X	
Support Groups	X	X	X		X									X	
Community & Professional Education	X	X	X		X							X	X		
Housing	X	X	X		X								X		

### Muscogee (Creek) Nation Behavioral Health Services

32 N. Water St., Sapulpa, OK 74066

Phone: (918) 244-9185 • Fax: (918) 244-9211

Website: [www.muscogeenation-nsn.gov](http://www.muscogeenation-nsn.gov)

Individual & Group Counseling	X	X	X	X											X
Family Counseling	X	X	X	X											X
Substance Abuse Services	X	X	X	X											X
Medication Management	X	X	X	X											X

### National Alliance on Mental Illness (NAMI)

700 S. Boston Ave., Ste 219, Tulsa, OK 74119

Phone: (918) 587-6264 • Fax: (918) 585-9694

Website: [www.nami.org](http://www.nami.org)

Advocacy & Education	X	X	X	X									X		
Support Groups	X	X	X	X									X		

### Okmulgee Hospital, HOPE Program

1401 Morris Dr., Okmulgee, OK 74447

Phone: (918) 758-7312 • Fax: (918) 293-2193

Website: [www.okmulgeehospital.com](http://www.okmulgeehospital.com)

Hospital Inpatient	X	X			X	X				X					
Individual & Group Counseling	X	X			X	X				X					
Family Counseling	X	X			X	X				X					
Medication Management	X	X			X	X				X					

### OU Psychiatry

4502 E. 41st St., Tulsa, OK 74135

Phone: (918) 619-4400

Website: [tulsa.ou.edu/psych](http://tulsa.ou.edu/psych)

Individual Counseling	X	X	X	X	X	X		X		X					
Medication Management	X	X	X	X	X	X		X		X					
Outpatient Detoxification	X	X	X		X	X	X	X		X				X	
IMPACT Team	X	X	X			X	X	X							

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Older Adults 65+	Adults 50-64	Adult 18+	Child/Youth	IQ Under 70	Medicare	Medicaid	DMH	HMO or PPO	Veterans	Other Insurance	DHS	Free	Sliding Scale	Private Pay	EAP	CDIB Card/Tribal Mbrship
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**Parkside Psychiatric Hospital & Clinic**  
1620 E. 12th St., Tulsa, OK 74120

Phone: (918) 588-8888 • (877) 522-1959 • (918) 586-4202 (adults)  
Website: [www.parksideinc.org](http://www.parksideinc.org)

Hospital Inpatient	X	X	X	X		X	X		X		X			X		
Residential Inpatient				X		X	X		X		X			X		
Substance Abuse Treatment	X	X	X			X	X		X		X			X		
Individual Counseling	X	X	X	X		X	X		X		X			X		
Family Counseling	X	X	X	X		X	X		X		X			X		
Group Counseling	X	X	X			X	X		X		X			X		
Medication Management	X	X	X	X		X	X		X		X					

**Red Rock CMHC**  
3105 East Skelly Dr., Suite 310, Tulsa, OK 74105

Phone: (918) 599-7404 • Fax: (918) 584-2530  
Website: [www.red-rock.com](http://www.red-rock.com)

PACT Team	X	X	X				X	X								
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**St. John Behavioral Health Services**  
4720 S. Harvard Ave., Tulsa, OK 74135

Phone: (918) 748-9868 • Fax: (918) 748-9835  
Website: [www.stjohnhealthsystem.com](http://www.stjohnhealthsystem.com)

Substance Abuse Treatment	X	X	X		X	X			X		X			X		
Individual Counseling	X	X	X	X	X	X			X		X			X	X	
Family Counseling	X	X	X	X	X	X			X		X			X	X	

**Tristesse Grief Center**  
3930 E. 31st St., Tulsa, OK 74135

Phone: (918) 587-1200 • Fax: (918) 587-1205  
Website: [www.thegriefcenter.org](http://www.thegriefcenter.org)

Individual Counseling	X	X	X	X									X			
Group Counseling	X	X	X	X									X			

**Tulsa Center for Behavioral Health**  
2323 S. Harvard Ave., Tulsa, OK 74114

Phone: (918) 293-2140 • Fax: (918) 293-2193  
Website: [www.ok.gov/odmhsas](http://www.ok.gov/odmhsas)

Adult Crisis Unit Inpatient	X	X	X		X			X								
Emergency Evaluation/Referral	X	X	X		X			X								
Emergency Medication Management	X	X	X		X			X								

**Tulsa Veteran's Center**  
14002 E. 21st St., Ste. 200, Tulsa, OK 74134

Phone: (918) 628-2760 • Fax: (918) 835-5760  
Website: [www.va.gov](http://www.va.gov)

Individual Counseling	X	X	X						X							
Group Counseling	X	X	X						X							
Substance Abuse Counseling	X	X	X						X							

**Veteran's Affairs, Behavioral Medicine Clinic**  
10159 E. 11th St., Ste 100, Tulsa, OK 74128

Phone: (918) 610-2000 • Fax: (918) 835-5760  
Website: [www.va.gov](http://www.va.gov)

Individual Counseling	X	X	X		X				X							
Group Counseling	X	X	X		X				X							
Substance Abuse Counseling	X	X	X		X				X							

*Disclaimer: Information in this section is subject to change at any time.*



Older Adults 65+	Adults 50-64	Adult 18+	Child/Youth	IQ Under 70	Medicare	Medicaid	DMH	HMO or PPO	Veterans	Other Insurance	DHS	Free	Sliding Scale	Private Pay	EAP	CDIB Card/Tribal Mbrshp
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**Volunteer of America of Oklahoma, Family Services**  
5319 S. Lewis, Ste. 210., Tulsa, OK 74105

Phone: (918) 622-5156 • Fax: (918) 622-5298  
Website: [www.voaok.org](http://www.voaok.org)

Individual & Group Counseling	X	X	X	X	X		X					X				
Family Counseling	X	X	X	X	X		X					X				
Home-Based	X	X	X	X	X		X					X				

**Wagoner Hospital, Senior Outpatient Services**  
1200 W. Cherokee St., Wagoner, OK 74467

Phone: (918) 485-1397 • Fax: (918) 485-5519  
Website: [www.wagonerhospital.com](http://www.wagonerhospital.com)

Group Counseling	X	X				X	X				X					
Medication Management	X	X				X	X				X					

**YWCA Women's Resource Center**  
1503 S. Denver Ave., Tulsa OK 74119

Phone: (918) 588-9393 • Fax: (918) 588-9394  
Website: [www.ymcatulsa.org](http://www.ymcatulsa.org)

Individual Counseling	X	X	X										X			
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# Independence. Dignity. Quality of Life.

- Adult Day Services
- Caregiver Support
- Case Management
- Senior Centers
- Senior Companion Program
- SeniorLine Information and Assistance
- Senior Health Insurance Counseling Program (SHIP)  
*Sponsored by Oklahoma Insurance Dept.*
- Vintage Housing
- *Vintage Guide to Housing & Services*
- *Vintage Newsmagazine*



*Making life better  
for seniors and their  
families since 1973.*



**(918) 664-9000**

5950 East 31st Street, Tulsa OK  
[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)

