LIFE’s Vintage Guide to Housing & Services 2015-2016


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3. **Legend at Mingo Road**
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good things

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Guiding You Through Life’s Stages

There’s a group of senior living communities where older folks can find the care they need and the companionship they crave. Communities filled with seniors from every walk of life. From active, independent seniors to those who just need a little help. In these communities, you don’t have to face the uncertainty of being alone. We look out for each other. These are the communities of MGM Healthcare. Here you’ll find a senior living community that’s ideal for your particular stage in life.
This directory conveniently puts phone numbers of community services offered right at your fingertips.

Section 1: Helpful Articles

This section features 26 helpful articles, including caregiving tips, legal matters, Medicare information and useful checklists.

Section 2: Senior Housing Options

Find an extensive directory of over 240 options from independent living to nursing facilities in a format that allows for easy comparisons.

Section 3: Special Services

You will find comprehensive listings that include adult day health services, home health, hospice, funeral and cremation services and more.

Section 4: Community Services

This section organizes more than 700 community-based resources alphabetized by category.

Section 5: Quick Reference

This directory conveniently puts phone numbers of community services offered right at your fingertips.

For more help navigating the Vintage Guide to Housing & Services, call LIFE’s SeniorLine at (918) 664-9000.

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Look for the Leaves!
The leaves designate LIFE’s SeniorLine or other programs of LIFE Senior Services.

(918) 664-9000 LIFE’s Vintage Guide
LIFE's Vintage Guide to Housing & Services

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Silver Elite is a FREE membership program offered by Hillcrest for ages 60+. The program offers fun, educational events. New members receive a t-shirt and water bottle at the first Silver Elite event they attend.

Members also receive in-hospital benefits. Amenities consist of a robe (one per year) and a guest meal voucher for members staying overnight in a participating hospital.

Learn more and sign-up by calling 918-579-6060 (ext. 2) or by visiting SilverElite.org.

Participating Hospitals:
- Hillcrest Medical Center
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- Hillcrest Claremore
- Hillcrest Cushing
- Hillcrest Henryetta
- Bailey Medical Center
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The Premier Magazine for Oklahoma Seniors, Caregivers and Professionals in Aging Services
Winner of the 2014 Achievement in Aging Media Partner of the Year Award

As a trusted source for information on aging issues, LIFE's Vintage Newsmagazine provides resources for seniors and caregivers and features articles that will inform and entertain you. This award-winning magazine reaches more than 80,000 readers each month.

To request your FREE monthly subscription, please complete this form and return it to LIFE Senior Services, 5950 E. 31st St., Tulsa, OK 74135. Or sign up online at www.LIFESeniorservices.org/request.

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Here are 5 things you can do to protect yourself from scams:

1. Be aware that you are at risk from strangers and be skeptical of all unsolicited offers. Do an Internet search for the company and look for negative reviews. Check them out with the Better Business Bureau at www.bbb.org.

2. Don’t be pressured to make an immediate decision. Always ask for and wait until you receive written material about any offer and then thoroughly do your research.

3. Don’t give your credit card, banking, Social Security, Medicare or other personal information over the phone unless you initiated the call.

4. Don’t be afraid to be assertive and say “no thanks” and hang up the phone.

5. Register your telephone number on the National Do Not Call Registry list at www.Donotcall.gov or by calling (888) 382-1222.

For more tips on how to protect yourself from scams, contact the Medicare Assistance Program at LIFE Senior Services at (918) 664-9000 or visit www.LIFEseniorservices.org.
Activities of Daily Living (ADLs) – Basic self-care tasks: feeding, toileting, bathing, grooming, dressing, mobility and transferring (such as moving from bed to wheelchair). May also refer to Instrumental Activities of Daily Living (IADLs), the complex skills needed to live independently, such as managing finances, driving, cooking and more. 40

Acute Care – Usually given in a hospital, this level of care involves intensive or emergency care for a short period of time while a patient is being treated for a brief severe illness or while recovering from surgery. 176

Adult Day Health Services – Provides caregivers with the opportunity for respite and the ability to continue working while caregiving. For adult participants, provides health services and social opportunities in a safe place outside the home during the day. Services can include health monitoring, medication management, hair salon, showers, meals and activities. 34-36

Advance Directive – A legal document that dictates treatment preferences and the designation of a surrogate decision-maker should a person become unable to make medical decisions on their own behalf. Also called a Living Will. 26-28

Assisted Living – Combines housing and support services to maximize the residents’ self-sufficiency. Services may include housekeeping, linen services, meals, activities, transportation, medication management, respite and more. 31

Caregiver – Anyone – spouse, sibling, adult child – who is responsible for the care of someone who has poor mental health, is physically disabled or whose abilities are impaired by disease, chronic illness or old age. 20-23

Conservator – A person appointed by a court to manage someone else’s financial affairs when that person is no longer able. 26-28

Continuous Care – Inpatient or round-the-clock in-home care provided or arranged by a hospice provider when a patient is facing a medical crisis that requires close medical attention. 164

Dementia – The loss of intellectual functions (thinking, remembering, reasoning) of sufficient severity to interfere with a person’s daily functioning. Dementia is not a disease in itself, but rather a group of symptoms that may accompany certain diseases or conditions. Symptoms may also include changes in personality, mood and behavior. 52-53

Do Not Resuscitate (DNR) Order – A medical order that instructs medical personnel not to use cardiopulmonary resuscitation (CPR) or ventilation if the person is not breathing or has no pulse after suffering cardiac or respiratory arrest. 14-18, 45-46

Durable Power of Attorney – A legal document that allows a person to act on another’s behalf, even when the grantor of the document loses capacity. 26-28

Guardianship – Refers to a situation where a court appoints an individual to be a legal guardian for an elderly person who is deemed to be incapacitated, either partially or fully. The legal guardian is fully
liable for the health and well-being of the person and/or their property, as decided by the court. 26-28

**Healthcare Proxy** – Named in an advance directive, this individual is designated to make healthcare decisions when the patient is unable. The healthcare proxy has a responsibility to abide by the wishes of the patient and should be trustworthy. 26-28

**Hospice Care** – This philosophy and approach provides comfort and care at life’s end, in lieu of heroic life-saving measures. It can include medical, counseling and social services, and is provided in-home, in specialized hospitals or in hospice care centers. 45-46

**Incapacity** – Lack of physical and/or mental ability to manage one’s own personal and/or financial affairs, as decided by the court. 26-28

**Living Will** – See *Advance Directive*. 26-28

**Long-Term Care** – A variety of services that includes medical and non-medical care. It can be provided in a person’s home, retirement community or in assisted living or nursing facilities. 40

**Medicaid** – Government health insurance for low-income seniors, pregnant women, and children. 41-42

**Medicare** – Government health insurance for people age 65 or older and adults with disabilities. Part A is hospital insurance, Part B is coverage for doctors and Part D is prescription drug coverage. Part C is HMO or PPO-style insurance and can combine parts A, B and D or just A and B. 41-42, 54-59

**Memory Care** – A specialized facility or area in an adult day health center, assisted living or nursing facility dedicated to caring for patients with dementia, Alzheimer’s disease or other cognitive impairments. 94, 116

**Mental Capacity and Competence** – The ability, as decided by the court, to perceive, understand and appreciate all relevant facts and to make a rational decision based on those facts; to understand the nature and effect of one’s actions. 26-28

**Non-Skilled Home Care Services** – Assistance with ADLs and IADLs. Services may also include assistance with transportation, shopping or running errands, medication reminders, companionship or respite care. 140

**Nursing Facility** – Provides 24-hour skilled care for residents who generally rely on assistance for ADLs and IADLs. 41-42

**Palliative Care** – A medical specialty that focuses on relieving pain and other debilitating symptoms of serious illness to provide the best possible quality of life for patients and their families. Utilizes an individualized care plan that can be delivered at the same time as other treatments. Palliative care is also part of end-of-life hospice care. 45-46

**Personal Care Services** – Help with the most personal ADLs, including assistance with dressing, bathing, walking, exercising, getting out of bed, toileting and eating. 140

**Person-Centered Care** – A care philosophy that emphasizes relationships and takes into account the person’s interests, experiences and preferences to build an individualized care plan. Focuses on treating patients with respect, dignity and autonomy. 34

**Power of Attorney** – A legal document that allows a person to act on another’s behalf as long as the grantor of the document has capacity. 26-28

**Respite** – A temporary break from the responsibilities taken on by a family caregiver. Respite can be provided by a companion service, adult day health center, home health agency and assisted living or nursing facilities. 20-23

**Skilled Home Healthcare Services** – Skilled services are usually medical-based or clinical services for acute or short-term care at home. They can be provided by a registered nurse, licensed practical nurse, physical therapist, occupational therapist, speech therapist or social worker. A physician’s order is required for skilled services. 140

**Trust** – A legal arrangement and estate planning tool, which typically eliminates probate. 26-28

**Will** – A legal document that communicates how a person wishes personal assets and property to be distributed on or after death. A will is probated. 26-28
Discussing important aging issues with your loved one can be a difficult conversation to approach. According to a national survey, seniors and their adult children rarely discuss aging issues, and many suspect that this trend may even apply to spousal and other caregiver relationships. While we can’t predict the changes we will experience as we grow older, we do know that the most common changes are related to health, driving, living arrangements, the need for assistance, finances and end-of-life issues. Often, by talking about these important life issues early and planning ahead, families will find it easier to cope with the changes, crisis decision-making can be avoided, and personal control can be retained even in difficult situations.

While the majority of those surveyed said they are comfortable discussing age-related issues, the reality is they seldom do. The main reason mentioned: No one is starting the conversation. In general, when a person reaches age 70, or their eldest child reaches age 40 – whichever comes first – it is time to start having conversations about aging and making plans for the future. So, how and where do you start?

**SETTING THE STAGE**

Research and planning are vital when preparing to start a conversation about aging. Before meeting, you may want to consider the following:

- Be alert to natural opportunities to talk about aging issues, and ask questions. This will help you gather information, little by little, that may be helpful in starting a full-fledged discussion later.
- If someone you know has gone through an age-related situation, ask them how they started their conversation.
- Make a checklist of the topics you’d like to discuss. This will help you stay on track and keep from getting overwhelmed.
- Plan to involve others. Parents may want to talk with all of their children together, or adult children may want their siblings present.
- Get on the same page. If you are going to involve multiple people in the conversation, it is a good idea to establish a common understanding of what needs to be discussed, who will lead the conversation and who will handle which tasks.
- Decide when and where you will start the conversation. This is especially important if you are involving multiple people. Plan to meet in person, if possible. These subjects are more difficult to discuss over the phone. If a face-to-face meeting isn’t possible, be sure to set aside time to talk uninterrupted. Choose a time and place that is comfortable and relaxing. Avoid busy, high-stress times like the holidays, if possible.
STARTING THE CONVERSATION

• Consider using this article as a stimulus for starting the conversation. For example, you might mention, “I read this article and it got me thinking about aging preparations. How prepared are you for the next chapter of your life?”
• You may also want to try starting with a “what if” question, such as, “What if something happened and you were no longer able to live alone? Where would you want to live?”
• When you are ready to begin the discussion, keep distractions to a minimum. Start out slow and easy, tackling one topic at a time. Don’t try to cover everything in one marathon conversation.
• Remember to listen respectfully to everyone involved.
• Be their partner, not their parent. Ask your loved one what they want and listen without interjecting. You may want to jot down notes as they speak. This will help you remember what they want and why they want it, as well as remember any questions or concerns you may have.
• Keep sibling arguments and bickering to the background. Don’t force a parent to take a side. Allowing sibling rivalry and disagreement into the discussion can break down lines of honest communication or stop it altogether.

PLANNING FOR THE FUTURE

When helping your loved one plan for their future, always listen to them respectfully and show them that you want to do your best to honor their wishes and provide support. When approaching sensitive topics, such as living assistance, legal matters and end-of-life planning, begin by asking them what they want. Follow-up by asking, “How can I respect your wishes?” and “If we absolutely can’t make your first choice happen, what are your second and third choices?” In doing this, you will be off to a great start fostering a trusting partnership.

COLLECTING IMPORTANT INFORMATION WITH TACT

As you work your way through each topic, it is important to record your loved one’s plans and wishes and to collect documentation as you go. Giving up control of important paperwork, legal matters, finances and the like may make your loved one feel as though they are giving up pieces of their independence. The tips below can help soothe the situation, as well as help caregivers easily locate important documents, contacts and information during a crisis. Should a crisis occur, you’ll be relieved to have the necessary documentation stored in one easily-accessible, but secure, location.

• Let your loved one have as much power as possible.
• Allow your loved one to keep their documents and maintain their current filing/storage system. But request that they allow the primary family caregiver, or legal designee, to make and store copies securely in a single location.
• Respect their wishes for how to properly store their information. For instance, your loved one may be adamant about storing all documents in a secure location, such as a safety deposit box, instead of in a filing cabinet at home. Respect their peace of mind and do not argue.
• If they seem hesitant, ask them why and how you can help ease their mind. Understanding and compromise are key.

continued
IMPORTANT TOPICS TO DISCUSS

Health Matters
It’s important to develop a plan before health problems arise. Should there be a health crisis, you’ll need to know about your loved one’s:
• Current health conditions, physicians, medications and hospital preference.
• Health insurance. Do they have Medicare or other health insurance coverage? If so, find their policy identification numbers and collect a copy of the policies.
• Living will/advance directive. Do they have one? If so, find out where it is and collect a copy. Who is named as healthcare proxy?
• Legal designations. Is there a durable power of attorney for healthcare who has been given the responsibility to make healthcare decisions?
• Emergency plan. Is there a friend or neighbor who would help in an emergency? Do they have a house key and know how to contact the family?

Living Arrangements and Long-Term Care
It is important to discuss both preventative measures that may help maintain your loved one’s independence, as well as plan for potential future care needs. Some topics to discuss and questions to ask include:
• Driving status. Should they get to a point where they are no longer able to drive safely, how would they prefer to handle this loss? Would they prefer public transit? Would they need to move closer to services and assistance? For more on assessing and discussing driving status, see the next page.
• Need for additional help. Would your loved one prefer to receive assistance in their home or are they receptive to other living arrangements, such as living with family, in an assisted living or residential care community? Are they willing to use in-home and community-based services? What can they afford?

Financial Planning
Making sure finances are in order can bring peace of mind to the entire family and provide protection when life changes occur. Topics to discuss and questions to ask include:
• A general overview of financial resources and expenses. (e.g., savings, investments, life insurance policies, retirement accounts, stocks and bonds).
• Who can sign on their bank accounts? Who will pay bills in the event of an emergency and are they set up to do so?
• Who will be given the responsibility to manage financial issues? Is there a durable power of attorney for financial matters?
• Have they completed any estate planning? Who is their financial advisor?
• Where are their bank and investment accounts located? Collect copies of all important financial documents and contacts.

End-of-Life Issues
These are important issues for families to discuss before the time comes. When your loved one shares their wishes, it means things can be handled the way they prefer, and the family won’t be left guessing about what to do. You’ll need to discuss:
• Their desires for medical care, if terminally ill, as well as their feelings about heroic life-saving measures. Do they have a Do Not Resuscitate (DNR) order? If not, at what point would they want a DNR signed?
• What are their wishes for burial/cremation and funeral arrangements? Do they have burial insurance or a pre-paid burial plan? If so, find out where it is and collect a copy.
• Do they have an up-to-date will or trust? If so, find out where it is and collect a copy. You’ll also want to have a list of their legal advisors’ names and contact information.

Driving Status

Many drivers monitor themselves and gradually limit or stop driving when they feel that certain situations or driving in general is not safe. However, some people fail to recognize declining abilities, while others may resist hanging up the keys, fearing it will reduce their independence, socialization and ability to participate in familiar activities. Moreover, conditions, such as dementia or Alzheimer’s disease, may make some drivers unable to properly evaluate their driving.

The 15 Warning Signs box on the next page can help you identify red flags of unsafe driving. Having someone casually ride along to observe driving habits firsthand may help you better judge your loved one’s driving abilities. Additionally, there are resources available to assess and test driving ability, including www.seniordriving.aaa.com. If you are still concerned and think a change needs to be made, talk about it candidly with them. Start the conversation out of a sincere sense of caring for the person’s well-being and base it on specific things you have observed.

During your conversation about driving, remember that putting a stop to driving may not be your only option. One size does not fit all, and, while ceasing driving may be the only answer in some cases, stopping too early can also impact a person’s overall well-being. Consider these options first:
• Taking a classroom or online refresher course, such as the AARP Driver Safety Program.
• Making equipment adjustments to maximize comfort and control of the vehicle.

• Easing your loved one into using other methods of transportation that will allow them to maintain their independence. Options may include rides from family and friends, public transportation, paratransit services, such as Tulsa Transit’s Lift Program, taxis or other public or private transportation options. For area options, see the Transportation Resources section on page 219. It may be helpful to accompany the person during initial trials of alternate forms of transportation.

If the person is not taking proper action in response to your concern and the impairment is increasingly obvious, it may be necessary to involve the driver’s doctor. Also, if you feel that a medical or vision problem may threaten personal or public safety, contact the Medical Desk at Oklahoma’s Department of Public Safety, P.O. Box 11415, Oklahoma City, OK 73136 or call (405) 425-2424.

Conversations about important life issues may not be easy, but they are vital. These discussions can help a person maintain control at a time in their lives when they may not be able to speak for themselves. They provide important guidance for a family faced with sudden or difficult decisions. And they can help preserve independence, dignity and quality of life. Remember, most people want to have these conversations, they just don’t know where to begin. So, just start talking.

For additional explanations of the legal documents mentioned in this article read, Legal Matters and Older Adults on page 26.

continued
HELPFUL RESOURCES FOR DRIVING CONVERSATIONS AND ASSESSMENT

- For information on driving skills assessment, education for continued safety and planning for post-driving needs, as well as guidance on making adjustments to maximize comfort and control of a vehicle, go to www.seniordriving.aaa.com.
- A variety of driving safety guides are available for free at www.thehartford.com/mature-market-excellence/publications-on-aging.
- For information on making adjustments and adaptations to vehicles, see the Vehicle Adaptive Devices section on page 175.
- For information on local resources, see the Driving Assessments and Resources section on page 193.

15 WARNING SIGNS THAT YOU MAY NEED TO HANG UP YOUR KEYS

1. Feeling uncomfortable, nervous or fearful while driving.
2. Dents and scrapes on the car or on fences, mailboxes, garage doors, curbs, etc.
3. Difficulty staying in the lane of travel.
4. Getting lost.
5. Trouble paying attention to signals, road signs and pavement markings.
6. Slow response to unexpected situations.
7. Medical conditions or medications that may be affecting your ability to handle the car safely.
8. Frequent “close calls” (e.g., almost crashing).
9. Trouble judging gaps in traffic at intersections and on highway entrance/exit ramps.
10. Other drivers honking at you and instances when you are angry at other drivers.
11. Friends or relatives not wanting to ride with you.
12. Difficulty seeing the sides of the road when looking straight ahead.
13. Being easily distracted or having a hard time concentrating while driving.
14. Difficulty turning your neck to check over your shoulder while backing up or changing lanes.
15. Frequent traffic tickets or warnings by traffic or law enforcement officers in the last year or two.

If you notice one or more of these warning signs, you may want to have your driving assessed by a professional or attend a driver refresher class. See the Driving Assessments and Resources section on page 193. You may also want to consult with your doctor if you are having unusual concentration or memory problems, or other physical symptoms that may be affecting your ability to drive.
PACE (Program of All-Inclusive Care for the Elderly) provides community-based care and services to people age 55 or older who need a nursing home level of care, but wish to remain living in the community. Based on medical necessity and the individual’s goals, care and services are approved through the PACE interdisciplinary team. PACE provides coverage for primary and specialty healthcare, prescription drugs, transportation, home care, checkups, hospital visits and nursing home stays when necessary.

**Who Can Join PACE?**
You can join PACE if:

• You are 55 years old or older;
• You live in the service area of a PACE organization;
• You are certified by the state to need nursing home level of care; and
• Receiving PACE services would allow you to live safely in the community.

**PACE Provides Comprehensive and Preventive Care**
With PACE, you have a team of healthcare professionals to help you make healthcare decisions. Your team is experienced in caring for people like you. Usually, they care for a small number of people. That way, they get to know you, what your living situation is and your preferences. You and your family participate as the team develops and updates your plan of care and your goals in the program. When you enroll in PACE, you may be required to use a PACE-preferred physician. These physicians are best suited to help you make healthcare decisions. PACE organizations also support family members and other caregivers with training, support groups and respite care.

**PACE Provides Services in the Community**
PACE organizations provide care and services in the home, the community and at the PACE center. They have contracts with many specialists and other providers in the community to make sure you get the care you need. Many PACE participants get most of their care from staff employed by the PACE organization in the PACE center. PACE centers meet state health and federal safety requirements and include adult day programs, primary care from physicians and nurses, activities and occupational and physical therapy services.

**PACE Provides Medical Transportation**
PACE organizations provide all medically-necessary transportation to the PACE center for activities or medical appointments. You may also be able to get transportation to some medical appointments in the community.

**What You Pay Depends on Your Financial Situation**
PACE uses Medicare and Medicaid funds to cover all of your medically-necessary care and services. You can have either Medicare or Medicaid, or both, to join PACE. If you have Medicaid, you will not have to pay a monthly premium for the long-term care portion of the PACE benefit. If you don’t qualify for Medicaid, but you have Medicare, you will be charged a monthly premium to cover the long-term care portion of the PACE benefit and a premium for Medicare Part D drugs. However, in PACE, there is never a deductible or copayment for any drug, service or care approved by the PACE team. You can also pay for PACE privately, if you do not have Medicare or Medicaid.

For listings of PACE programs in northeast Oklahoma, see page 173.

**PACE SERVICES INCLUDE (but are not limited to) the following:**
- Adult Day Health Services
- Primary Care
- Recreational Therapy
- Physical Therapy
- Occupational Therapy
- Medical Specialty Services
- Laboratory/X-ray Services
- Emergency Services
- Hospital Care
- Nursing Home Care
- Home Care
- Nutritional Counseling
- Prescription Drugs
- Social Services
- Transportation
- Meals
Are you …

• Helping with shopping, cooking or running errands?
• Making or receiving telephone calls on behalf of a loved one?
• Providing transportation to medical appointments?
• Assisting with bill paying or medication management?
• Providing personal care, such as bathing, dressing, toileting or feeding?
• Perceiving your loved one as dependent upon you to make decisions for them?
• Seeking and managing paid assistance and other services for your loved one?
• Considering changing your work or living arrangements to allow you more time to care for a loved one?
• Considering long-term care placement?

… then you are a caregiver.

You may not think of yourself as a caregiver. You may see what you’re doing as something natural: taking care of someone you love. If you are helping to care for a loved one, you are a caregiver.

STAGES OF CAREGIVING

Stage 1 – Basic caregiving. This is when you’re “just helping out.” You may be doing things like assisting with banking, paying bills, shopping and providing transportation.

Stage 2 – Self-identifying as a caregiver. Helping is now a necessity. You feel a responsibility to help on a daily basis. This may include assistance with personal grooming or light housekeeping in addition to the assistance provided in stage one.

Stage 3 – Providing personal care. Providing personal hygiene assistance is the hallmark of stage three. The relationship at this point can become uncomfortable between caregiver and loved one. This may be the right time to bring in outside assistance with personal care.

Stage 4 – Needing assistance. Is your caregiving role starting to exhaust and consume you? If so, it is time to consider support services. Education, respite care and in-home services, as well as adult day health services can help.

Stage 5 – Exploring facility placement. This stage comes with the realization that there is a need for more services than can be provided at home. Stage five is about weighing options and learning about what types of facilities meet the needs of your family and your loved one.

Stage 6 – Placement in a facility. The sixth stage involves placement of your loved one in some form of care facility. The caregiver in this stage often takes on the role of advocate or care manager.
Long Distance CAREGIVING

As a caregiver, if you live more than one hour away from your loved one, then you are considered a long-distance caregiver.

The struggle to balance your loved one’s desire to be independent with the expectation that they are safe, comfortable and have their needs met is at the core of all caregiving. Achieving this balance can be even more difficult when you live some distance away.

Identify the Need for Help
Watch for signs that your loved one is having difficulty managing daily tasks. Identify what type of help they may need to remain independent at home for as long as possible. When you visit your loved one, watch for the following:

- Is there food in the refrigerator that is safe and healthy to eat? Check expiration dates. Are they eating regular meals?
- Has the condition of the home – inside or outside – changed?
- Are there piles of unopened mail? Have the bills been paid?
- Do they have regular visits from friends or family?
- How is their grooming and personal appearance?
- Are they able to drive safely? See Driving Status on page 17.

Build a List of Support Contacts
If you find that the needs of your loved one outweigh your ability to help from afar, there are nonprofit agencies, government programs and home health providers who can help. Building a list of resources and contact people can help you coordinate care and services for your loved one from a distance.

- Case/care managers – can help navigate home and community-based services that may offer an

continued
older adult or person with disabilities the option to remain independent. A case/care manager can be your eyes and ears, help with appointments, arrange services, such as home-delivered meals, adult day health services and transportation, and can keep you informed of changes or needs that your loved one may be experiencing.

- **Family, friends and neighbors** – make a list of their phone numbers and addresses. Ask them to stop by your loved one’s home for regular visits. Check in with them to find out how your loved one is doing.

- **Personal physicians** – keep in contact with your loved one’s doctors. A HIPAA release, signed by the patient, will allow you and their physicians to discuss any concerns about their mental or physical well-being.

- **Community groups** – check with their church or social groups to ensure regular visits, an occasional meal or social activity.

- **Home care services** – you can hire a home health agency to help with bathing, personal care, activities, meal preparation and medication management.

### Important Documents

Having legal, medical and insurance documents can help a caregiver near or far. These documents may include:

- Medical history
- HIPAA release
- Insurance policies
- Doctors and specialists with phone numbers and addresses
- List of medications, dosages and corresponding conditions
- Hospital preferences
- Will
- Power of attorney
- Advance directive

For additional explanations of legal documents, read *Legal Matters and Older Adults* on page 26.

### Make the Most of Your Visits

Few long-distance caregivers are able to spend as much time with their loved one as they would like. The key is to use your time effectively:

- Make appointments with your loved one’s physician, lawyer and financial advisor during your visit to participate and encourage any type of planning or decision making.

- Meet with neighbors, friends and other relatives to hear how they think your loved one is doing. Ask if they have observed any behavioral changes, health problems or safety issues.

- Take time to connect with your loved one by talking, listening to music, going for a walk or participating together in activities that you both enjoy.

### Caring for a Loved One in a Long-Term Care Facility

If your loved one lives in an assisted living or nursing care facility, it is important to maintain ongoing communication with the care staff and friends who visit regularly.

- Work with the managing nurse and physician. Agree on a time when you can call to get updates on your loved one’s condition and progress.

- Call family, friends or other regular visitors and ask for their observations.

- When you visit, take time to develop a friendly, personalized relationship with the staff members who have primary responsibility for your loved one’s care. This will help ensure that your loved one is getting proper attention and care.
Caregiver Stress and Strain: Tips for Taking Care of Yourself

With an aging population and changes in healthcare, such as shorter hospital stays, more and more caregiving is being provided by people who aren’t healthcare professionals. In fact, more than 65 million Americans provide care to a loved one.

Caregiving can be Rewarding and Stressful

If you’re a caregiver, you know that taking care of someone who needs your assistance can be very rewarding. Being there for your family when they need you is a core value for many.

Caregiver stress refers to the emotional and physical strain of caregiving. The body can handle short bursts of stress and strain without compromising overall health. However, prolonged periods of stress can negatively impact the body.

Many caregivers fall into the trap of believing that they have to do everything by themselves. Needing an extra set of hands, time for yourself or someone to talk to, are all normal needs. Take advantage of the many resources and tools available to help you provide care for your loved one.

Signs of Caregiver Stress

As a caregiver, you may be so focused on your loved one that you don’t realize that your own health and well-being are suffering. Watch for these signs of caregiver stress:

- Feeling tired much of the time;
- Feeling overwhelmed and irritable;
- Sleeping too much or too little;
- Gaining or losing a lot of weight; and/or
- Losing interest in activities you used to enjoy.

As a caregiver, you are more likely to experience symptoms of depression or anxiety. In addition, you may not get enough physical activity or maintain a balanced diet, which only increases your risk of medical problems, such as heart disease and diabetes.

Strategies for Dealing with Caregiver Stress

The emotional and physical demands involved with caregiving can strain even the most resilient person. That’s why it’s so important to take advantage of available help and support. These strategies have helped others manage their caregiver stress:

- **Accept help.** Prepare a list of ways that others can help you, and let the helper choose what they would like to do. For instance, one person might want to provide a meal, where as someone else might want to play cards with your loved one.
- **Focus on what you are able to provide.** Don’t give in to guilt. Feeling guilty is normal, but understand that no one is a perfect caregiver. You’re doing the best you can at any given time. You don’t have to feel guilty about asking for help.
- **Get connected.** Find out which organizations in your community offer classes on caregiving. Local hospitals and health organizations may have classes specifically about the disease your loved one is facing.
- **Join a support group.** A support group can be a great source for encouragement and advice from others in similar situations. It can also be a good place to make new friends.
- **Seek social support.** Make an effort to stay emotionally connected with family and friends. Set aside time each week for socializing, even if it’s just a walk with a friend. Whenever possible, make plans that get you out of the house.
- **Set personal health goals.** For example, set a goal to find time to be physically active on most days of the week, or set a goal for getting a good night’s sleep. It’s also crucial to maintain a healthy diet.
- **See your doctor.** Get recommended immunizations and screenings. Make sure to tell your doctor that you’re a caregiver. Don’t hesitate to mention any concerns or symptoms you have.

*Source: Mayo Clinic*
A hospital stay can be stressful and intimidating. As a family member, you are focused on your loved one’s medical treatment and so is the hospital staff. But planning for when your loved one leaves the hospital is equally important. How the hospital discharge and transition home (or to another facility) occurs is critical to the health and well-being of your loved one and to their continued independence and quality of life.

What is Discharge Planning?
Medicare defines discharge planning as “a process used to decide what a patient needs for a smooth move from one level of care to another.” Ideally, discharge planning is done by a team that includes the patient, family caregiver(s), the physician and the hospital discharge planner (nurse or social worker).

How Oklahoma’s CARE Act Helps You
In 2014, Oklahoma became the first state in the nation to advocate on behalf of caregivers and their loved ones by passing the Caregiver Advise, Record, Enable Act, more commonly known as the CARE Act. This piece of legislation requires hospitals to:

• Record the name of the family caregiver when a loved one is admitted into a hospital;
• Notify the family caregiver if the loved one is to be discharged to another facility or back home; and
• Consult and train the family caregiver for the medical tasks that they may need to perform at home, such as medication management, injections, wound care and transfers.
How Caregivers Can Help Guide the Process

As the caregiver, you are an essential part of the discharge planning process. The better you understand the process, the better you will be able to advocate for the patient and for yourself. Meeting with the discharge planner early in the process should help ensure a smooth transition out of the hospital. Also, you may find it helpful in the long-run if, while your loved one is in the hospital, you keep a notebook with all the names and contact information of the people who are involved with their hospital care and discharge plan. This notebook is also a good place to keep all care instructions and referral information. Your Discharge Planning Checklist, published by the Centers for Medicare and Medicaid Services, is a useful tool for this process and is available online at www.medicare.gov or by calling (800) MEDICARE (633-4227).

What if You do Not Agree with the Discharge Date?

If you do not agree with your loved one’s date of discharge, you may appeal the discharge. Talk first with the physician and the discharge planner to express your concerns and request a review of the decision. If that does not work, contact Medicare, Medicaid or your insurance company to institute a formal appeal. Until a decision is rendered, the hospital cannot force you to take your loved one home or pay for continuing care. If your appeal is denied, however, you will be required to pay for the additional hospital care.

Finally, remember that hospital discharge planning is short term – it is not an exact forecast of the future for your loved one. Peace of mind comes from knowing what home and community-based services are available to you and your loved one, now and in the future.

Sources and Additional Information

You can find additional discharge planning information, including “A Family Caregiver’s Guide to Hospital Discharge Planning” by the National Alliance for Caregiving and the United Hospital Fund of New York, at www.caregiving.org/resources/care-recipient-health. For more Caregiver Support resources, see page 188.
Almost everyone would prefer to have a say in who is given the authority to manage their affairs when the time comes that they can no longer make those decisions on their own. Likewise, most people want to decide for themselves how their estate and personal items will be distributed upon their death. Pre-planning ensures your affairs are handled in the manner you desire and is one of the greatest gifts you can give to your family and friends. Crucial planning documents include an advance directive for healthcare, durable power of attorney (DPOA), will, and depending upon your circumstances, possibly a trust.

**Advance Directive for Healthcare**

The advance directive for healthcare is a written, legal document that allows individuals, 18 years of age or older and of sound mind, to inform physicians and others of his/her wishes to:

- Provide, decline or withdraw life-sustaining medical care;
- Appoint a healthcare proxy to make medical decisions for you if you are unable to do so;
- Donate specified organs or the entire body for transplantation or research.

The advance directive is only used if your attending physician and another doctor both determine you are no longer able to make medical decisions. Oklahoma law presumes you desire life-sustaining treatment unless you have clearly expressed otherwise. Once your advance directive has been completed, copies should be given to your family, physician, attorney, healthcare proxy and alternate healthcare proxy. If you live in an assisted living facility or nursing home, a copy should be included in your resident file. Make sure your physician is willing to comply with your wishes; if your physician is not willing to comply, he or she must promptly inform you of that fact and take all reasonable steps to arrange for your care by another physician.

Your advance directive should be reviewed every few years, and especially after a major, life-changing event. If you recently moved to Oklahoma, you should review any previously executed end-of-life documents from your former state and execute an Oklahoma Advance Directive for Health Care.
The advance directive can be revoked at any time and in any manner that indicates your intention to revoke. Inform all those who received a copy that it has been revoked and request they destroy their copy. Inform your physician that your advance directive has been revoked and ask him or her to make the revocation part of your medical record. Completing a new advance directive automatically revokes the old one.

The Oklahoma Advance Directive for Health Care was revised in 2006. While a previously executed advance directive will remain in effect until revoked by you, it is recommended that you consider executing a new advance directive because of the additional options available in the revised form.

An Oklahoma Advance Directive for Health Care can be downloaded free from these websites:
- www.okbar.org
- www.senior-law.org

Durable Power of Attorney (DPOA)

A power of attorney gives another person the authority to make decisions (financial, business or healthcare) on your behalf. There are two types of power of attorney – durable and non-durable. Both allow the person the exact same authority while you, the creator, are well and of sound mind and body. The difference between the two types of power of attorney comes into play when you are not well and are unable to act or make decisions for yourself. If you become incapacitated and cannot act or make decisions for yourself, the durable power of attorney remains active, but the non-durable power of attorney becomes inactive.

Powers of attorney can be effective immediately or upon a certain event, and very restrictive or very broad. Typically, a person would name a trusted family member or friend as their power of attorney. It is important that the person named is trustworthy and conscientious, as he or she could potentially use the powers to the disadvantage of the person creating the DPOA. The DPOA can be changed or terminated at any time, provided the creator is not incapacitated, and automatically terminates at the death of the creator. If you change or terminate your DPOA, it is important to notify all relevant parties. The DPOA is an inexpensive alternative to a court-supervised guardianship or conservatorship, which is necessary when a person becomes incapacitated without pre-planning. While there is a uniform statutory form for a power of attorney (durable) at 15 O.S. § 1001-1020, it is strongly advised to consult an attorney to draft a DPOA.

As mentioned above, if you have not pre-planned by crafting a DPOA and you become unable to care for yourself or your finances, you may be subject to a guardianship proceeding. A guardianship is designed to protect incapacitated adults. A court case must be instituted for a guardian to be appointed, during which the court must make a determination of incapacity, or a lack of physical or mental ability to care for oneself or manage one's affairs leading to significant resulting consequences.

continued
If a determination of incapacity is found, the court will appoint a guardian to take care of the person or their property – usually the child, spouse, sibling or other relative of the individual found to be incapacitated (now known as the ward) or an attorney, public guardian or bank.

The court will tailor the powers of the guardian to the need of the ward. In Oklahoma, there are three types of guardianships:

**General Guardianship** – gives the guardian almost complete power over the ward’s property and/or person. Exceptions relate to withholding or withdrawal of life-sustaining treatment (unless the ward has an advance directive for healthcare) and certain non-life-sustaining medical treatments. This is granted when the court determines that the ward is completely incapacitated.

**Limited Guardianship** – gives the guardian only the powers specified by the court over the ward’s property and/or person. The ward keeps power to manage the areas not taken away by the court. This is granted when the court determines that the ward is only partially incapacitated.

**Special Guardianship** – used to appoint a temporary guardian in an emergency. Usually the special guardianship is very limited and will not last longer than 30 days.

Guardians must file reports with the court as required. The court may be petitioned to change or dissolve a guardianship.

**Will**

A will is a legal document that communicates how a person wishes personal assets and property to be distributed after their death. You must be 18 years of age or older and of sound mind to effectuate a will. When a person dies without a valid will, their property is distributed, not according to their wishes, but according to state laws. These laws only allow distribution of property to family, as strictly outlined by the law. When you plan ahead and create a valid will, you may, upon your death, give your property to anyone you please. A will can be easily changed or revoked.

A will that is entirely handwritten, dated and signed in the creator's own handwriting and contains no typed or printed portion is valid in Oklahoma. However, it is recommended that you utilize an attorney to draft your will.

**Trust**

A trust is a written document that manages your property for your benefit while you are living and, upon your death, distributes your property according to your wishes. Using a trust generally allows for easier and quicker distribution of your property and avoids probate. The downside to a trust is that creation of a trust is generally more expensive than that of a will, and if all property fails to be transferred to the trust, your estate may still need to be probated. It is recommended you consult with an attorney to create your trust.
## Floor Plans and Accommodations

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the floor plan logical and easy to follow?</td>
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<tr>
<td>Is the property ADA compliant?</td>
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<tr>
<td>What different sizes and types of living units are available?</td>
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<tr>
<td>Are the available units an appropriate size for the resident’s needs?</td>
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<tr>
<td>What is the square footage?</td>
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<tr>
<td>Do living units have kitchens or kitchenettes?</td>
<td></td>
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<tr>
<td>Are all living units private?</td>
<td></td>
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<tr>
<td>Do the living units have grab bars and call buttons?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Circle the utilities that are included:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electric</td>
<td>Gas</td>
<td>Water</td>
</tr>
<tr>
<td>Circle the in-home amenities that are available. Is there an extra cost?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td>TV</td>
<td>Cable</td>
</tr>
<tr>
<td>Are living units furnished or unfurnished?</td>
<td></td>
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<tr>
<td>Is there a parking fee for residents or visitors?</td>
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<tr>
<td>Does the community have parking options, such as carports and garages?</td>
<td></td>
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<tr>
<td>Is there an extra cost?</td>
<td></td>
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<tr>
<td>What kind of security is provided? Key or code access, gated entry, security patrols, etc.?</td>
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<tr>
<td>Is smoking allowed? Where?</td>
<td></td>
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<tr>
<td>Does the community provide EMSA/TotalCare ambulance service membership?</td>
<td></td>
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<tr>
<td>Is there an extra cost?</td>
<td></td>
<td></td>
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<tr>
<td>Is there an emergency generator or alternative power source?</td>
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</tbody>
</table>
## Services and Amenities

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td>What special amenities are available (on-site beauty salon, exercise facilities, etc.)? Is there an extra cost?</td>
<td></td>
</tr>
<tr>
<td>What special services are available (housekeeping, linen/laundry services, etc.)? Is there an extra cost?</td>
<td></td>
</tr>
<tr>
<td>Are a variety of planned activities available? Is there an extra cost?</td>
<td></td>
</tr>
<tr>
<td>Are transportation services available? Is there an extra cost or any restrictions?</td>
<td></td>
</tr>
<tr>
<td>Circle meals that are served daily. Is there an extra cost? Breakfast Lunch Dinner Snacks</td>
<td></td>
</tr>
<tr>
<td>Can residents have pets? Are there any restrictions?</td>
<td></td>
</tr>
<tr>
<td>Does the community offer worship services? How often? What religions and denominations are served?</td>
<td></td>
</tr>
</tbody>
</table>

## Financial Obligations and Processes

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td>Is a contract available that details all leasing fees and services?</td>
<td></td>
</tr>
<tr>
<td>Is the contract easy to read? Do you understand it?</td>
<td></td>
</tr>
<tr>
<td>Is there a buy-in?</td>
<td></td>
</tr>
<tr>
<td>How much is the monthly rent? How much is the security deposit? Are deposits refundable?</td>
<td></td>
</tr>
<tr>
<td>How are services and utilities billed?</td>
<td></td>
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<tr>
<td>How are rate increases and late payments handled?</td>
<td></td>
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<tr>
<td>Under what conditions would a resident be asked to leave the community?</td>
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</table>

## Things to Pay Attention to During Your Visit

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td>Are the common areas clean? Does it smell clean?</td>
<td></td>
</tr>
<tr>
<td>Is there a resident notification area? Is there an up-to-date activity and meals calendar posted?</td>
<td></td>
</tr>
<tr>
<td>If residents are around to talk to, ask them what they think about the community.</td>
<td></td>
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</tbody>
</table>

## Notes
Understanding the differences between assisted living and residential care communities can be confusing. Although the differences are few, they are distinct.

Both are licensed as Residential Care Facilities for the Elderly (RCFE).

Most facilities that market themselves as assisted living facilities are large communities where the resident has his or her own apartment and private bathroom. They tend to have a strong activity program and there is often a registered nurse or licensed practical nurse on staff to oversee resident care.

First introduced over 25 years ago, today assisted living is the fastest growing long-term care option for seniors. Assisted living communities, with their wide range of services, provide a housing solution for older adults who can live independently, but also may require some limited assistance. Large communities often do well serving residents with fixed routines and scheduled needs—regular times for bathing and getting dressed, scheduled meals and activities, etc. For many seniors, assisted living provides just the level of care they need to flourish in their new phase of life.

Residential care facilities, or “Board and Care Homes,” are small RCFEs, which usually have four to 10 beds. Residents may have their own room, but may also share a room, and often have to share a bathroom. These homes tend to be quiet, more homelike and are usually located in suburban neighborhoods. Medical care cannot be provided in a residential care facility.

The smaller home-like space of residential settings may benefit residents who could become overwhelmed by long hallways or confusing layouts. For those who can’t always initiate their own activities, residential settings reduce the chance for isolation. Residential homes can personalize activities for individuals, rather than aim to please large groups.

Residential settings can customize service delivery for each resident, each day. And because there are several residential homes in the area, you can usually find homes that cater to residents who share similar health needs, interests, backgrounds and more.

The licensing regulations and oversight are typically the same for both types of assisted living options.

**Cost of Assisted Living or Residential Care Homes**

Assisted living and residential care home costs vary depending on the following factors:

- Type of residence
- Size of apartment (studio, one or two-bedroom apartment)
- Bedroom and bathroom accommodations in residential care home
- Types of services needed
- Geographical location of the community

Many communities charge a basic rate that covers general services, with an additional fee for special services. Most assisted living communities charge a month-to-month rate.

Typically, base rates only cover room and board and a service of daily meals, determined by the assisted living community. Sometimes there are entrance fees, deposits and laundry and housekeeping fees. But because fees and services vary by community, it’s important to find out about their individual costs and availability.
## Community Name: 

______________________________

Contact Name: 

__________________________________________

Address: 

________________________________________________________________________

Telephone: __________________________ Email: ____________________________

Date Visited: _____________ Circle:  
First Visit Second Visit Third Visit

Day of the Week: _________ Circle:  
Morning Afternoon Evening

### Floor Plans and Accomodations

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<tr>
<td>Do any living units have kitchens or kitchenettes?</td>
<td></td>
</tr>
<tr>
<td>Circle the utilities that are included:</td>
<td></td>
</tr>
</tbody>
</table>
Electric Gas Water Trash/Sewer Other |
| Circle the in-home amenities that are available. Is there an extra cost? |  
Phone TV Cable Internet Other |
| Circle common areas in the facility: |  
Living Room Den Library Snack Area Game Room Other |
| Are living units furnished or unfurnished? |  |
| Can residents and visitors come and go at will? |  |
| Is there a parking fee for residents or visitors? Does the community have parking options, such as carports and garages? Is there an extra cost? |  |
| What kind of security is provided? Key or code access, gated entry, security patrols, etc.? |  |
| Is smoking allowed? Where? |  |
| Is there an emergency generator or alternate power source? |  |

### Healthcare Options

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td>Is there a written care plan for each resident? What role does the resident have in developing the care plan?</td>
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<tr>
<td>How is the appropriate level of care determined? What services are included for each level?</td>
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<tr>
<td>Can residents choose their own doctors, therapists and pharmacies?</td>
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<tr>
<td>Does the facility provide EMSA/TotalCare ambulance service membership? Is there an extra cost?</td>
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</table>
### Memory Care

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<tbody>
<tr>
<td>Does the community offer memory care with specially-trained staff?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are rooms private or shared? Is there a special memory care unit?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do they have separate activities for individuals with dementia?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What is the community’s philosophy on dementia care? Is it person-centered?</td>
<td></td>
<td></td>
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<tr>
<td>How do they keep residents safe? What is the community’s elopement rate?</td>
<td></td>
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</tbody>
</table>

### Services and Amenities

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>What special amenities are available (on-site beauty salon, exercise facilities, etc.)? Is there an extra cost?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What special services are available (housekeeping, laundry or linen service, etc.)? Is there an extra cost?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What kind of planned activities are available? Is there an extra cost?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are transportation services available? Is there an extra cost or any restrictions?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Circle meals that are served daily. Is there an extra cost? Breakfast Lunch Dinner Snacks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Can residents have pets? Are there any restrictions?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the community offer worship services? How often? What religions and denominations are served?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Financial Obligations and Processes

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
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</thead>
<tbody>
<tr>
<td>Is a contract available that details all fees, services, and admission and discharge policies?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the contract easy to read? Do you understand it?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What levels of care are addressed in the contract?</td>
<td></td>
<td></td>
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<tr>
<td>Is there a buy-in?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How much is the monthly rent? How much is the security deposit? Are deposits refundable?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How are services and utilities billed?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How are rate increases and late payments handled?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Under what conditions would a resident be asked to leave the community?</td>
<td></td>
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</table>

### Things to Pay Attention to During Your Visit

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
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</thead>
<tbody>
<tr>
<td>Are the common areas clean? Does it smell clean?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is there a resident notification area? Is there an up-to-date activity and meals calendar posted?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If residents are around to talk to, ask them what they think about the community and staff.</td>
<td></td>
<td></td>
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</tbody>
</table>
More than 65.7 million Americans (29 percent of the population) are caregivers to someone who is ill, disabled or aged. Most family caregivers perform a daily juggling act as they balance caregiving with their other responsibilities.

As more families find themselves caring for an older adult – whether it be a spouse, parent, other relative or even a friend – many are discovering the important role that adult day health services can play in helping them manage their caregiving responsibilities.

Adult day health centers offer a coordinated program of professional and compassionate services for adults in a community-based group setting. Programs are designed to provide health and social services to adults who need supervised care in a safe place outside the home during the day. They also give caregivers a much-needed break, allowing them to attend to personal needs, run errands, rest and relax, or to continue working.

A well-run adult day health program focuses on enriching the participants’ lives by building on their individual skills, knowledge, abilities and strengths. Besides social and recreational services, some adult day health centers provide transportation to and from the center; social services, including counseling and support groups for caregivers; health support services, such as health monitoring; medication management; physical, speech and occupational therapies; specialized Alzheimer’s/dementia care; and assistance with personal care, such as assisted showers, hair care and foot care.

Most socially-based adult day health centers offer lively conversation and reminiscing, exercise and fitness activities, arts and crafts, music, games and regular home-like activities, such as cooking, gardening, woodworking and tinkering, in a safe and stimulating daytime home-away-from-home environment. The socialization, friendships and meaningful activities give many participants a new lease on life and something to look forward to each day.

Adult day health programs are also an affordable alternative to in-home care, enabling families to access a full range of services for a fraction of the cost. Additionally, many centers offer financial assistance through various private and government programs.

How Do You Know if the Time is Right for Adult Day Health Services?

The questions below will help you determine if adult day health services is the right choice for you and your loved one. If you answer “yes” to even one, you may want to start considering adult day health services as an option.

1. Has your loved one recently been discharged from a hospital or skilled rehabilitation center?
2. Are you worried about their safety when you aren’t around?
3. Are you having to leave your loved one alone when you need to work or run errands?
4. Do you find yourself taking time off from work to care for them?
5. Would you feel better if you knew they could eat nutritious meals, get exercise and assistance, and enjoy social activities during the day?
6. Has your relationship with your loved one become strained because the amount of care needed has increased or you spend too much time with each other?
7. Does your loved one have health issues, forget to take medications or have care needs that they cannot manage alone?
8. Are they isolated without the company of other people?
9. Would you like help caring for a loved one?

As a caregiver, it’s very important to care for yourself so that you can effectively (and happily) care for someone else. For information about programs near you, please refer to the Adult Day Health Services section that begins on page 136.
Discover a whole new way to spend the day.

Redeem for THREE FREE VISITS to LIFE’s Adult Day Health.
Discover what **LIFE** has to offer.

LIFE’s three nationally-accredited Adult Day Health locations feature a variety of life-enriching opportunities, including group exercise, recreation, arts and crafts, nutritious meals and socialization. In addition, LIFE’s Adult Day makes respite for family caregivers possible and is a reliable source of support and encouragement.

**CENTRAL**

5950 East 31st Street
Tulsa, OK 74135

**NORTH**

902 East Pine Street
Tulsa, OK 74106

**BROKEN ARROW**

3106 South Juniper Avenue
Broken Arrow, OK 74012

To arrange up to three free visit days, call LIFE’s SeniorLine at (918) 664-9000. Tour the facility, meet staff, learn about the services offered and experience the program first-hand.

24-hour advance reservations are required. Offer applies only to prospective participants. Coupon is redeemable for a choice of one, two or three free visit days. Limit one coupon per person. Visit days will be scheduled consecutively.

www.LIFEseniorservices.org
Adult day health services provide older adults with the opportunity to retain their independence and quality of life in a community-based group setting, while their family caregivers benefit from a much-needed break and can continue to work or attend to personal matters. For many individuals and families, daytime care is a welcome alternative to nursing home or other residential care. A well-managed program focuses on enriching the participants’ lives by building upon individual interests and providing opportunities for socialization and friendships.

Consider taking the following steps in selecting the program that is right for your family.

**Step 1: Determine Your Needs**

Make a list of the features and services that are important to you and your loved one.

<table>
<thead>
<tr>
<th>Specific services that may be important</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assistance with eating, walking, transferring, toileting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nursing services – breathing treatments, insulin injections, medication management, etc.</td>
<td></td>
<td></td>
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<tr>
<td>Physical, speech or occupational therapies</td>
<td></td>
<td></td>
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<tr>
<td>Health monitoring – blood pressure, blood sugar, etc.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personal care – bathing, shaving, hair care, incontinence care, etc.</td>
<td></td>
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</tbody>
</table>

**Step 2: Beginning the Search**

To begin your search, review the list of Tulsa-area providers beginning on page 136, or a statewide list at www.ok.gov/health/pub/wrapper/ltc.html. Once you have a list of adult day health centers in your area, it is recommended that you visit each center’s website or call and request a flyer or brochure. The next step in your search will be to compile questions to ask when you visit each center. Here are some suggested questions to get you started:

<table>
<thead>
<tr>
<th>Who is the owner or sponsoring agency of the center?</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the center a nonprofit or for-profit organization?</td>
<td></td>
<td></td>
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<tr>
<td>How many years has the center been in operation?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Question</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>Is the center licensed by the Oklahoma State Department of Health?</td>
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<tr>
<td>Is the center nationally accredited by CARF (Commission on the Accreditation of Rehabilitation Facilities)?</td>
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<td></td>
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<tr>
<td>What are the days and hours of operation?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is transportation assistance available?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are special services available (e.g., nursing care, medication management and physical, occupational or speech therapy)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What is the cost (hourly or daily rates)? Are there additional charges?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is financial assistance available?</td>
<td></td>
<td></td>
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<tr>
<td>Are there any restrictions to enrollment (e.g., age, health conditions, limited mobility, memory loss, incontinence)?</td>
<td></td>
<td></td>
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<tr>
<td>Do they offer personal care (e.g., assisted showers, shaving, hair care, foot care and incontinence care)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the center offer different levels of care?</td>
<td></td>
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<tr>
<td>What are the staff credentials? What is the staff-to-participant ratio?</td>
<td></td>
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<tr>
<td>Are meals provided? Can they accommodate special dietary needs?</td>
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<tr>
<td>What kind of activities do they offer? Are there group or individual programs?</td>
<td></td>
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</tbody>
</table>

**Step 3: Pay a Visit**
Make an appointment to meet with the staff and tour the centers on your list. Spend some time in the center to get a feel for the people and the program.

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did you feel welcome?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did someone spend time finding out what you and your loved one want and need?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did someone clearly explain what services and activities the center provides?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did they present information about staffing, program procedures and costs?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the center clean, pleasant and odor-free?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the center ADA compliant?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the furniture sturdy and comfortable?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is there a quiet place within the program area?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did you see cheerful faces on staff and participants?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do they have volunteers that help?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are participants involved in planning activities or making other suggestions?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What kind of security features are in place?</td>
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<td></td>
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</tbody>
</table>

**Step 4: Check References**
Talk to two or three people who have used the centers you are considering. Ask for their opinion.

**Step 5: What to Expect**
It’s important to remember that a change in routine can be challenging for you and your loved one. It may take several days or longer to adjust to the new routine and setting. Knowing what to expect is important for both of you. During this transition, if you run into any difficulty or have concerns, ask staff for their suggestions and support. Keep in mind that this transition period is temporary; your loved one will soon enjoy and look forward to their days at the center.
Home healthcare services cover a wide range of health and other supportive services delivered in a person’s home. This evaluation checklist is designed to help you ask the necessary questions in order to choose the best provider for your needs.

**Agency Name:** ____________________________________________________

**Contact Name:** __________________________________________________

**Address:** ______________________________________________________________________

**Telephone:** ____________________________ **Email:** ______________________________

**Understanding Services**

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Will you receive a written care plan before service begins?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Will the agency work directly with you or your loved one, family members and healthcare providers?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the agency refer their clients to dietitians, counselors, therapists or other specialists, if needed?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are there any limits on the types of tasks performed? What are they?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What are the times of service? Does the agency offer 24-hour care?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What procedures are in place for emergencies?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How will the agency or home health aide deliver services in the event of bad weather or power outage?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the agency provide a list of the rights and responsibilities (patient’s bill of rights) of all parties involved?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Must you identify a primary family caregiver? If so, what are their responsibilities?</td>
<td></td>
<td></td>
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</tbody>
</table>

**Quality of Care**

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>How does the agency hire and train caregivers?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are the caregivers licensed and insured?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the agency provide continuing education?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How closely does the agency’s supervisor evaluate the quality of the care provided?</td>
<td></td>
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<tr>
<td>Does the agency have a quality improvement program?</td>
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</tbody>
</table>

continued
### Licensing, Staffing and History

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the agency accredited by a state or nationally-recognized group, such as JCAHO?</td>
<td></td>
</tr>
<tr>
<td>Are the agency and staff bonded?</td>
<td></td>
</tr>
<tr>
<td>How long has the agency been in business? How many clients do they have?</td>
<td></td>
</tr>
<tr>
<td>Does the agency conduct a state and national background check on all staff?</td>
<td></td>
</tr>
<tr>
<td>Does the agency drug test staff members? Under what circumstances and by which methods?</td>
<td></td>
</tr>
<tr>
<td>Can the agency provide references from hospitals, doctors, discharge planners or former clients?</td>
<td></td>
</tr>
<tr>
<td>Does the agency have a psychiatric nurse on staff?</td>
<td></td>
</tr>
<tr>
<td>Are you comfortable with the staff? Are they positive and friendly?</td>
<td></td>
</tr>
<tr>
<td>How many people will be providing care? Is there consistency with who will provide care?</td>
<td></td>
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</tbody>
</table>

### Financial Obligations and Processes

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
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<tbody>
<tr>
<td>Does the agency provide literature explaining all services and fees, as well as detailed explanations of all the costs associated with home healthcare?</td>
<td></td>
</tr>
<tr>
<td>Does the agency have a minimum service hour requirement? What is it?</td>
<td></td>
</tr>
<tr>
<td>How does the agency handle expenses and billing?</td>
<td></td>
</tr>
<tr>
<td>Will agency fees be covered by health insurance, Medicare or Medicaid?</td>
<td></td>
</tr>
<tr>
<td>What resources does the agency provide for financial assistance, if needed?</td>
<td></td>
</tr>
<tr>
<td>Does the agency offer a payment plan?</td>
<td></td>
</tr>
<tr>
<td>If you’re considering a home health aide, what is the hourly rate?</td>
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</table>

### For additional information about the home health agencies you are considering:

Visit Home Health Compare at www.medicare.gov. The website includes agency contact information, agency’s initial date of Medicare certification, type of ownership (nonprofit, for-profit or government), services offered, as well as information about each home health agency’s quality of care and reviews from patients who have used the agency.

### Notes

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Prior to 1981, nursing homes and other institutional settings were the only option for people with limited incomes who needed Medicaid’s help with long-term care. Now, there are home and community-based service waiver programs that allow states to waive certain Medicaid rules and offer in-home care services as an alternative to nursing home or other institutional care.

The ADvantage Program

In Oklahoma, the ADvantage waiver program offers a variety of in-home and community-based services for people age 65 or older with chronic illnesses, and for adults age 21 or older with physical disabilities. To qualify, you must meet Medicaid waiver health and financial requirements.

Currently, the monthly income limit is $2,199 per individual with no more than $2,000 in assets (not including the value of your home and car). You also must need nursing home level of care to qualify for the program. Nursing home level of care means that without the services the waiver provides, you would be at risk for going to a nursing home. Oklahoma’s Department of Human Services (OKDHS) determines if you meet these criteria and are eligible for the program.

Although the ADvantage program doesn’t provide 24-hour care, for many people, simply having help with daily tasks, like preparing meals, doing laundry, grocery shopping or bathing, may be all they need to stay at home.

All services provided by the ADvantage program are based on the individual’s needs. Along with case management, services may include:

- Personal care assistance with daily activities, such as bathing, housekeeping, meals and shopping
- Home-delivered meals
- Durable medical equipment, such as grab bars, shower chairs, hand-held showers and extended toilet seats
- Diabetic supplies and incontinence products
- Prescription drugs
- Home modifications, including installation of ramps or widening a bathroom doorway
- Adult day health services
- ADvantage assisted living facility (not yet available in the Tulsa area)
- Nursing services
- Physical, occupational, speech and respiratory therapies
- Respite care
- Hospice care

How the Program Works

To apply for Oklahoma’s ADvantage program, call your local OKDHS office or the toll-free ADvantage line at (800) 435-4711. You can also call LIFE’s SeniorLine at (918) 664-9000 for help applying for ADvantage.

You will be sent a packet of forms requesting your financial information that must be returned within 10 days. An OKDHS nurse will also schedule a home visit to assess the level of care you need. OKDHS has up to 45 days to determine if you meet the financial and level-of-care criteria.

Once you are approved for the ADvantage program, the first thing you will do is choose an ADvantage-certified agency as your case management provider. You will also choose an ADvantage-certified agency for any nursing or personal care services you may receive. If you don’t have a preference, an agency will be assigned to you. If you choose, you can hire and supervise your own worker to provide your personal care services.

Your case manager will meet with you in your home. A team approach, comprised of your case manager, a nurse, other service providers and any friends or family you wish to include, is used to develop your personal care plan. Your team will meet with you to discuss your goals and create a plan of services. Your case manager arranges and coordinates your services, and contacts you at least monthly, to make sure services remain in place as long as needed. Your plan can be changed as your needs change. You can stay on the ADvantage program as long as your needs can be safely met at home and you continue to meet the program’s level-of-care and financial requirements.
What is Long-Term Care?

Long-term care consists of a variety of services and supports to meet health and personal care needs over an extended period of time. Most long-term care is non-skilled personal care assistance, such as help performing Activities of Daily Living (ADLs), which are eating, bathing, dressing, grooming, using the toilet, mobility and transferring (to or from a bed or chair).

Who Needs Long-Term Care?

Long-term care is needed when you have a chronic illness or disability and you need assistance with ADLs. Your illness or disability could include a cognitive impairment or problem with memory loss, confusion or disorientation, such as Alzheimer’s disease.

While most people who need long-term care are age 65 or older, a person can need long-term care services at any age. In fact, nearly 40 percent of those currently receiving long-term care are between the ages of 18 and 64. About 70 percent of people over age 65 require some type of long-term care services during their later years.

Cost of Long-Term Care

Long-term care is expensive. On average, an Oklahoma nursing home costs from $51,000 up to $68,000 per year, depending on the location and whether you have a private or semi-private room. Care in an assisted living facility averages almost $37,000 per year. Average rates are $22 an hour for home health aides employed by sampled licensed home health agencies. Adult day health services is the least expensive long-term care option at an average cost of $70 a day. For more information on adult day health services, see the article on page 34 and the listing of providers on page 136.

Who Pays for Long-Term Care?

Most people end up paying for most or all of their long-term care out of their own income or assets. Medicare does not cover the cost of long-term care, especially non-skilled assistance with ADLs, which are a major focus of long-term care. It will, however, cover the cost of skilled services or recuperative care for a short period of time after a hospitalization.

Medicaid is the joint federal and state program that pays for nursing home care for those who meet the financial and functional criteria. Other federal programs, such as the Older Americans Act and Veterans Administration, pay for some long-term care services, but only for specific populations and in specific circumstances.

Most forms of employer-sponsored or private health insurance, including Health Maintenance Organizations (HMOs) or managed care, follow the same general rules as Medicare. If they do cover long-term care, it is typically only for skilled, short-term, medically-necessary care after a hospitalization.

There are, however, an increasing number of private payment options that help to cover the costs of long-term care services. These include long-term care insurance, trusts, annuities and reverse mortgages.

It is important to understand the differences among the public programs and private financing options for long-term care services. Each public program and private financing source has its own rules for what services it covers, eligibility requirements, co-pays and premiums.

The U.S. Department of Health and Human Services developed the National Clearinghouse for Long-Term Care Information website to provide information and resources to help you and your family plan for future long-term care needs. The website has a variety of user-friendly tools, including a savings calculator, so that you can see what it might cost you if you needed long-term care and how much you’d have to begin saving today in order to have enough to pay for your own care needs. For more information, visit the website at www.longtermcare.gov.
Finding And Paying For Nursing Home Care

It’s important to remember that a nursing home is a home – a home that also provides meals, healthcare services, personal care, recreation and other services to seniors and adults with disabilities who need daily assistance and care. Deciding which nursing home is best for a loved one can be stressful. Most families don’t know where to begin. The following information can help make this important decision less difficult.

Beginning Your Search for Nursing Home Care

• Talk with your loved one who will be living in the nursing home. What are their preferences? Including them as much as possible in the conversation and decision is important and can help them better adjust to what is a necessary, but often difficult, change in their life.

• Talk with other family members. Ask for their help in finding and selecting a nursing home. Sharing the information-gathering and decision-making with other family members can reduce associated stress and increase everyone’s comfort with the final decision.

• Ask people you trust, like your family, friends, neighbors or clergy, if they have had personal experience with nursing homes. They may be able to recommend a nursing home to you.

• Ask your loved one’s doctor if he or she provides care at any local nursing homes. If so, ask which nursing homes he or she visits so your loved one may continue to see their doctor while in the nursing home.

• Narrow your options down to three to six nursing homes to visit. If possible, take another family member or friend with you and use the Nursing Home Evaluation Checklist on page 43 to help you remember which questions to ask, and to use later for comparison. Remember to include the person who will be living in the nursing home in this process as much as possible. During your visit, be sure to talk casually with the staff (especially the nursing assistants, as they provide direct care), residents and their family members, if you can. This will help you get a feel for the community’s culture. You should also ask to see the facility’s inspection notice from the State Health Department. This information is public record. For a more detailed checklist, visit www.medicare.gov/nursinghomecompare/checklist.pdf.

• Compare the nursing homes on your list using the Five-Star Quality Rating System at www.medicare.gov/nursinghomecompare. This quality system was created to help consumers, their families and caregivers compare nursing homes more easily and help identify areas about which you may want to ask questions. Nursing home ratings are taken from health inspection results, nursing home staffing data and quality measures.

• Use the Focus on Excellence Ratings System at www.oknursinghomerratings.com to view ratings on nine measures of quality and overall rankings for participating Oklahoma nursing homes.

• Remember, selecting a nursing home is not an irrevocable decision. You can always choose to move to another facility and although moving is difficult, an extra move may be better for you than choosing to stay at a facility that isn’t right for you.

• Family involvement doesn’t end when a loved one enters a nursing home. The family simply takes on a new role – making sure others are providing good care and advocating on your loved one’s behalf.

Nursing Home Care is Not the Only Option

Oklahoma’s Medicaid ADvantage program provides in-home and community-based services to qualifying individuals to help delay or altogether avoid the need for nursing home placement. For more information, see Helping Seniors Remain at Home with the ADvantage Program on page 39.

Paying for Nursing Home Care

Most people know nursing home care is expensive, but few realize how expensive. On average, a year in an Oklahoma nursing home can cost more than $50,000 and as much as $83,000 in other parts of the country. Payment options for nursing home care include:

• Private Pay: About one-third of nursing home residents pay for their nursing home care out of their own personal income and savings. Of course, an extended nursing home stay can rapidly deplete one’s savings. On average, people exhaust their personal resources after only six months and must then turn
to Medicaid for assistance. That’s why it’s important to contact the Department of Human Services when a person is first admitted to the nursing home – even before Medicaid assistance is needed. Getting correct Medicaid guidance early on helps families understand how to best use individual resources to pay for long-term care and how to protect as many assets as possible for the spouse remaining in the home (community spouse).

• **Long-Term Care Insurance:** This premium-based private insurance can help cover the cost of nursing homes and other long-term care.

• **Medicare:** In certain situations, Medicare will pay for short-term skilled nursing home care. Medicare does not pay the largest part of long-term care services or personal care – such as help with bathing – or for supervision, often called custodial care.

• **Veterans Administration:** Some veterans may be eligible for assistance with nursing home costs or care at a VA nursing home. For more information, contact the Veterans Administration at (800) 827-1000 or visit www.va.gov.

• **Medicaid:** Medicaid helps people pay for nursing home care once they have exhausted their personal resources. To receive Medicaid benefits, the individual must require nursing home level of care and meet the program’s income and resource guidelines as outlined below. Medicaid recipients are expected to use their income to pay a share of the cost of the care (minus the cost of health insurance premiums and $50 a month for personal care expenses, and minus any income they are allowed to contribute to their spouse). Medicaid then pays the difference between the recipient’s share and the Medicaid-approved payment rate to the nursing home.

### 2015 Oklahoma Medicaid Qualifications

To qualify for Medicaid, an Oklahoma resident must:

• Require nursing home level of care.

• Have an individual monthly income equal to or less than $2,199. Individuals with a monthly income of more than $2,199, but less than $4,365 may still be eligible through use of a Medicaid Income Pension Trust Fund. For more information on a Medicaid Income Pension Trust Fund, contact your local Oklahoma Department of Human Services (OKDHS) office.

• Have individual resources less than $2,000. Single or unmarried individuals with resources above the limit must “spend down” their assets by paying for their own care until they qualify for Medicaid assistance.

### Medicaid Spousal Impoverishment Guidelines

It’s important to note that the spouse of a nursing home resident is protected from impoverishment by federal law. The spousal impoverishment provisions help ensure that the community spouse still at home will have the money needed to pay for living expenses by protecting a certain amount of the couple’s resources, and, if needed, at least a portion of the nursing home resident’s income.

### Resource Eligibility for Married Couples

When a couple applies for Medicaid, an assessment is made of their resources or assets. The couple’s resources, regardless of ownership, are combined as the couple’s “countable resources.”

The couple’s home, household goods, automobiles and burial funds are not included in calculating the couple’s combined or countable resources. Countable assets may include savings, checking accounts, certificates of deposit, trusts, stocks, bonds, mineral rights, other property, and certain life insurance and burial policies. Additionally, there are strict regulations that govern the transfer of assets to family members or others and doing so can result in disqualification for Medicaid assistance.

If the couple’s combined or countable resources are below $25,000, the community spouse retains the full amount. For assets above $25,000, the following division of assets guidelines apply.

### Division of Assets Guidelines

Generally speaking, division of assets guidelines state that a maximum Protected Resource Amount (PRA) of $119,200 is subtracted from the couple’s combined countable resources and retained by the community spouse if the couple had double that amount, $238,400, when one of them entered the nursing home. The remaining half of the assets, as well as any excess assets over $238,400, can then be spent on the couple, and may be used to pay for the needed nursing home care until the resident qualifies for Medicaid.

### Spousal Income Protection

The community spouse may retain up to $2,981 a month in income, which may include a portion of the nursing home resident’s income. The amount of income the community spouse may keep depends on the amount of income received by each person and the cost of monthly health insurance premiums.

For more information on Medicaid coverage for nursing home care or to complete an application, contact your local OKDHS office. To locate your local OKDHS office, see the *Medicaid Information* section beginning on page 205.
# Nursing Home Evaluation Checklist

**Nursing Home Name:** ____________________________________________________________

**Contact Name:** ______________________________________________________________

**Address:** ______________________________________________________________________

**Telephone:** ____________________  **Email:** ________________________________

**Date Visited:** ____________  **Circle:** First Visit  Second Visit  Third Visit

**Day of the Week:** ____________  **Circle:** Morning  Afternoon  Evening

## Floor Plans and Safety Accommodations

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the floor plan logical and easy to follow?</td>
<td></td>
</tr>
<tr>
<td>Do the hallways have handrails? Do rooms/bathrooms have grab bars and call buttons?</td>
<td></td>
</tr>
<tr>
<td>Are there safety locks on the doors and windows? Are there security/fire safety systems?</td>
<td></td>
</tr>
<tr>
<td>Is there an emergency generator or alternate power source?</td>
<td></td>
</tr>
</tbody>
</table>

Circle the in-home amenities that are available. Is there an extra cost?

- Phone
- TV
- Cable
- Internet
- Other

## Healthcare Services

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is special care available, such as for individuals with dementia? Is the staff specially trained?</td>
<td></td>
</tr>
<tr>
<td>Is transportation available for visits to the resident’s personal physician and special medical services, such as dialysis?</td>
<td></td>
</tr>
<tr>
<td>Is physical therapy available for as long as the resident needs it?</td>
<td></td>
</tr>
<tr>
<td>Does the facility provide EMSA/TotalCare ambulance services membership? Is there an extra cost?</td>
<td></td>
</tr>
</tbody>
</table>

## Quality of Care and Life

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the facility’s philosophy of care? Do they focus on person-centered care?</td>
<td></td>
</tr>
<tr>
<td>Are care planning meetings held at times easy for residents/family to attend?</td>
<td></td>
</tr>
<tr>
<td>Does the nursing home have an active family council?</td>
<td></td>
</tr>
<tr>
<td>Do residents have the same caregivers on a daily basis?</td>
<td></td>
</tr>
</tbody>
</table>

continued
<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does the staff knock before entering a resident’s room?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are the doors shut when a resident is being dressed or bathed?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is there fresh water available in the rooms?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are residents offered choices of food? Are snacks offered throughout the day?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do residents receive assistance eating or drinking, as needed?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the nursing home meet cultural, religious or language needs?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are residents participating in activities and exercise?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What is the visitation policy?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are transportation services provided? Is there an extra cost or any restrictions?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the nursing home have outdoor areas for residents and staff?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Licensing, Staffing and History**

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the nursing home Medicaid-certified?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has the facility’s license ever been revoked? If so, when and why?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are background checks conducted on all staff members?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the nursing home have its own doctor(s) on staff?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How many licensed nurses are on duty at each shift? RNs: LPNs:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What is the resident-to-staff ratio? Resident-to-nurse? Resident-to-aide?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the nursing home accepting new residents? If not, is there a waiting list for admission?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Financial Obligations and Processes**

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is a contract available that details all fees, services, and admission and discharge policies?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the contract easy to read? Do you understand it?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What levels of care are addressed in the contract?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How does the facility bill for services and utilities?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How are rate increases and late payments handled?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Under what conditions would a resident be asked to leave the facility?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Things to Pay Attention to During Your Visit**

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the facility clean? Does it smell clean?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are residents’ rights posted?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is there a resident notification area? Is there an up-to-date activity and meals calendar posted?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If residents are around to talk to, ask them what they think about the facility and staff.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The word “hospice” frightens many people. Often, this fear comes from the misconception that accepting hospice care means giving up hope. Fortunately, this is far from the truth. Hospice services can be a tremendous source of help and comfort and are focused on improving the quality of a patient’s life.

What is Hospice?
Hospice care is considered to be the model for quality, compassionate care for people facing a life-limiting illness with a prognosis of six months or less. It involves a team-oriented approach to providing expert medical care, pain management and emotional and spiritual support tailored to the person's needs and wishes. Support is provided to the person’s loved ones as well.

The focus of hospice relies on the belief that each of us has the right to die pain-free and with dignity, and that our loved ones will receive the necessary support to allow us to do so. Hospice focuses on care, not curing.

How Does Hospice Work?
Generally, hospice is recommended when the patient is expected to live six months or less. A referral to a hospice provider from the individual’s physician is required to begin care. Except for restrictions set by an insurance provider, the selection of a hospice service provider is a personal choice.

continued
Once the referral is received, hospice staff will visit the individual to assess their overall needs and wishes. At this time, hospice staff will also set up an interdisciplinary care team that includes the individual and the primary caregiver, as well as physicians, nurses, hospice aides, social workers, chaplains, various therapists and trained volunteers.

The care team should work together to create a care plan specifically tailored to meet the needs and desires of the individual and the family. Among its major responsibilities, the hospice care team:

- Manages the person’s pain and symptoms – referred to as palliative care;
- Provides emotional support;
- Provides needed medications, medical supplies and equipment related to managing the life-limiting illness;
- Inquires about end-of-life care, advanced directives and a Do Not Resuscitate (DNR) order;
- Coaches loved ones on how to care for the person;
- Delivers special services, like speech, occupational and physical therapy, as needed;
- Makes short-term inpatient care available when pain or symptoms become too difficult to manage at home or the caregiver needs respite; and
- Provides grief support to surviving loved ones and friends.

As you consider beginning hospice care, it is also a good idea to consider the person’s end-of-life wishes and to choose a funeral, burial or cremation provider. You’ll also need to include this information in your hospice care plan. For a list of funeral, burial and cremation providers serving the Tulsa area, see page 180.

**What is a Do Not Resuscitate (DNR) Order?**

A DNR is a medical order that instructs medical personnel not to resuscitate in the event a patient stops breathing or their heart stops. The DNR request is usually made by the patient or healthcare power of attorney and allows the medical teams to respect the patient’s wishes. Advanced directives or DNR forms can be changed at any time by the patient or healthcare proxy by simply communicating with his or her physician or hospice staff.

**What is Palliative Care?**

It is a medical specialty that focuses on the relief of pain, stress and other debilitating symptoms of a serious illness. The individualized plan can be delivered at the same time as other treatments. The goal is to relieve suffering and provide the best possible quality of life for patients and their families.

**Where are Hospice Services Provided?**

Hospice services most often are provided in the patient’s own home, but can also be in a long-term care or assisted living facility, a family member’s home, hospital or special end-of-life care facility. For a list of hospice care agencies, see page 164.

**How is Hospice Paid for?**

In Oklahoma, besides private pay, hospice care can also be paid by Medicare (Part A), the Veterans Administration, most private health insurance plans or the ADvantage program.
HOSPICE CARE AGENCY
EVALUATION CHECKLIST

Hospice Name: _______________________________________________________
Contact Name: _______________________________________________________ 
Address: ____________________________________________________________
Telephone: ______________________________ Email: _______________________

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the hospice licensed by the state?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the hospice Medicare-certified?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the hospice accredited by a state or nationally-recognized group, such as JCAHO, ACHC or CHAP?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the hospice a member of the Oklahoma Hospice and Palliative Care Association (OHPCA), the National Hospice and Palliative Care Organization (NHPCO) or the National Association for Home Care and Hospice?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How many years has the hospice been in business?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What are the geographic service boundaries?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you allowed to retain your personal physician?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Circle medical equipment that is typically provided to a patient: Electric hospital bed  Alternating pressure mattress  Bedside commode</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the hospice require you to have a primary caregiver as a condition of admission?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What responsibilities are expected of the primary caregiver?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What special programs, in addition to routine hospice care, are available?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you required to sign a Do Not Resuscitate (DNR) form or an advance directive before being admitted?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you required to designate your chosen funeral, burial or cremation provider before being admitted?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How quickly can the hospice start services?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sources: Oklahoma Hospice and Palliative Care Association (OHPCA), www.okhospice.org and National Hospice and Palliative Care Organization (NHPCO), www.nhpc.org.
Mental health problems are not a normal part of aging. 
- While older adults may experience many losses, deep sadness that lingers may signal clinical depression. Similarly, an anxiety disorder is different from normal worries. 
- One in four American adults has a diagnosable mental disorder during any one year. 
- About six percent of older adults have a diagnosable depressive illness.

Mental health is as important as physical health.
- Good mental health contributes greatly to an overall feeling of well-being. 
- Research shows mental illness can slow healing from physical illnesses. 
- Untreated mental health disorders in older adults can lead to diminished functioning, substance abuse, poor quality of life and shortened life expectancy.

Healthy older adults can continue to thrive, grow and enjoy life!
- Reading, walking and socializing are just a few of the activities that many individuals enjoy at any age. Exercising the mind and body and maintaining social connections are good for one’s mental health, too.
Mental health problems are a risk for older adults, regardless of history.

- While some adults go through life managing a chronic mental illness, mental health problems also can appear later in life.
- Sometimes mental health deteriorates in response to a stroke, Parkinson's disease, cancer, arthritis, diabetes and even some medications.
- Older adults without a history of substance abuse may abuse medications, alcohol or other drugs.

Suicide is a risk among older adults.

- Older adults have the highest suicide rates in the country. Those age 85 and older have the highest suicide rate; those age 75 to 84 have the second highest.
- Older adults’ suicide attempts are more lethal. For those 65 and older, there is one suicide for every four attempts compared to one suicide for every 20 attempts for all other age groups.

It is important to consult with a healthcare professional if you have:

- Sadness that has lasted longer than two weeks.
- Consistent worries about issues, such as money, family and health.
- Consistent trouble sleeping or concentrating.
- Frequent trouble remembering things or feeling confused in familiar places.
- Consuming more than one alcoholic drink a day or taking more medication than prescribed.

Older adults can be helped with the same success as younger people.

- Research shows that 80 percent of older adults recover from depression after receiving treatment that includes both psychotherapy and anti-depressant medication.

Our health system is not adequately helping older adults with mental disorders.

- Medicare Part B now covers 80 percent of mental health treatments (the same as any other physical health problem). However, research estimates that up to 63 percent of older adults with a mental disorder do not receive the services they need.
- Seventy-five percent of older adults who commit suicide have visited their primary care physician within a month of their suicide.
- In addition, due to stigma, seniors are less likely to seek services for mental health challenges than they are to see a medical doctor for a physical ailment.

Misdiagnosis and avoidance are common.

- Primary care physicians fail to diagnose depression at least 50 percent of the time.
- Only half of older adults who discuss specific mental health problems with a physician receive any treatment.

Older adults have specific mental healthcare needs.

- Changes in body chemistry, family, friendships and living situations all can have an impact on mental health and need to be considered in treatment.
- If older adults take many medications for illnesses, drug interactions and side effects can affect mood and behavior.
- Sometimes helping solve basic problems, like transportation, can lower stress, improve community connections and improve outlook and mood.

Adapted from Ten Facts About Mental Health and Aging. Reprinted with permission from Older Women’s League (OWL); (800) 825-3695; www.owl-national.org
Many older adults suffer from feelings of loneliness and/or depression. Loneliness includes feelings of being alone or without companionship, social isolation or sadness. Loneliness also includes a desire to have close and meaningful relationships in your life with people who show mutual care and understanding.

It should not be surprising that changes brought on by retirement, the death of a spouse or loved one, living alone, a lack of family and social support, and social isolation can trigger feelings of loneliness. Research shows that loneliness can have a negative impact on one’s health, including feeling depressed. While depression is not a normal part of aging, it is common for older adults to sometimes struggle with feelings of depression and loneliness.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), approximately 15 out of every 100 adults over the age of 65 suffer from depression. The National Institute of Mental Health (NIMH) reports the risk of depression in older adults increases in conjunction with other illnesses and when the ability to function becomes limited. Rates of depression also tend to rise when some type of home healthcare is required. Some signs of depression include:

- Feeling sad or blue for an extended period of time
- Feeling tired or without energy for an extended period of time
- Having difficulty concentrating, remembering things or making decisions
- Loss of interest in doing activities that one previously enjoyed
- Experiencing weight loss or gain
- Having feelings of guilt or worthlessness

Experiencing one or more of these symptoms does not necessarily mean that you are experiencing depression. You may just be feeling lonely. The best thing to do if you have any of the above symptoms is to make an appointment with your primary care physician or a psychiatrist and discuss your mood. There may be a medical reason or a medication you are taking that can explain how you are feeling. Some individuals may benefit from medication and/or professional counseling to help them through a difficult time. Your primary care physician may be able to determine what type of treatment, if any, is best for you.

Whether you are depressed or just feeling lonely, here are some tips to help you manage your feelings:

- Try to think about what is positive in your life. One way to do this is to make a list of things for which you are grateful and read it to yourself when you are feeling sad.
- Make sure you are eating right. It is recommended that you eat three nutritious meals a day and have nutritious snacks. Avoid eating junk food or food with high sugar or fat content.
• Make sure you get six to eight hours of sleep a night. We all feel better when we have had a good night's sleep.
• Exercise according to your doctor’s advice.
• Do something you enjoy every day. It can be as involved as gardening or taking a cooking class, or as simple as enjoying a walk, reading, listening to music or taking a leisurely bubble bath. Whatever you choose, taking time for you is a great way to invest in your positive mental health.
• Be social. Consider getting involved with activities and classes at your local senior center.
• Make and nurture friendships. Try to schedule some type of social activity at least one day each week. If your friends are not available, reach out to someone else that may be feeling lonely and invite them to do something.
• Let friends and loved ones know how you are feeling and ask for support.

If you or a loved one is in need of counseling, see the Mental and Behavioral Health and Counseling Services section beginning on page 227.

Occasionally older adults experience feelings of worthlessness, serious depression or even wish they were no longer living. If you or someone you love is experiencing these feelings, call The National Suicide Prevention Hotline at (800) 273- TALK (8255) for help 24-hours a day.

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How Lonely Are You?

from: AARP The Magazine | September 24, 2010

Instructions: The following statements describe how people sometimes feel. For each statement, please indicate how often you feel the way described, using the numbers below. There are no right or wrong answers. 1=Never, 2=Rarely, 3=Sometimes, 4=Always

| How often do you feel unhappy doing many things alone? |
| How often do you feel you have no one to talk to? |
| How often do you feel you cannot tolerate being alone? |
| How often do you feel as if no one understands you? |
| How often do you find yourself waiting for people to call or write? |
| How often do you feel completely alone? |
| How often do you feel unable to reach out and communicate with those around you? |
| How often do you feel starved for company? |
| How often do you feel it is difficult for you to make friends? |
| How often do you feel shut out and excluded by others? |

Scoring: A total score is computed by adding up the responses to each question. The average loneliness score on the measure is 20. A score of 25 or higher reflects a high level of loneliness. A score of 30 or higher reflects a very high level of loneliness.

UCLA Loneliness Scale © Dr. Daniel Russell
Memory often changes with age, but memory loss that disrupts daily life is not a typical part of aging. Such memory loss may be a symptom of any number of types of dementia. A general umbrella term, dementia describes a group of symptoms that affect intellectual and social abilities, such as memory and/or cognitive ability, severely enough to interfere with daily functioning. Some causes of dementia are treatable and even reversible.

Who Gets Dementia?
Dementia is considered a late-life disease because it tends to develop mostly in older adults. More than 11 percent of people age 65 or older have some form of dementia, and 82 percent of people with Alzheimer’s are age 75 or older.

What Causes Dementia?
Because dementia is the set of symptoms, not the root disease, it can be caused by:
- Diseases that cause degeneration or loss of nerve cells in the brain, such as Alzheimer’s, Parkinson’s and Huntington’s.
- Diseases that affect blood vessels, such as a stroke, which can cause a disorder known as multi-infarct dementia.
- Toxic reactions, like excessive alcohol or drug use.
- Nutritional deficiencies, like vitamin B12 (which can be reversed if caught early) and folate deficiency.
- Infections that affect the brain and spinal cord, such as AIDS Dementia Complex and Creutzfeldt-Jakob disease.
- Certain types of hydrocephalus, an accumulation of fluid in the brain that can result from developmental abnormalities, infection, injury or brain tumors.
- Head injury – either a single severe head injury or chronic smaller injuries.
- Kidney, liver and lung diseases can also lead to dementia.

What are the Symptoms and Progression of Dementia?
Dementia gradually progresses. In the later stages, the person may not know what day of the week, month or year it is, they may not know where they are and might not be able to identify the people around them.

Dementia symptoms vary depending on the cause, but common signs and symptoms include:
- Memory loss
- Difficulty communicating
- Inability to learn or remember new information
- Difficulty with planning and organizing
- Difficulty with coordination and motor functions
- Personality changes
- Inability to reason
- Inappropriate behavior
- Paranoia
- Agitation
- Hallucinations

When to See a Doctor
Don’t delay seeing a doctor if you or a loved one experience memory loss or other dementia symptoms. Often, symptoms can be attributed to a treatable medical condition, such as urinary tract infections or even be a side effect of certain medications. Also, there are medications that can treat symptoms and help slow the progression of dementia, especially when treatment begins early.

Sources: www.mayoclinic.com and www.alz.org
Warning Signs of Alzheimer’s Disease

Just one of 70 different types of dementia, Alzheimer’s disease accounts for 50 to 80 percent of dementia cases and is incurable. Warning signs of Alzheimer’s disease include:

- **Memory changes that disrupt daily life.** Especially in the early stages, common signs include forgetting recently-learned information, forgetting important dates or events, asking for the same information over and over, or relying heavily on family members or memory aids.

- **Challenges in planning, problem-solving and concentration.** Some people may experience changes in their ability to develop and follow a plan or work with numbers. Following familiar recipes, keeping track of monthly bills and maintaining concentration may become difficult.

- **Difficulty completing familiar tasks.** Having trouble driving to a familiar location or remembering the rules of a favorite game are both common red flags.

- **Confusion about time or place.** Alzheimer’s can cause people to lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately and they may forget where they are or how they got there.

- **Trouble understanding visual images and spatial relationships.** For some, visual comprehension issues may develop. They may begin to have difficulty judging distance or direction when driving, catching a ball or even picking something up. In terms of perception, they may pass a mirror and mistake their own image for another, thinking it is someone else.

- **Problems with words in speaking or writing.** People with Alzheimer’s disease may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue, or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a “watch” a “hand clock”).

- **Misplacing things and losing the ability to retrace steps.** A person with Alzheimer’s disease may put things in unusual places, or lose things and be unable to retrace their steps to find them. They may even accuse others of stealing. This may occur more frequently over time.

- **Decreased or poor judgment.** People with Alzheimer’s disease may experience changes in judgment or the ability to make decisions. They may use poor judgment when dealing with finances, such as giving large amounts of money to telemarketers. They may pay less attention to bathing or grooming.

- **Withdrawal from work or social activities.** Someone who has dementia may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

- **Changes in mood and personality.** People with Alzheimer’s disease may become confused, suspicious, depressed, fearful or anxious. They may become easily upset.

If you or someone you care about is experiencing any of the warning signs, please see a doctor to find the cause and explore which treatments might help you. Early diagnosis can give you a chance to obtain treatment and plan for your future.

Adapted from: 10 Warning Signs of Alzheimer’s Disease
© 2015 Alzheimer’s Association
Medicare is a Health Insurance Program for:
• People age 65 or older
• People under 65 who have certain disabilities
• People of all ages with end-stage renal disease (permanent kidney failure requiring dialysis or kidney transplant)

There are Four Parts to Medicare:
• Part A – Hospital Insurance
• Part B – Medical Insurance
• Part C – Medicare Advantage Plans
• Part D – Prescription Drug Coverage

What is Medicare Part A?
Medicare Part A is your hospital insurance. It helps cover your hospital inpatient care (including critical access hospitals and inpatient rehabilitation facilities), and inpatient stays in a skilled nursing facility (not custodial or long-term care). It also helps cover some hospice care services and some home healthcare services. You must meet certain conditions to receive these benefits.

How Much Does Part A Cost?
Most people don’t pay a monthly premium for Part A because they or a spouse paid Medicare taxes while working. If you (or your spouse) did not pay Medicare taxes while you worked and you are age 65 or older, you may be able to buy Part A. To confirm whether or not you have Part A coverage, look on your red, white and blue Medicare card for “Hospital (Part A).”

Hospital Deductible for 2015:
The Medicare beneficiary pays:
• $1,260 deductible for a hospital stay of 1-60 days
• $315 per day for days 61-90
• $630 per day for days 91-150
• All costs after 150 days

Skilled Nursing Coinurance for 2015:
The Medicare beneficiary pays:
• $0 coinsurance for the first 20 days
• $157.50 per day for days 21-100
• All costs after 100 days

When Can I Sign Up for Part A?
Many people automatically get Part A. If you get benefits from Social Security or the Railroad Retirement Board (RRB), you automatically get Part A starting the first day of the month you turn age 65. If you are under age 65 and disabled, you automatically get Part A after you get disability benefits from Social Security or certain disability benefits from the RRB for 24 months. You will get your Medicare card in the mail about two months before your 65th birthday or your 25th month of disability.

Some people need to sign up for Part A. If you aren’t getting Social Security or RRB benefits when you turn age 65 (for instance, because you are still working), you should still sign up for Part A. You should contact Social Security three months before you turn age 65. If you worked for a railroad, contact the RRB to sign up.

What is Medicare Part B?
Medicare Part B (medical insurance) is optional and helps cover medically-necessary services like your doctors’ services and outpatient care. It also covers some other medical services that Part A doesn’t cover, such as some of the services of physical, occupational and speech therapists, some home healthcare and preventative services.

How Much Does Part B Cost?
Most people will pay the standard monthly Part B premium of $104.90 for 2015. In some cases, your monthly premium amount may be higher if you didn’t
sign up for Part B when you were first eligible. Also, some people pay a higher premium based on their modified adjusted gross income. If you are single and your annual adjusted gross income is more than $85,000 or if you are married with an annual adjusted gross income of more than $170,000, your Part B premium may be higher than the standard premium. The 2015 annual deductible is $147. After you meet the deductible, you will pay 20 percent of the Medicare-approved amount for most Part B covered services. To confirm whether or not you have Part B coverage, look on your red, white and blue Medicare card for “Medical (Part B).”

When Can I Sign Up for Part B?

Many people automatically get Part B. If you get benefits from Social Security or the RRB, you automatically get Part B starting the first day of the month you turn age 65. If you are under age 65 and disabled, you automatically get Part B after you get disability benefits from Social Security or certain disability benefits from the RRB for 24 months. You will get your Medicare card in the mail about two months before your 65th birthday or your 25th month of disability. If you don't want Part B, follow the instructions that come with the card and send the card back. If you keep the card, you keep Part B and will pay Part B premiums.

Note: If you are not already getting benefits, you should call Social Security at (800) 772-1213 three months before your 65th birthday, even if you plan to continue working.

Some people need to sign up for Part B. If you didn’t sign up for Part B when you were first eligible at age 65, you may be able to sign up during one of these times:

- **General Enrollment Period** – Between January 1 and March 31 each year. Your coverage will begin on July 1. The cost of your Part B will go up 10 percent for each full 12-month period you could have had Part B but didn’t sign up for it. You may have to pay a late enrollment penalty as long as you have Part B, unless you qualify for a Special Enrollment Period.

- **Special Enrollment Period** – If you didn’t take Part B when you were first eligible because you or your spouse were working and you had group health coverage based on that work, you can sign up for Part B during a Special Enrollment Period. People who sign up for Part B during a Special Enrollment Period...
Period can do so without a penalty. You can sign up:
- Any time you are still covered by the group health plan
- During the eight months following the month when the group health plan coverage ends, or when the employment ends (whichever is first).

What is Medicare Part C?
Medicare Advantage Plans are part of the Medicare Program and are sometimes called “Part C.” These are health plan options that are approved by Medicare and offered by private companies. Medicare Advantage Plans provide all of your Part A and Part B coverage. This means they must cover at least all of the services that Original Medicare covers. They generally offer extra benefits and many include Medicare prescription drug coverage. The plan may have special rules that you need to follow, such as seeing doctors that belong to the plan or going to certain hospitals for services.

How Much Does Part C Cost?
If you join a Medicare Advantage Plan, you still pay the Medicare Part B premium and you may also pay an additional premium for the Medicare Advantage Plan. Each Medicare Advantage Plan can charge different out-of-pocket costs. These are usually copayments, but can also be coinsurance and deductibles. It’s important to call any plan before joining to find out the plan’s rules, what your costs will be and to make sure the plan meets your needs.

When Can I Join, Switch or Drop a Medicare Advantage Plan?
To join a Medicare Advantage Plan, you must have both Medicare Part A and Part B and live in the plan’s service area. You can join, switch or drop a Medicare Advantage Plan at these times:
- When you first become eligible for Medicare (three months before you turn age 65 to three months after the month you turn age 65).
- If you get Medicare due to a disability, you can join during the three months before to three months after your 25th month of disability.
- Between October 15 and December 7 each year. Your coverage will begin on January 1 of the following year.
- You can dis-enroll from a Medicare Advantage Plan and return to Original Medicare between January 1 and February 14 of each year. During this period, you can also join a Medicare prescription drug plan.

What is Medicare Part D?
Medicare offers outpatient prescription drug coverage (Medicare Part D) for everyone with Medicare. To get Medicare drug coverage, you must join a plan run by an insurance company or another company approved by Medicare. Once you choose a Medicare drug plan, you may join by completing a paper application, calling the plan or enrolling online. If you want Medicare drug coverage, you need to choose a plan that works with your health coverage.

You can get your Medicare prescription drug coverage either through Medicare Prescription Drug Plans, which add drug coverage to Original Medicare or through Medicare Advantage Plans that include Medicare prescription drug coverage.

What if I Already Have Other Prescription Drug Coverage?
If you have another source of drug coverage, such as through an employer or union, you should check with your current provider to determine how your coverage compares to Medicare Part D. Unless your other drug coverage is considered “creditable” coverage, meaning that it is at least as good as Medicare prescription drug coverage, it’s important for you to join a Medicare prescription drug plan when you are first eligible. Postponing enrollment may mean higher premiums due to a penalty that you will have to pay as long as you have Medicare prescription drug coverage.

How Much Does Part D Cost?
Most people will pay a monthly premium for Medicare prescription drug coverage.
Additionally, you will pay a share of the cost of your prescriptions, including a deductible, co-payments and/or coinsurance. Your costs will vary depending on the drugs you use, the plan you choose and whether you go to a pharmacy in your plan’s network. If you have limited income and limited resources, Medicare Part D’s Extra Help or Low-Income Subsidy program can help you receive full or partial financial assistance to pay for premiums, deductibles and copayments.
When Can I Join, Switch or Drop a Medicare Part D Plan?

You can join, switch or drop a Medicare Part D prescription drug plan at these times:

• When you first become eligible for Medicare.
• Between October 15 and December 7 each year. Your coverage will begin on January 1 of the following year.
• In certain situations, including if you involuntarily lose your creditable prescription drug coverage, you may get a Special Enrollment Period. You can sign up for Part D and won’t have to pay a late enrollment penalty as long as you join a Medicare drug plan within 63 days of losing your creditable coverage.
• If you are eligible for and receive the extra financial help for Part D costs, you have a continuous Special Enrollment Period and can change your Medicare drug plan at any time.

Note: Between January 1 and February 14 each year, you can join a Part D plan if, during this period, you disenrolled from a Medicare Advantage Plan and returned to Original Medicare. Your coverage will begin the first of the month after the plan receives the enrollment form.

How Do I Qualify for the Extra Help?

You automatically qualify for the Medicare Part D extra financial help if you have Medicare and Medicaid, Medicare and Supplemental Security Income (SSI) without Medicaid, or if the state helps pay your Medicare premiums. If you don’t automatically qualify, you may qualify for the Extra Help if you meet certain income and resource guidelines that may change each year. For 2015, the income limit for a single person is $1,471 in monthly income and $13,640 in assets. The amount for a married couple is $1,991 in joint monthly income and $27,250 in joint assets.


For help understanding Medicare benefits, comparing, selecting and enrolling in a Medicare drug plan and applying for the Extra Help with drug plan costs, call the Medicare Assistance Program at LIFE Senior Services - (918) 664-9000 or toll-free at (866) 664-9009. You may also contact Medicare at (800)-MEDICARE (633-4227) or visit Medicare’s website at www.medicare.gov.

Medicare Savings Programs

If you have Medicare and your monthly income and financial resources meet one of the standards given below, the state of Oklahoma may help pay your Medicare Part A and/or Part B premiums, deductibles and copayments. The three programs available to help with these costs are known as Medicare Savings Programs. They are: Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB) and Qualifying Individual (QI). If you qualify for QMB, SLMB or QI, you automatically qualify for Extra Help paying the costs of Medicare prescription drug coverage. The benefits provided by each program and the 2015 eligibility guidelines for each can be found in the chart below:

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<tr>
<th>PROGRAM BENEFITS</th>
<th>ELIGIBILITY GUIDELINES</th>
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| Qualified Medicare Beneficiary (QMB) | Single: monthly income less than $981 and assets less than $7,280  
Married: monthly income less than $1,328 and assets less than $10,930 |
| Specified Low-Income Medicare Beneficiary (SLMB) | Single: monthly income less than $1,177 and assets less than $7,280  
Married: monthly income less than $1,593 and assets less than $10,930 |
| Qualifying Individual (QI) | Single: monthly income less than $1,325 and assets less than $7,280  
Married: monthly income less than $1,793 and assets less than $10,930 |

Asset Guidelines Have Increased! More People Qualify.
The Affordable Care Act is making prescription drug coverage (Part D) for people with Medicare more affordable. It does this by gradually closing the Part D coverage gap (also known as the “donut hole”). For many people enrolled in Medicare Part D, the gap occurs after they and their plan spend a certain amount of money for covered drugs, but before they reach “catastrophic coverage” in which they are only responsible for a small percentage of their drug costs. Prior to the Affordable Care Act, an individual in the coverage gap had to pay the full costs of their prescription drugs, but now people are experiencing lower drug costs as the gap closes. Provisions to close the gap include a discount under the Medicare Coverage Gap Discount Program and an increase in coverage for all other covered Part D drugs.

What is the Coverage Gap, and How Will I Know if I’ve Reached it?
Most Medicare prescription drug plans (Part D) have a coverage gap. This means that after you and your drug plan have spent a certain amount of money for covered drugs, there is a temporary limit on the plan’s coverage. While in the gap, you have to pay a greater share of the costs of your prescription drugs (up to a limit of $4,700 in out-of-pocket costs in 2015). Every month that you fill a prescription, your drug plan will mail you an Explanation of Benefits (EOB) notice, which tells you how much you have spent on covered drugs and if you’ve reached the coverage gap.

How Does the Medicare Coverage Gap Discount Program Work?
Drug manufacturers must sign agreements with Medicare to participate in the Medicare Coverage Gap Discount Program. The agreement specifies that all of the manufacturers’ applicable drugs will automatically be discounted at the point-of-sale for coverage gap claims. (Note: Applicable drugs generally are covered brand-name Part D drugs, including insulin and Part D vaccines.) This discount applies if you buy your prescriptions at a pharmacy or order them through the mail. The discount doesn’t include the cost of the pharmacy dispensing fee. The full cost of the drug will count as out-of-pocket spending for the purposes of reaching catastrophic coverage.

For example, let’s assume you’ve reached the coverage gap and need to fill a prescription for an applicable drug. The price for the drug is $60 and the dispensing fee is $2. Once the discount is applied (55 percent in 2015) the cost of the drug is $27. After the $2 dispensing fee is added to the $27 discounted amount, your cost for the prescription will be $29. The amount you spend on drugs while in the coverage gap, plus most of the discount you receive, will count toward the amount you need to get out of the gap and qualify for catastrophic coverage.

Who is Eligible for the Savings While in the Coverage Gap?
People who meet all of the following criteria are eligible for discounts under the Medicare Coverage Gap Discount Program:
• They are currently enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO) that includes prescription drug coverage.
• They are not entitled to Extra Help, an income-related subsidy through the federal government that
helps people with limited income and resources pay their Medicare prescription drug costs.
• They’ve reached the coverage gap.

Once I’ve Entered the Coverage Gap, Will All Medicare-Covered Brand-Name Prescription Drugs be Discounted?
If a drug company has signed an agreement to participate in the Discount Program, all of the covered Part D brand-name drugs they make are discounted during the coverage gap for that calendar year. This includes prescription drugs on the plan’s formulary (list of covered drugs) and those covered through an appeal. Manufacturers that produce more than 99 percent of the brand-name drugs used by people with Medicare participate in this program.

Will I Get Additional Savings Once I Reach the Coverage Gap if I Have an Enhanced Medicare Drug Plan That Already Includes Coverage in the Gap?
Yes, you may get a discount after your plan’s coverage has been applied to the price of the drug. The 55 percent discount for brand-name drugs will apply to the remaining amount that you owe. For example, if you’re in a drug plan that offers a 60 percent discount on brand-name drugs (after you have spent a certain amount) and you fill a $100 brand-name prescription, the cost of your prescription after your plan’s savings is $40. Once the 55 percent discount is applied to the $40 amount, you will pay $18 for the prescription (plus any dispensing fee), but the full $40 will count as out-of-pocket spending.

What Happens if I Fill a Prescription and Only Part of the Amount is in the Coverage Gap?
The discount will only apply to the portion of your claim that’s in the coverage gap. For example, if you fill a prescription for a brand-name drug that costs $100, and only $50 of that cost is in the coverage gap, the discount will only apply to that $50.

How Will I Know if my Prescription Will be Covered at a Discount and What Should I Do if it Isn’t?
Contact your drug plan or ask your pharmacist if the prescription drugs you take are covered at a discount during the coverage gap. Your brand-name drug will be covered under Part D and discounted if it’s made by a drug company that’s participating in the Medicare Coverage Gap Discount Program and you reach the coverage gap. If your brand-name drug is made by a drug company that has chosen not to participate in the Discount Program, the drug won’t be covered under Medicare Part D. If your drug isn’t covered, talk to your doctor or other healthcare provider to find out if there’s another drug that you can take.

What if I Don’t Get a Discount, and I Think I Should Have?
If you think that you have reached the coverage gap and you don’t get a discount when you pay for your brand-name prescription, you should review your next EOB notice. If the discount doesn’t appear on the EOB, you should work with your drug plan to make sure that your prescription records are correct and up-to-date. If your drug plan doesn’t agree that you are owed a discount, you can appeal by calling (800) MEDICARE (633-4227).

What if I Have Other Insurance?
You can only get the discount if Medicare Part D is the primary payer (pays first) for your prescription drugs. If your other insurance coverage pays second, they will pay after the discount has been provided.

How Has Medicare Increased its Coverage for all Other Part D Drugs?
Medicare has increased its standard coverage by paying a certain percent (35 percent in 2015) of the cost for all other non-brand generic Part D drugs during the coverage gap, including the dispensing fee. If you reach the gap in 2015, you will pay 65 percent of the cost and that amount, including the dispensing fee, will count toward getting you out of the coverage gap. Part D coverage will increase each year and the amount you pay will decrease each year until 2020, when you will only pay 25 percent of the cost.

What Additional Discounts and Savings Will People with Medicare Have Over Time in the Coverage Gap?
• In 2016, people with Medicare will pay 45 percent for covered brand-name drugs and 58 percent for all other covered drugs.
• Over the next several years, the benefits will increase for all covered drugs so that people with Medicare will pay less in the coverage gap.
• By 2020, the coverage gap will close and people will pay only 25 percent for covered brand-name and generic drugs from the time they meet the deductible (if applicable) until they reach the out-of-pocket limit.
Multi-Level Care Communities

These full-service communities offer a range of living options on one campus. Services, features, costs and payment options vary depending on the community and housing or care level. Contact the community directly for detailed information.

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<tr>
<th>Levels of Care</th>
<th>Independent Living</th>
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<th>Home Health</th>
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<td>1500 W. 6th St. • Okmulgee, OK 74447</td>
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<tr>
<td>(918) 355-0099 • (918) 893-4177 fax</td>
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<td><a href="http://www.baptistvillage.org">www.baptistvillage.org</a></td>
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| Baptist Village of Owasso |                   |                 |             |         |             |
| 7410 N. 127th E. Ave. • Owasso, OK 74055 |                   |                 |             |         |             |
| (918) 272-2281 • (918) 272-7682 fax |                   |                 |             |         |             |
| www.baptistvillage.org  |                   |                 |             |         |             |

| Brookdale Senior Living Solutions |                   |                 |             |         |             |
| various locations                 |                   |                 |             |         |             |
| www.brookdale.com                 |                   |                 |             |         |             |

| Colonial Manor Retirement Center |                   |                 |             |         |             |
| 5015 S. Victor Ave. • Tulsa, OK 74105 |                   |                 |             |         |             |
| (918) 935-3801 • (918) 512-4797 fax |                   |                 |             |         |             |
| www.colonialmanortulsa.com        |                   |                 |             |         |             |

| Colonial Manor Retirement Center |                   |                 |             |         |             |
| 5015 S. Victor Ave. • Tulsa, OK 74105 |                   |                 |             |         |             |
| (918) 935-3801 • (918) 512-4797 fax |                   |                 |             |         |             |
| www.colonialmanortulsa.com        |                   |                 |             |         |             |

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Call 1-866-498-4530 or visit Montereau.net.
### Multi-Level Care Communities

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<tr>
<td><strong>Country Club of Woodland Hills</strong></td>
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<tr>
<td>6333 S. 91st E. Ave. • Tulsa, OK 74133</td>
</tr>
<tr>
<td>(918) 252-5451 • (918) 254-5136 fax</td>
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<tr>
<td><a href="http://www.ccwh-living.com">www.ccwh-living.com</a></td>
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<td><strong>Covenant Place of Tulsa</strong></td>
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<tr>
<td>7300 E. 121st Pl. S • Bixby, OK 74008</td>
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<tr>
<td>(918) 970-4433</td>
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<td><strong>Forest Hills Care, Rehabilitation &amp; Retirement Community</strong></td>
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<tr>
<td>4300 W. Houston St. • Broken Arrow, OK 74012</td>
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<tr>
<td>(918) 254-5000 • (918) 254-5681 fax</td>
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<tr>
<td><a href="http://www.mgmhealthcare.com">www.mgmhealthcare.com</a></td>
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<td><strong>Green Country Village Retirement Community</strong></td>
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<tr>
<td>1025 Swan Dr. • Bartlesville, OK 74006</td>
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<tr>
<td>(918) 335-2086 • (918) 333-2235 fax</td>
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<td><a href="http://www.greencountryvillage.com">www.greencountryvillage.com</a></td>
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<tr>
<td><strong>Heartsworth House Assisted Living and Senior Suites</strong></td>
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<tr>
<td>821 N. Foreman St. • Vinita, OK 74301</td>
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<tr>
<td>(918) 256-7856 • (918) 256-7857 fax</td>
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<td><a href="http://www.HeartsworthHouse.com">www.HeartsworthHouse.com</a></td>
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<tr>
<td><strong>Heatheridge Assisted Living &amp; Residential Care Community</strong></td>
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<tr>
<td>2130 S. 85th E. Ave. • Tulsa, OK 74129</td>
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<tr>
<td>(918) 622-9191 • (918) 622-9205 fax</td>
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<td><a href="http://www.heatheridgetulsa.com">www.heatheridgetulsa.com</a></td>
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**These Articles May Be Especially Helpful:**

- “Starting the Conversation Before Your Loved One Needs Assistance,” page 14
- “Ten Facts You Need to Know About Mental Health and Aging,” page 48
Oklahoma Methodist Manor

Minimum Age 62
Payment: Private Pay
40 Acre Community With 215 Independent Living Residences

CRESTWOOD - PET FRIENDLY
Amenities are for all community members’ use: Restaurant, Theater, Classroom, State of the Art Wellness Center (heated salt water pool, hot tub, equipment, classes), Hobby Zone, Member Business Center.

1 and 2 bedroom floor plans, some with den, some with balcony, full laundry in each residence, granite in full kitchens and baths 670 – 1,500 sq. ft.

Fees are set by size of residence
One time Membership Fees start at $141,000
Refundable Plans are available
Monthly Service Fees start at $1,550

VILLAS - PET FRIENDLY
1, 2 and 3 bedroom single family homes, fully refurbished 700 – 2600 sq. ft.

One time Membership Fees start at $46,000
Monthly Service Fees start at $1,180
Includes: 24-hour security, Water/Sewer/Trash, Cable, Maintenance, Weekly Housekeeping, Yard Care, Urgent Response Service, Garage Parking, Transportation, Full event calendar. Priority Access to OMM Health Center and Holliman Living Center

FELT HOUSE - PET FRIENDLY
Efficiency Residences 1 Bedroom 1 Bath Kitchenette 560 - 670 sq. ft.
One Time Membership Fee $1,600
Monthly Fee is $3,500

PATIO HOMES - PET FRIENDLY
2 bedroom, 2 bath, 4 Plex homes fully refurbished 1,400 sq. ft.
One time Membership Fees start at $92,000
Monthly Service Fee start at $2,900
Includes: 24-hour Security, Water/Sewer/Trash, Cable, Maintenance, Weekly Housekeeping, Yard Care, Urgent Response Service, Garage Parking, Transportation, Full event calendar. Priority Access to OMM Health Center and Holliman Living Center

LAKE SIDE HOMES - PET FRIENDLY
2 and 3 bedroom single family homes 1,600-2,900 sq. ft.
One time Membership Fees start at $103,000
Monthly Service Fees start at $3,000
Includes: 24-hour security, Water/Sewer/Trash, Cable, Maintenance, Weekly Housekeeping, Yard Care, Urgent Response Service, Garage Parking, Transportation, Full event calendar. Priority Access to OMM Health Center and Holliman Living Center

OMM HEALTH CENTER HOUSEHOLDS
Call 918.346-6623
Provides skilled nursing care in six distinct households for Rehabilitation/Post Hospital Care, Memory Support, and Long Term Care; Medicare and Medicaid certified

OMM ASSISTED LIVING SERVICES
Call 918.346-6630
Strong Living Accommodations in the Holliman Living Center are studio and one bedroom private residences. One monthly fee provides a wide variety of personal care services.

Independent Residential Living 918.574.2590 | Assisted Living 918.346.6630 | Nursing Care 918.346.6623
4134 East 31st Street | Tulsa, OK 74135 | www.ommtulsa.org
## Levels of Care

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BROOKDALE
Once you’re here, you’re home.

Come discover the many comforts of our caring family. You’ll enjoy the security of never having to move again. Regardless of what the future holds, our communities are designed to care for your needs through all the stages of life. With Brookdale you’ll enjoy peace of mind knowing all your needs are provided for in a place to call your own.

For more information, contact the Brookdale community near you.

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Assisted Living
5420 South East Adams Boulevard
Bartlesville, OK 74006
(918) 333-9400

Brookdale Bartlesville South
Formerly Sterling House® Bartlesville South
Assisted Living
3737 South East Camelot Drive
Bartlesville, OK 74006
(918) 331-9409

Brookdale Tulsa South
Formerly Sterling House® Tulsa South
Assisted Living
8231 South Mingo Road
Tulsa, OK 74133
(918) 461-1100

Brookdale Owasso
Formerly Sterling House® Owasso
Assisted Living
12807 East 86th Place North
Owasso, OK 74055
(918) 272-0202

Brookdale Broken Arrow
Formerly Sterling House® Broken Arrow
Assisted Living
Alzheimer’s & Dementia Care
4001 South Aspen Avenue
Broken Arrow, OK 74011
(918) 451-1987

Brookdale Claremore
Formerly Sterling House® Claremore
Assisted Living
Alzheimer’s & Dementia Care
1605 North Highway 88
Claremore, OK 74017
(918) 343-3300

Brookdale Tulsa 71st and Sheridan
Formerly Clare Bridge® Tulsa
Alzheimer’s & Dementia Care
6022 East 71st Street
Tulsa, OK 74136
(918) 494-4011

Brookdale Tulsa Midtown
Formerly Emeritus® at Tulsa
Assisted Living
Alzheimer’s & Dementia Care
5211 South Lewis Avenue
Tulsa, OK 74105
(918) 743-2700

Brookdale Cedar Ridge
Formerly Emeritus® at Cedar Ridge
Assisted Living
Alzheimer’s & Dementia Care
10107 South Garnett Road
Broken Arrow, OK 74011
(918) 252-0590

Brookdale Tahlequah Heritage
Formerly Emeritus® at Lake Country
Assisted Living
1380 North Heritage Lane
Tahlequah, OK 74464
(918) 456-7117

Brookdale Muskogee
Formerly Emeritus® at Magnolia Gardens
Assisted Living
Alzheimer’s & Dementia Care
3211 Chandler Road
Muskogee, OK 74403
(918) 683-8388

brookdale.com
Multi-Level Care Communities

Levels of Care

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<td>(918) 447-6447 • (918) 236-4207 fax</td>
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Notes

See Our Ad On Page 67

See Our Ad On Page 101

- HEARTFELT HOSPITALITY -
Assisted living with delectable meals and individual apartments

- HOME IS WHERE THE HEART IS -
Independent living, choose from five different apartment floorplans

821 North Foreman • Vinita, OK 74301
(918) 256-7856 • www.HeartsworthHouse.com
Independent Living | Residential Care | Cottage Homes

Prime Tulsa Location • Restaurant Style Dining
Scheduled Transportation • Heated Outdoor Pool
All Utilities Paid • Great Activities • Pets Welcome
Weekly Housekeeping • NEW Bark Park
Garages Available • On-site Healthcare

Country Club
OF WOODLAND HILLS

6333 S. 91st East Avenue | Tulsa OK 74133 | 918-252-5451 | www.ccwh-living.com

“IT HAS EVERYTHING WE WERE LOOKING FOR!”

No Buy In Fees • Delicious Dining
Great Activities • Local Ownership
All Utilities Paid • Scheduled Transportation
Warm & Caring Staff • And so much more!

UNIVERSITY VILLAGE
RETIREMENT COMMUNITY

For More Information Call
(918) 299-2661

Independent & Assisted Living | Skilled Nursing
8555 South Lewis Avenue | Tulsa OK | www.uvrc.com

(918) 664-9000
Independent Living

Independent living communities are for older adults who are generally able to care for themselves. Some of the independent living options listed in this section are apartment complexes and may not be exclusively for older adults, but all have senior-friendly amenities. The utilities column in this section refers to basic utilities, including gas, electric, water, sewer and trash services. Some properties may also consider services, such as telephone, Internet and/or cable TV in their utilities package. Contact the community’s leasing office for details about leasing requirements, payment options, services and amenities. For information on EMSA service memberships, see page 219. To help determine if an independent living community meets your specific needs, utilize the Independent Living Evaluation Checklist on page 29.

### Key:
- **●** - Included
- **▲** - Extra Cost
- **■** - Available
- **HA** - Tulsa Housing Authority
- **HU** - HUD
- **PP** - Private Pay
- **S8** - Section 8
- **SF** - Project-Based S8
- **SV** - Section 8 Voucher
- **AI** - All Included
- **PI** - Partially Included
- **CF** - Community Facilities
- **LS** - Laundry Services
- **WH** - W/D Hookups in Unit
- **WP** - W/D Provided in Unit

### Basic Information and Services

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<th>Minimum Age</th>
<th>Payment</th>
<th>Studio/Efficiency</th>
<th>1 Bedroom</th>
<th>2 Bedroom</th>
<th>Cottage/Patio Home</th>
<th>On-Site Healthcare</th>
<th>Utilities</th>
<th>Laundry Options</th>
<th>Housekeeping</th>
<th>Meal Plan</th>
<th>Security</th>
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| Autumn Park |
| 8401 E. 134th St. |
| Bixby, OK 74008 |
| (918) 369-8888 |
| (918) 369-8889 fax |
| www.LIFE-vintagehousing.org |
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| Baptist Village of Broken Arrow - Eagle Ridge Patio Homes |
| 2801 N. Birch Ave. |
| Broken Arrow, OK 74012 |
| (918) 355-0099 |
| (918) 893-4177 fax |
| www.baptistvillage.org |
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See Our Ad On Page 69

See Our Ad On Page 71
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<td>(918) 369-8888</td>
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<td>BRISTOW</td>
<td>WOODLAND VILLAGE 131 E. 9th</td>
<td>(918) 367-8300</td>
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<tr>
<td>BROKEN ARROW</td>
<td>KENOSHA LANDING 2602 W. Oakland Pl.</td>
<td>(918) 258-0331</td>
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<td>BROKEN ARROW</td>
<td>VANDEVER HOUSE 3102 S. Juniper Ave.</td>
<td>(918) 451-3100</td>
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<td>COLLINSVILLE</td>
<td>CARDINAL HEIGHTS 224 S. 19th St.</td>
<td>(918) 371-9116</td>
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<td>COWETA</td>
<td>CARRIAGE CROSSING 28530 E. 141st St.</td>
<td>(918) 486-4460</td>
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<td>GLENPOOL</td>
<td>REDBUD VILLAGE 14900 S. Broadway</td>
<td>(918) 322-5100</td>
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<td>JAY</td>
<td>JAY SENIOR HOUSING 1301 W. Washbourne</td>
<td>(918) 253-8100</td>
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<td>SKIATOOK</td>
<td>WEST OAK VILLAGE 1002 S. Fairfax Ave.</td>
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<td>STILWELL SENIOR HOUSING 400 N. 8th St.</td>
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<td>CORNERSTONE VILLAGE 1045 N. Yale Ave.</td>
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<td>(918) 836-7070</td>
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<td>(918) 446-3400</td>
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<td>WAGONER</td>
<td>YORKSHIRE VILLAGE 2200 W. Wellington</td>
<td>(918) 485-8094</td>
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Equal Housing Opportunity

OPENING SOON
BROOKHOLLOW LANDING 2910 S. 129th E. Ave. • Tulsa (918) 485-8885

Serving seniors age 62 or older who meet qualifications and income guidelines. Section 8 accepted. Professionally managed by Sooner Management Consultants, Inc.
### Baptist Village of Cleveland
1001 Baptist Village Dr.
Cleveland, OK 74020
(918) 358-2575
(918) 358-0004 fax
www.baptistvillage.org

<table>
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### Baptist Village of Okmulgee
1500 W. 6th St.
Okmulgee, OK 74447
(918) 756-5377
(918) 756-2680 fax
www.baptistvillage.org

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### Baptist Village of Owasso - Bradford Park Patio Homes
7410 N. 127th E. Ave.
Owasso, OK 74055
(918) 272-2281
(918) 272-7682 fax
www.baptistvillage.org

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### Baptist Village of Owasso - Residential Living Apartments
7410 N. 127th E. Ave.
Owasso, OK 74055
(918) 272-2281
(918) 272-7682 fax
www.baptistvillage.org

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**These Articles May Be Especially Helpful:**
“Ten Facts You Need To Know About Mental Health and Aging,” page 48
“The Basics of Medicare,” page 54
Welcome Home!

BROKEN ARROW: (918) 355-0099
Patio homes, assistance in living, memory support, Entrusted Hearts by Baptist Village and Medical Equipment, case management/My-L.I.F.E.-Guide®

OKMULGEE: (918) 756-5377
Residential living, assistance in living,Entrusted Hearts by Baptist Village and Medical Equipment, case management/My-L.I.F.E.-Guide®

CLEVELAND: (918) 358-2575
Residential living, Entrusted Hearts by Baptist Village and Medical Equipment, case management/My-L.I.F.E.-Guide®

OWASSO: (918) 272-2281
Patio homes, Independence Plus, assistance in living,Entrusted Hearts by Baptist Village and Medical Equipment, case management/My-L.I.F.E.-Guide®, health center and skilled nursing
### Baptist Village of Owasso - Sycamore Square Independence Plus Apartments

7410 N. 127th E. Ave.
Owasso, OK 74055
(918) 272-2281
(918) 272-7682 fax
www.baptistvillage.org

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### Bartlett Homes

1008 E. Cleveland Ave.
Sapulpa, OK 74066
(918) 224-8306
(918) 227-4878 fax
www.lyncoproperties.com

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### Berryhill Senior Apartments

14 E. Dewey Ave.
Sapulpa, OK 74066
(918) 224-1106
(918) 224-3208 fax
www.berryhillbldgapts.com

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### Bethel Manor Apartments

619 S. Division St.
Sapulpa, OK 74066
(918) 224-8306
(918) 227-4878 fax
www.lyncoproperties.com

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### Boulder Plaza

1840 S. Boulder Ave.
Tulsa, OK 74119
(918) 583-3354
(918) 583-8722 fax

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### Basic Information and Services

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#### Key:
- **●** - Included
- **△** - Extra Cost
- **■** - Available
- HA - Tulsa Housing Authority
- HU - HUD
- PP - Private Pay
- S8 - Section 8
- SF - Project-Based S8
- SV - Section 8 Voucher
- AI - All Included
- PI - Partially Included
- CF - Community Facilities
- LS - Laundry Services
- WH - W/D Hookups in Unit
- WP - W/D Provided in Unit

---

### Brookdale Cedar Ridge

10107 S. Garnett Rd.
Broken Arrow, OK 74011
(918) 252-0590
(918) 252-0591 fax
www.brookdale.com

- Minimum Age: 55
- Payment: PP
- Studio/Efficiency: Available
- 1 Bedroom: Available
- 2 Bedroom: Available
- On-Site Healthcare: All Included
- Utilities: WP
- Meal Plan: Extra Cost
- Pets Allowed: Available
- Planned Activities: Available

---

### Brookhollow Landing

2910 S. 129th E. Ave.
Tulsa, OK 74134
(918) 485-8885
www.LIFE-vintagehousing.org

- Minimum Age: 62
- Payment: PP
- Studio/Efficiency: Available
- 1 Bedroom: Available
- 2 Bedroom: Available
- On-Site Healthcare: Available
- Utilities: CF
- Meal Plan: Extra Cost
- Pets Allowed: Available
- Planned Activities: Available

---

### COVENANT PLACE OF TULSA

A Covenant Retirement Community

**NO BUY-IN FEE REQUIRED**
Residential Independent Living
Assisted Living
Call (918)970-4433
www.CovenantPlaceTulsa.org

Covenant Retirement Communities is a ministry of the Evangelical Covenant Church. Covenant Retirement Communities does not discriminate pursuant to the federal Fair Housing Act.
### Basic Information and Services

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| **Cardinal Heights**  
224 S. 19th St.  
Collinsville, OK 74021  
(918) 371-9116  
(918) 371-0926 fax  
www.LIFE-vintagehousing.org | 62 | PP | SV | PI | CF | ● ● |
| **Carriage Crossing**  
28530 E. 141st St.  
Coweta, OK 74429  
(918) 486-4460  
(918) 486-5253 fax | 62 | PP | SV | PI | CF | ● ● |
| **Claremore Village Senior Living Apartments**  
23445 S. Twin Oaks Dr.  
Claremore, OK 74019  
(918) 283-4888  
(918) 283-4898 | 62 | PP | SV | PI | CF | WH | ▲ ● |
| **Colonial Manor Retirement Center**  
5015 S. Victor Ave.  
Tulsa, OK 74105  
(918) 935-3801  
(918) 512-4797 fax  
www.colonialmanortulsa.com | PP | ● | ● | AI | CF | LS | ● ● ● ● |
| **Cookson Hills Hulbert Senior Living**  
405½ E. Main St.  
Hulbert, OK 74441  
(918) 718-1618  
(918) 207-0511 fax  
www.lyncoproperties.com | 62 | HU | S8 | PI | CF | ● ▲ ▲ ● |
### Basic Information and Services

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### Setting a New Standard

**FOR SENIOR LIVING COMMUNITIES**

- **2 Beds, 2 Bath**
- 1288 sq. ft.
- **1 Car Garage**
- All appliances included
- Lawns maintained
- Small pets welcome

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<td>(918) 298-2992</td>
<td>(918) 371-9116</td>
<td>(918) 369-8888</td>
<td>(918) 224-5116</td>
<td>(918) 485-8094</td>
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Minimum Age Requirement of 55.
### Key:
- **•** - Included
- **△** - Extra Cost
- **■** - Available
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- HU - HUD
- PP - Private Pay
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#### Basic Information and Services

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<th>Meal Plan</th>
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| **Cookson Hills**
Tahlequah Senior Housing
1350 N. Jones Ave.
Tahlequah, OK 74464
(918) 718-1618
(918) 207-0511 fax
www.lynkoproperties.com |
| 62 | HU S8 | ■ | | | PI CF | | | | | | | | |
| **Covenant Place of Tulsa**
7300 E. 121st Pl. S
Bixby, OK 74008
(918) 970-4433
www.CovenantPlaceTulsa.org |
| 62 | PP | ■ | ■ | ■ | AI LS WP | | | | | | | | |
| **Creek Nation Elderly Housing**
2710 N. Miami Ave.
Okmulgee, OK 74447
(918) 756-2920
(918) 756-2633 fax |
| 62 | SF | ■ | | | PI CF | | | | | | | | |
| **Crestview Senior Duplexes**
3535 N. Martin Luther King Jr. Blvd.
Tulsa, OK 74106
(918) 430-0030
(918) 430-0102 fax |
| 55 | HA PP S8 SV | ■ | ■ | | PI WH | | | | | | | | |
| **Disciples Village**
9014 E. 31st St.
Tulsa, OK 74145
(918) 622-9318
(918) 622-2175 fax |
| 62 | HU S8 SF | ■ | | | PI CF | | | | | | | | |
| **Edgewood at the Gables**
7702 W. Parkway Blvd.
Tulsa, OK 74127
(918) 245-8505
(918) 245-8700 fax |
| 62 | HA PP S8 SV | ■ | ■ | ■ | PI CF WH | | | | | | | | |
### Forest Hills Assisted & Independent Retirement Community
4304 W. Houston St.
Broken Arrow, OK 74012
(918) 250-1700
(918) 294-8376 fax
www.mgmhealthcare.com

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---

**Looking for a new apartment? Come take a look at Sheridan Terrace**

- All Bills Paid
- Emergency Call System
- Inside Hallways
- Subsidy Available
- Quiet Location
- Small Pets Welcome

(918) 835-7072
1937 S. 68th E. Ave. in Tulsa
(NE of 21st and Sheridan)

Sheridan Terrace does not discriminate against individuals with disabilities.

---

**Warren Clinic**

MORE LOCATIONS. MORE CONVENIENT.

Warren Clinic has opened three new locations to make healthcare more convenient for you. With more primary care physicians and providers and two new Urgent Care clinics, you can find the care you need at a familiar place.

Tulsa Hills
7858 S. Olympia Avenue
(NE of 75 and 81st Street)
(918) 986-9200

Broken Arrow - Kenosha
URGENT CARE 7-days-a-week, Noon - 8 p.m.
1801 E. Kenosha Street
(between FM Expressway and Kenosha)
(918) 615-6941

South Memorial
URGENT CARE 7-days-a-week, Noon - 8 p.m.
10506 S. Memorial Drive
(918) 369-3200
### Basic Information and Services

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Heartland Village
109 E. 38th St.
Sand Springs, OK 74063
(918) 241-1200
(918) 241-1201 fax
www.LIFE-vintagehousing.org

---

Enjoy LIFE

become a VOLUNTEER

To find out how you can volunteer with LIFE, call LIFE’s SeniorLine at (918) 664-9000
www.LIFEseniorservices.org

---

TREETOPS APARTMENTS

Independent Senior Living

All bills paid
Inside hallways
Emergency call system
Subsidy available
Quiet location
Small pets welcome

5001 South Hickory
SE of 111th Street and 161st East Avenue
Broken Arrow, Oklahoma
treetops@crosshavenprop.com
(918) 455-8400

Treetops does not discriminate against individuals with handicaps.
<table>
<thead>
<tr>
<th>Heartsworth House</th>
<th>Assisted Living and Senior Suites</th>
<th>821 N. Foreman St.</th>
<th>Vinita, OK 74301</th>
<th>(918) 256-7856</th>
<th>(918) 256-7857 fax</th>
<th><a href="http://www.HeartsworthHouse.com">www.HeartsworthHouse.com</a></th>
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<th>Heatherwood Apartments</th>
<th>3002 E. 51st St.</th>
<th>Tulsa, OK 74105</th>
<th>(918) 749-2566</th>
<th>(918) 749-2567 fax</th>
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<th>3102 E. Apache St.</th>
<th>Tulsa, OK 74110</th>
<th>(918) 836-7070</th>
<th>(918) 836-7071 fax</th>
<th><a href="http://www.LIFE-vintagehousing.org">www.LIFE-vintagehousing.org</a></th>
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<th>Hewgley Terrace</th>
<th>420 S. Lawton Ave.</th>
<th>Tulsa, OK 74127</th>
<th>(918) 584-0063</th>
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<th>Hickory Crossing</th>
<th>2101 S. Hickory St.</th>
<th>Sapulpa, OK 74066</th>
<th>(918) 224-5116</th>
<th>(918) 224-2136 fax</th>
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### Inhose Plaza

6565 S. Newport Ave.
Tulsa, OK 74136
(918) 743-3337
(918) 743-3056 fax
www.TulsaHousing.org

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### LIFE’s Care Management

LIFE’s Care Management services connect seniors to the services and support they need to continue living safely at home, bringing peace of mind to family and friends.

LIFE’s SeniorLine (918) 664-9000
www.LIFESeniorservices.org

LIFE SENIOR SERVICES

(918) 664-9000
### Basic Information and Services

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See Our Ad On Page 69
<table>
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<tr>
<th><strong>Kirkwood Senior Complex</strong></th>
<th>400 E. 6th St.</th>
<th>Sand Springs, OK 74063</th>
<th>(918) 241-8622</th>
<th>(918) 245-0764 fax</th>
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<td><strong>LaFortune Tower</strong></td>
<td>1725 Southwest Blvd.</td>
<td>Tulsa, OK 74107</td>
<td>(918) 583-0784</td>
<td>(918) 583-5457 fax</td>
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<td><strong>Linwood Village</strong></td>
<td>530 S. Linwood Ave.</td>
<td>Cushing, OK 74023</td>
<td>(918) 225-2220</td>
<td>(918) 512-4797 fax</td>
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<td><strong>Lucile Page Manor</strong></td>
<td>253-9A E. 41st St.</td>
<td>Sand Springs, OK 74063</td>
<td>(918) 245-3288</td>
<td>(918) 245-3289 fax</td>
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<tr>
<td><strong>Mayor Wallis Manor</strong></td>
<td>901 S.E. 9th St.</td>
<td>Pryor, OK 74361</td>
<td>(918) 825-1250</td>
<td>(918) 825-0843 fax</td>
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### These Articles May Be Especially Helpful:

- "Legal Matters and Older Adults," page 26
- "Helping Seniors Remain at Home with the ADvantage Program," page 39
## Independent Living

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- **WP** - W/D Provided in Unit

### Basic Information and Services

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www.LIFEseniorservices.org
### Basic Information and Services

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**Park Village**
650 S. Memorial Dr.
Tulsa, OK 74112
(918) 834-6400
(918) 834-6405 fax
www.LIFE-vintagehousing.org

**Pioneer Plaza**
901 N. Elgin Ave.
Tulsa, OK 74106
(918) 584-2554
(918) 584-2553 fax
www.TulsaHousing.org

**Pioneer Village**
315 S. Birch St.
Jenks, OK 74037
(918) 298-2992
(918) 298-0060 fax
www.LIFE-vintagehousing.org

**Prairie Rose Gracious Retirement Living**
7401 Riverside Pkwy.
Tulsa, OK 74136
(918) 495-3600
(918) 495-3615 fax
www.holidaytouch.com

**Prairie Village**
12877 E. 116th St. N
Owasso, OK 74021
(918) 371-3221
(918) 371-1394 fax
www.LIFE-vintagehousing.org

**Pythian Manor West**
1700 Riverside Dr.
Tulsa, OK 74119
(918) 583-4401
(918) 583-3829 fax

---

**Key:**
- **-** Included
- **▲** Extra Cost
- **■** Available
- **HA** - Tulsa Housing Authority
- **HU** - HUD
- **PP** - Private Pay
- **S8** - Section 8
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- **WP** - W/D Provided in Unit

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**Independent Living • LIFE’s Vintage Guide 85**

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(918) 664-9000
### Independent Living

<table>
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<th>Quail Creek Villa</th>
<th>7334 S. Memorial Dr. Tulsa, OK 74133 (918) 252-1602 fax</th>
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**These Articles May Be Especially Helpful:**

- “How to Manage Feelings of Loneliness and Depression,” page 50
- “Closing the Medicare Part D Coverage Gap,” page 58
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For more information, please visit the respective websites:
- Senior Star at Burgundy Place: [www.seniorstar.com](http://www.seniorstar.com)
- Senior Star at Woodland Terrace: [www.seniorstar.com](http://www.seniorstar.com)
- Sequoyah Creek Apartments: [www.seniorstar.com](http://www.seniorstar.com)
- Shadybrook Retirement Community: [www.ccinvest.com](http://www.ccinvest.com)
- Sheridan Terrace: [www.silverarrowestates.com](http://www.silverarrowestates.com)
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#### Skiatook Retirement Community
- **Address:** 1504 W. 5th St., Skiatook, OK 74070
- **Phone:** (918) 396-3661, (918) 396-3681
- **Website:** [www.greendevelopmentok.com](http://www.greendevelopmentok.com)

#### St. Teresa of Avila Villa
- **Address:** 632 N. 19th St., Collinsville, OK 74021
- **Phone:** (918) 371-7771, (918) 371-7783
- **Website:** [www.lyncoproperties.com](http://www.lyncoproperties.com)

#### Stilwell Senior Housing
- **Address:** 400 N. 8th St., Stilwell, OK 74960
- **Phone:** (918) 696-3050, (918) 696-3055
- **Website:** [www.lyncoproperties.com](http://www.lyncoproperties.com)

#### Sunset Village Apartments
- **Address:** 701 S. McNabb Dr., Mounds, OK 74047
- **Phone:** (918) 827-6686, (918) 827-5278
- **Website:** [www.lyncoproperties.com](http://www.lyncoproperties.com)

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### These Articles May Be Especially Helpful:
- “Ten Facts You Need to Know About Mental Health and Aging,” page 48
- “The Basics of Medicare,” page 54
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2633 Mission Dr. SE  
Bartlesville, OK 74006  
(918) 331-5251  
(918) 331-3504 fax  
www.holidaytouch.com  

| 55 | PP | ■ | ■ | ■ | ■ | AI | CF | ■ | ■ | ■ | ■ | ▲ | ● | ● | ○ |
| Tapestry at Woodland Hills |
7345 S. 99th E. Ave.  
Tulsa, OK 74133  
(918) 893-6177  
(918) 893-6187  
www.TapestryTulsa.com  

| 55 | PP | ■ | ■ | ■ | ■ | PI | WP | ▲ | ■ | ■ | ■ | ▲ | ● | ● | ○ |
| The Broadmoor Retirement Community |
8205 E. 22nd St.  
Tulsa, OK 74129  
(918) 622-2151  
(918) 622-2233 fax  
www.broadmoortulsa.com  

| 55 | PP | ■ | ■ | ■ | ■ | AI | CF | LS | ■ | ■ | ■ | ■ | ▲ | ● | ● | ○ |
| The Villas Senior Living |
402 S. Cedar Ave.  
Broken Arrow, OK 74012  
(918) 355-6690  
(918) 355-6839 fax  
www.thevillasba.com  

| 55 | PP | ■ | ■ | ■ | ■ | PI | WH | ● | ▲ |
| Town Village |
8222 S. Yale Ave.  
Tulsa, OK 74137  
(918) 493-1200  
(918) 493-1201 fax  
www.townvillage-tulsa.com  

| 55 | PP | ■ | ■ | ■ | ■ | AI | CF | LS | ■ | ■ | ■ | ■ | ● | ● | ● | ○ |
### Independent Living

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| **Treetops Apartments**  
5001 S. Hickory Ave.  
Broken Arrow, OK 74011  
(918) 455-8400  
(918) 451-2066 fax |
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| **Tulsa Jewish Retirement and Health Center**  
2025 E. 71st St.  
Tulsa, OK 74136  
(918) 496-8333  
(918) 496-8257 fax  
www.tjrhhc.org |
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| **Tulsa Pythian Manor**  
6568 E. 21st Pl.  
Tulsa, OK 74129  
(918) 836-2710  
(918) 836-8946 fax |
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| **University Village Retirement Community**  
8555 S. Lewis Ave.  
Tulsa, OK 74137  
(918) 299-2661  
(918) 298-3270 fax  
www.uvrc.com |
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| **Vandever House**  
3102 S. Juniper Ave.  
Broken Arrow, OK 74012  
(918) 451-3100  
(918) 449-9455 fax  
www.LIFE-vintagehousing.org |
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See Our Ad On Page 79  
See Our Ad On Page 67  
See Our Ad On Page 69
## Basic Information and Services

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| 4816 S. Sheridan Rd.  
Tulsa, OK 74145  
(918) 627-6116 |             |         |                   |           |           |                   |                   |           |                |              |           |          |                 |              |                   |
| **Wells Building Apartments** | 62          | HA      | □                 | ■         | ■         | △                 | ▲                 | PI        | CF             | ▲            | ■         | ■        | △              | △            | △                 |
| 208 E. Dewey Ave.  
Sapulpa, OK 74066  
(918) 224-3200  
(918) 224-3208 fax  
www.wellsbuildingapts.com |             |         |                   |           |           |                   |                   |           |                |              |           |          |                 |              |                   |
| **West Edison Plaza** | 62          | HU      | □                 | ■         | ■         | △                 | ▲                 | AI        | CF             | ▲            | ■         | ■        | △              | △            | △                 |
| 570 N. 39th W. Ave.  
Tulsa, OK 74127  
(918) 584-4224  
(918) 587-5514 fax |             |         |                   |           |           |                   |                   |           |                |              |           |          |                 |              |                   |
| **West Oak Village** | 62          | PP      | □                 | ■         | ■         | △                 | ▲                 | PI        | CF             | ▲            | ■         | ■        | △              | △            | △                 |
| 1002 S. Fairfax Ave.  
Skiatook, OK 74070  
(918) 396-9009  
(918) 396-9008 fax  
www.LIFE-vintagehousing.org |             |         |                   |           |           |                   |                   |           |                |              |           |          |                 |              |                   |
| **Will Rogers Senior Apartments** | 55          | PP      | □                 | ■         | ■         | △                 | ▲                 | PI        | CF             | ▲            | ■         | ■        | △              | △            | △                 |
| 524 W. Will Rogers Blvd.  
Claremore, OK 74017  
(918) 343-0045  
(918) 343-2145 fax  
www.metroplains.com |             |         |                   |           |           |                   |                   |           |                |              |           |          |                 |              |                   |
### Independent Living

#### Key:
- **●** - Included
- **△** - Extra Cost
- **■** - Available
- **HA** - Tulsa Housing Authority
- **HU** - HUD
- **PP** - Private Pay
- **S8** - Section 8
- **SF** - Project-Based S8
- **SV** - Section 8 Voucher
- **AI** - All Included
- **PI** - Partially Included
- **CF** - Community Facilities
- **LS** - Laundry Services
- **WH** - W/D Hookups in Unit
- **WP** - W/D Provided in Unit

#### Basic Information and Services

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#### Notes

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<th>Wisdom Keepers</th>
<th>1286 W. 4th St. Tahlequah, OK 74464 (918) 453-9900 (918) 453-9902 fax</th>
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<tr>
<td>Woodland Manor</td>
<td>8641 E. 61st St. Tulsa, OK 74133 (918) 461-1929 (918) 250-7056 fax <a href="http://www.woodlandmanortulsa.com">www.woodlandmanortulsa.com</a></td>
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<td>Woodland Village</td>
<td>131 E. 9th St. Bristow, OK 74010 (918) 367-8300 (918) 367-8307 fax <a href="http://www.LIFE-vintagehousing.org">www.LIFE-vintagehousing.org</a></td>
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<td>Yorkshire Village</td>
<td>2200 W. Wellington St. Wagoner, OK 74467 (918) 485-8094 (918) 485-8685 fax</td>
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MAKING LIFE BETTER
for Generations

LIFE Senior Services is northeast Oklahoma’s premier aging services organization specializing in home and community-based services that promote healthy aging and aging in place for seniors, as well as services and support for family caregivers. LIFE is committed to promoting and preserving independence for seniors — today, tomorrow, always.

If you’re interested in making LIFE better for area seniors, we invite you to give a tax-deductible donation by calling LIFE’s SeniorLine at (918) 664-9000 or visiting www.LIFESeniorservices.org.

We appreciate your support!
Assisted living communities offer supportive services that help residents maintain their independence. Some assisted living communities offer memory care. A community offering memory care may or may not adhere to Oklahoma’s Alzheimer’s Disease Special Care Disclosure Act. For more information on assisted living and memory care, refer to the Helpful Terms & Definitions article on page 12. For details about admission requirements, payment options, services and amenities, call or visit the assisted living community directly. For information on EMSA service memberships, see page 219. To help determine if an assisted living community meets your needs, utilize the Assisted Living Community Evaluation Checklist on page 32.

Veterans may qualify for financial assistance from the Department of Veterans Affairs, either through an assisted living community’s contract with the Veterans Administration or through the Veterans Administration Aid & Attendance benefit. Aid & Attendance benefits are paid in addition to monthly pension and are not paid without eligibility to the Veterans Pension benefit program. Assisted living communities who accept Aid & Attendance monies may or may not assist potential residents in pursuing this funding. For more information, contact the Department of Veterans Affairs and the assisted living community directly.

Assisted living centers in Oklahoma are licensed under the Continuum of Care and Assisted Living Act 63 O.S., Section 1-890.1 et seq., and the Continuum of Care Assisted Living Rules, OAC 310:663. State license is required.

### Key:
- **•** - Included
- **△** - Extra Cost
- **■** - Available
- **AD** - A DVantage Medicaid Waiver
- **LC** - Long-Term Care Insurance
- **PP** - Private Pay
- **VA** - VA Aid & Attendance
- **VC** - VA Contract

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"Why I chose THE PARKE FOR MY MOM."

Barbara Houbbs with her daughter, Diane Williams

"I liked the fact that The Parke is owned by locals...people I know and trust."

The level of assisted living care is just wonderful. If mom needs something, there's always someone there ready to help. The apartments are very nice. Not institutional or anything like a nursing home - more like a regular home.

The staff all know my mom by her first name. That's important to me, and mom's just thriving there."

The Parke offers:

- Large living areas
- Walk-in closets
- Large windows or sliding glass doors
- Single story design - no steps, no elevators
- On-site staff includes social worker, activity coordinator, housekeeping, etc.
- Dining room activities center
- Entertainment
- Chapel
- Library
- Studio for shopping or medical appointments
- Exercise/wellness programs
- Emergency call system
- Home-cooked meals
- Social events

Take a walk in The Parke.

"The Parke takes care of everything."

Take a tour and complimentary breakfast lunch or dinner.

www.theparkeassistedliving.com

On East 16th Street, just one block west of Memorial

7221 East 7th • (314) 249-1222

Assisted Living Redefined.

Join us for a tour and complimentary breakfast lunch or dinner.

Parke 

www.theparkeassistedliving.com
## Assisted Living

### Key:
- **•** - Included
- **△** - Extra Cost
- **■** - Available
- **AD** - ADvantage Medicaid Waiver
- **LC** - Long-Term Care Insurance
- **PP** - Private Pay
- **VA** - VA Aid & Attendance
- **VC** - VA Contract

### Basic Information and Services

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### Facilities

**Avondale Cottage of Pryor**
- 1300 Damon Dr.
- Pryor, OK 74361
- (918) 824-4566
- (918) 824-4566 fax

**Baptist Village of Broken Arrow - The Neighborhoods**
- 2801 N. Birch Ave.
- Broken Arrow, OK 74012
- (918) 355-0099
- (918) 893-4177 fax

**Baptist Village of Okmulgee**
- 1500 W. 6th St.
- Okmulgee, OK 74447
- (918) 756-1681
- (918) 756-2680 fax

**Baptist Village of Owasso - Mimosa Assistance in Living Center**
- 7310 N. 127th E. Ave.
- Owasso, OK 74055
- (918) 272-2281
- (918) 272-7682 fax

**Broken Arrow Assisted Living**
- 2621 S. Elm Pl.
- Broken Arrow, OK 74012
- (918) 451-9626
- (918) 451-2417 fax

**Brookdale Bartlesville North**
- 5420 S.E. Adams Blvd.
- Bartlesville, OK 74006
- (918) 333-9400
- (918) 333-9422 fax

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helping hand

Senior Star is here to help others. We whole-heartedly believe that we can assist your loved one. If you’re searching for assisted living, and have questions, we want to help you find answers, whether it is with Senior Star or one of our many industry alliances.

Visit Senior Star today!

Senior Star
at The Arbors and Plantation House

The Arbors
10201 S. Yale Ave.
Tulsa, OK 74137
918-298-7799

Plantation House
1001 South Belmont Ave
Okmulgee, OK 74447
918-756-1253

seniorstar.com
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Key:
- Included
- Extra Cost
- Available
AD - ADvantage Medicaid Waiver
LC - Long-Term Care Insurance
PP - Private Pay
VA - VA Aid & Attendance
VC - VA Contract

See Our Ad On Page 65
Then: Jane was a devoted mom.  
Now: She’s still caring for others!

Whether your mom was a homemaker, teacher, baker, or a seamstress, we design our memory care for each resident’s interests and needs. Call us today to hear why there’s So Much More... at Autumn Leaves.

AUTUMN LEAVES OF TULSA  
7807 S. Mingo Road | Tulsa, OK 74133 | License #AL7238-7238 | (918) 249-1300  

AutumnLeaves.com
**Assisted Living**

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**Brookdale Tahlequah Heritage**

1380 N. Heritage Ln.
Tahlequah, OK 74464
(918) 456-7117
(918) 456-7960 fax
www.brookdale.com

**Brookdale Tulsa 71st and Sheridan**

6022 E. 71st St.
Tulsa, OK 74136
(918) 494-4011
(918) 494-4750 fax
www.brookdale.com

**Brookdale Tulsa Midtown**

5211 S. Lewis Ave.
Tulsa, OK 74105
(918) 743-2700
(918) 743-4343 fax
www.brookdale.com

**Brookdale Tulsa South**

8231 S. Mingo Rd.
Tulsa, OK 74133
(918) 461-1100
(918) 461-9612 fax
www.brookdale.com

**Claremore Senior Living - The Brookfield Assisted Living**

915 E. 16th St.
Claremore, OK 74017
(918) 343-3850
(918) 343-3859 fax
www.claremoreseniorliving.com

**Comprehensive Community Assisted Living**

10018 E. 29th St.
Tulsa, OK 74129
(918) 488-6165
(918) 488-8021 fax
www.ccrstulsa.com
The Villages at Southern Hills is a remarkable senior living community offering Assisted Living and Short-term Rehabilitation. Our various levels of assisted living provide as much independence or specific assistance that you need.

From thoughtfully-designed living areas, to beautifully landscaped courtyards, The Villages is a community where residents can live, love and thrive.

Call the Assisted Living Director to schedule a tour and free lunch.

Join us for our free Community Events in Assisted Living:
Theater is 2nd Tuesday @ 2 pm
Music Concert is 3rd Friday @ 1:30 pm
Every Month!

Located on the East side of Lewis behind Bank of Oklahoma
## Assisted Living

### Country Gardens
**Assisted Living Community**
611 S. Country Club Rd.
Muskogee, OK 74403
(918) 686-8100
(918) 686-7370 fax
www.countrygardensalf.com

### Covenant Place of Tulsa
**7300 E. 121st Pl. S**
Bixby, OK 74008
(918) 970-4433
www.CovenantPlaceTulsa.org

### Forest Hills Assisted & Independent Retirement Community
4304 W. Houston St.
Broken Arrow, OK 74012
(918) 250-1700
(918) 294-8376 fax
www.mgmhealthcare.com

### Franciscan Villa
17110 E. 51st St.
Broken Arrow, OK 74012
(918) 355-1596
(918) 355-1788 fax
www.sjmc.org

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A FRESH NEW TAKE ON ASSISTED LIVING

Your focus is on your freedom, spending your days as you choose, in leisure or activity. Our focus is on creating a comfortable independent lifestyle for each resident and providing individualized assistance when needed.

Call (918) 496-0123 today to schedule your chef-prepared lunch and visit our community to see firsthand why so many residents have chosen to call us home!

AberdeenHeights.com

The right help. Right when you need it.

You want the best for your family. We do, too. The right help at the right time is just the beginning. Here at Homestead of Owasso, we’re a family of sorts. Our licensed nurses, caregivers, staff and residents all share stories, making life more enjoyable and a whole lot easier.

Let our family care for yours.
Call us at 918.376.2226

Homestead
Assisted Living & Memory Care

14701 East 86th Street N • Owasso, OK 74055
homesteadofowasso.com
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See Our Ad On Pages 2, 111
See Our Ad On Page 66
See Our Ad On Page 4
See Our Ad On Page 103
Broken Arrow Assisted Living
A Canoe Brook Community

- Private studio, one & two bedroom apartments with patios
- Internal Emergency Response System
- 24-Hour Assistance
- Scheduled Activities & Transportation
- Small pets allowed
- Month to month rental agreements
- Respite Care for short term stays

2621 S. Elm Place
Broken Arrow, OK
(918) 451-9626
brokenarrowassistedliving.com

Tulsa Assisted Living & Memory Care
A Canoe Brook Community

- Private studio, one bedroom apartments
- Beautiful spacious common living areas
- Scheduled Activities & Transportation
- 24-Hour Licensed Nurse
- Small pets allowed
- State-of-the-Art Memory Care
- Month to month rental agreements
- Respite Care for short term stays

20102 E. Admiral Place
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The Brains Behind Saving Yours.

More than 60,000 Oklahomans are living with Alzheimer’s disease. Because 70 percent of those with Alzheimer’s live at home, its impact extends to family members, friends and caregivers. We are here to help.

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- Care Consultations
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- Information and Resources
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1.800.272.3900 | alz.org

alzheimer’s association

Let Us Help You With
- A plan of action for downsizing
- Executing the easiest transition plan
- Coordinating your move
- Getting settled in

Senior Transitions
Seniors on the move

Complimentary Consultation
(918) 488-0004
## Assisted Living

### Basic Information and Services

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<td>Living Rose Christian Assisted Living Home 1108 N. Fern Ave. Broken Arrow, OK 74012 (918) 258-8152 <a href="http://www.assistedlivingbrokenarrow.com">www.assistedlivingbrokenarrow.com</a></td>
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**See Our Ad On Page 2**

**See Our Ad On Page 61**

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**LIFE’s Vintage Guide • Assisted Living**

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Caring For A Loved One With Dementia Is Difficult...
Finding Care For Your Loved One Is Not

Choosing Southern Plains will ease your mind.
Around-the-clock care and attention is provided on an individual basis by our caring, professionally trained staff. Southern Plains, your local dementia care experts, is here to take the difficulty out of caring for your loved one with dementia.

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<td>(918) 491-5250</td>
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<td>North County Assisted Living</td>
<td>523 N. 22nd St. Collinsville, OK 74021</td>
<td>(918) 371-1919</td>
<td>(918) 770-0212 fax</td>
<td><a href="http://www.NorthCountySeniorLiving.com">www.NorthCountySeniorLiving.com</a></td>
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<td>Oklahoma Methodist Manor</td>
<td>4134 E. 31st St. Tulsa, OK 74135</td>
<td>(918) 346-6630</td>
<td>(918) 346-6609 fax</td>
<td><a href="http://www.ommtulsa.org">www.ommtulsa.org</a></td>
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<td>601 S. Main St. Bristow, OK 74010</td>
<td>(918) 367-6500</td>
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<td><a href="http://www.rainbowassistedliving.com">www.rainbowassistedliving.com</a></td>
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<td>Saint Simeon’s</td>
<td>3701 Martin Luther King Jr. Blvd. Tulsa, OK 74106</td>
<td>(918) 425-3583</td>
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<td><a href="http://www.saintsimeons.org">www.saintsimeons.org</a></td>
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<td>9990 E. 121st S Bixby, OK 74008</td>
<td>(918) 369-7100</td>
<td>(918) 369-7110 fax</td>
<td><a href="http://www.merrittproperties.net">www.merrittproperties.net</a></td>
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### Assisted Living

**Senior Star at Plantation House**
- Address: 1001 S. Belmont Ave., Okmulgee, OK 74447
- Phone: (918) 756-1253, (918) 756-2764 fax
- Website: www.seniorstar.com

**Senior Star at The Arbors**
- Address: 10201 S. Yale Ave., Tulsa, OK 74137
- Phone: (918) 298-7799, (918) 298-7307 fax
- Website: www.seniorstar.com

#### Basic Information and Services

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**Caring Transitions**

**North County Senior Living**

We embrace choice. There are variety of activities and events to keep residents active and engaged.

"Tulsa’s Trustworthy Source for Relocation"

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**SENIOR RELOCATION & ESTATE SALES**

- Declutter, Sort & Organize Home
- Space Planning for New Home
- Pack and Unpack/Resettle
- Estate Sales & Online Auction
- Prepare Home for Sale

**NATIONWIDE NETWORK**

We embrace choice. There are variety of activities and events to keep residents active and engaged.

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**North County Senior Living**

You Guide the Way

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### Southern Plains Alzheimer's Special Care Center
- **7210 S. Yale Ave.**
- Tulsa, OK 74136
- (918) 591-2525
- (918) 591-2526 fax
- www.jeaseniorliving.com

### The Parke Assisted Living
- **7821 E. 76th St.**
- Tulsa, OK 74133
- (918) 249-1262
- (918) 250-9666 fax
- www.theparkeassistedliving.com

### The Villages at Southern Hills
- **5721 S. Lewis Ave.**
- Tulsa, OK 74105
- (918) 447-6447
- (918) 236-4207 fax
- www.villagesatsouthernhills.com

### Tulsa Assisted Living & Memory Care
- **20102 E. Admiral Pl.**
- Tulsa, OK 74015
- (918) 739-4700
- (918) 739-4153 fax
- http://tulsamemorycare.com

## Notes

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**See Our Ad On:**
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- Page 95
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**Basic Information and Services**

**Tulsa Jewish Retirement and Health Center - Zarrow Manor**
2025 E. 71st St.
Tulsa, OK 74136
(918) 496-8333
(918) 496-8257 fax
www.tjrhcc.org

**University Village Retirement Community**
8555 S. Lewis Ave.
Tulsa, OK 74137
(918) 299-2661
(918) 298-3691 fax
www.uvrc.com

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LIFE embraces the opportunity to meet the needs of family caregivers with support groups, free seminars and caregiver appreciation events.

**EXTRAORDINARY – Not Ordinary**
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(918) 246-8733
www.legendseniorliving.com
Residential care communities strive to maximize residents’ individual functioning and autonomy by combining housing and supportive services. Residential care communities cannot provide medical care. Some residential care communities offer memory care. A community offering memory care may or may not adhere to Oklahoma’s Alzheimer’s Disease Special Care Disclosure Act. For more information on memory care, refer to the *Helpful Terms & Definitions* article on page 12. For more information on residential care communities, please refer to *The Difference Between Residential Care Assisted Living and an Assisted Living Community* article on page 31. For details about admission requirements, payment options, services and amenities, call or visit the residential care community directly. For information on EMSA service memberships, see page 219.

Residential care homes are licensed under the Residential Care Act, 63 O.S., Section 1-819 et seq. and the Residential Care Home Rules OAC 310:680. State license is required.

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**A New Leaf Residential Care Home, LLC**  
2708 S. Hemlock Ave, Broken Arrow, OK 74012  
(918) 286-8686  
(918) 286-8686 fax

| 55          | LC      | ■            | ▲         | ▲         | ▲         | ■              | ●           | ●       | ●             | ●           | ●         | ●        | ●              | ●            |
| LC PP       |         |              |           |           |           |                |             |         |               |             |           |          |                |              |

**A Place for an Angel**  
Tulsa, OK  
(918) 902-7069

| 50          | PP      | ■            | ▲         | ▲         | ●         | ■              | ●           | ●       | ●             | ●           | ●         | ●        | ●              | ●            |
| PP          |         |              |           |           |           |                |             |         |               |             |           |          |                |              |

**Abby’s ResCare Home**  
Tulsa, OK 74136  
(918) 495-1199  
(918) 499-1499 fax

| 18          | PP      | ■            | ▲         | ▲         | ●         | ■              | ●           | ●       | ●             | ●           | ●         | ●        | ●              | ●            |
| PP          |         |              |           |           |           |                |             |         |               |             |           |          |                |              |

**Comprehensive Community Rehabilitation Services, Inc.**  
7112 & 7114 S. Canton Ave, Tulsa, OK 74136  
(918) 488-6165  
(918) 488-8021 fax  
www.ccrstulsa.com
| Residential Care • LIFE's Vintage Guide | 113 |

### Key:
- ▪ - Included
- ▲ - Extra Cost
- ■ - Available
- LC - Long-Term Care Insurance
- PP - Private Pay

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| **Country Club of Woodland Hills**  
6333 S. 91st E. Ave.  
Tulsa, OK 74133  
(918) 252-5451  
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www.ccwh-living.com | 65 | LC PP | ✔️ | ✔️ | ▲ | ● | ✔️ | ✔️ | ✔️ | ✔️ | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| **Harvest ResCare Homes I and II**  
Tulsa, OK 74136  
(918) 495-1199  
(918) 499-1499 fax | 50 | PP | ▲ | ✔️ | ▲ | ● | ✔️ | ✔️ | ✔️ | ✔️ | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| **Heatheridge Assisted Living & Residential Care Community**  
2130 S. 85th E. Ave.  
Tulsa, OK 74129  
(918) 622-9191  
(918) 622-9205 fax  
www.heatheridgetulsa.com | 55 | LC PP | ▲ | ✔️ | ▲ | ● | ✔️ | ✔️ | ✔️ | ✔️ | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| **McNeal House**  
8234 S. Sandusky Ave.  
Tulsa, OK 74137  
(539) 664-5384  
(832) 487-8009 fax | LC PP | ✔️ | ▲ | ● | ▲ | ● | ✔️ | ✔️ | ✔️ | ✔️ | ● | ● | ● | ● | ● |● | ● |● |● |● |● |

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### Basic Information and Services

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**Key:**
- ● Included
- ▲ Extra Cost
- ■ Available
- LC - Long-Term Care
- PP - Private Pay

#### Notes

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Today’s to-do list:

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- Vintage Publications
- Volunteer Opportunities

LIFE’s SeniorLine (918) 664-9000
www.LIFEseniorservices.org
Nursing Facilities

A nursing home or facility provides 24-hour care and related services for residents who require medical or nursing care. Services and amenities often include nursing care and treatments, medication administration and supervision, memory care and access to rehabilitation or restorative therapies. Other services and amenities, such as ventilator care, on-site health services, wellness programs, transportation, assistance with shopping/errands, hair salon, cable TV and EMSA membership may also be available. For information on EMSA service memberships, see page 219. To help determine if a senior community meets your needs, utilize the Nursing Home Evaluation Checklist on page 43.

Some facilities may offer memory care. A memory care environment is designed for persons with a level of cognitive impairment that makes it unsafe for him or her to continue to stay at home, but who does not require the intensive care of a skilled nursing facility. A facility offering memory care may or may not adhere to Oklahoma’s Alzheimer’s Disease Special Care Disclosure Act.

Nursing facilities in Oklahoma are licensed under the Nursing Home Care Act, 63 O.S., Section 1-1901 et seq. and the Regulations for Licensure of Nursing and Specialized Facilities, OAC 310-675. State licensure is required. Medicare or Medicaid certification is optional, but a facility must be certified in order to accept Medicare or Medicaid as a payment option.

Key:
- Included
\- Extra Cost
\- Available
IN - Insurance
LC - Long-Term Care Insurance
MC - Medicare
MD - Medicaid
OT - Other
PP - Private Pay
VA - Veterans Administration
WC - Worker’s Compensation

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<td>Adams PARC Post Acute Recovery Center</td>
<td>6006 S.E. Adams Blvd. Bartlesville, OK 74006</td>
<td>(918) 331-0550 (918) 331-0585 fax</td>
<td><a href="http://www.adamsparc.com">www.adamsparc.com</a></td>
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<td>Ambassador Manor Nursing &amp; Rehabilitation Center</td>
<td>1340 E. 61st St. Tulsa, OK 74136</td>
<td>(918) 743-8978 (918) 712-5006 fax</td>
<td><a href="http://www.ambassadormanor.com">www.ambassadormanor.com</a></td>
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<td>Arbor Village Nursing &amp; Rehabilitation</td>
<td>310 W. Taft St. Sapulpa, OK 74066</td>
<td>(918) 224-6012 (800) 231-9032 fax</td>
<td><a href="http://www.ArborVillageNursing.com">www.ArborVillageNursing.com</a></td>
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116 LIFE’s Vintage Guide • Nursing Facilities www.LIFEseniorsservices.org
A Community for Dementia Care

Autumn Wood is a specialized Long-Term Care/Skilled Nursing Facility developed especially for those living with Alzheimer’s or Dementia. Our community is divided into five unique neighborhoods. We offer all private rooms with private bath/shower, whirlpool spa rooms, 24/7 licensed nursing staff, and on-site medical, skilled rehab, psychiatry, dental, podiatry, and beautician services.

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www.autumnwoodmemorycare.com

Wood Manor provides world-class senior care. We offer both short-term rehabilitation suites as well as long-term care. Caring for your loved one is our passion, and we know you’ll be able to see that when you come visit.

2800 N. Hickory Street Claremore, OK 74017 | P 918-341-4365 | F 918-341-7218
www.woodmanornursing.com
### Key:
- **•** - Included
- **▲** - Extra Cost
- **■** - Available
- **IN** - Insurance
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- **MD** - Medicaid
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- **VA** - Veterans Administration
- **WC** - Worker's Compensation

### Autumn Wood Community for Dementia Care
- Location: 2700 N. Hickory St, Claremore, OK 74017
- Phone: (918) 283-4949, (918) 283-4508 fax
- Website: www.autumnwoodmemorycare.com

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### Baptist Village Owasso - Evergreen Health Center
- Location: 12600 E. 73rd St. N, Owasso, OK 74055
- Phone: (918) 272-8007, (918) 272-7520 fax
- Website: www.baptistvillage.org

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### Barnsdall Nursing Home
- Location: 411 S. 4th St, Barnsdall, OK 74002
- Phone: (918) 847-2572, (918) 847-2698 fax

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### Brentwood Extended Care & Rehab
- Location: 841 N. 38th St, Muskogee, OK 74401
- Phone: (918) 683-8070, (918) 683-8234 fax

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### Broken Arrow Nursing Home
- Location: 424 N. Date Ave, Broken Arrow, OK 74012
- Phone: (918) 251-5343, (918) 258-9942 fax

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### Cedarcrest Care Center
- Location: 1306 E. College St, Broken Arrow, OK 74012
- Phone: (918) 251-3200, (918) 251-9865 fax
- Website: www.cedarcrestcarecenter.com

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### Cimarron Pointe Care Center
- Location: 404 E. Cimarron Ave, Mannford, OK 74044
- Phone: (918) 865-7701, (918) 865-7792 fax

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Featuring:

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Ambassador Manor
Nursing & Rehabilitation Center
Short-term in-house rehabilitation in the privacy and comfort of a home-like setting to help you return to yours as soon as possible.
Fully-furnished, 6,000 sq. ft. rehabilitation center
## Key:
- Included
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- Insurance
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- Medicare
- Medicaid
- Other
- Private Pay
- Veterans Administration
- Worker’s Compensation

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Key:
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▲ - Extra Cost
■ - Available
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LC - Long-Term Care Insurance
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MD - Medicaid
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WC - Worker’s Compensation

### Basic Information and Services

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### Forest Hills Care and Rehabilitation Center
4300 W. Houston St.
Broken Arrow, OK 74012
(918) 254-5000
(918) 254-5681 fax
www.mgmhealthcare.com

### Franciscan Villa
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Nursing Facilities • LIFE’s Vintage Guide 121
### Key:
- • Included
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- ● Available
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**Nursing Facilities**

**Inverness Village - Heather Hall**

3800 W. 71st St.
Tulsa, OK 74132
(918) 481-9988
(918) 481-9989 fax
www.InvernessVillage.com

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**Leisure Village Health Care Community**

2154 S. 85th E. Ave.
Tulsa, OK 74129
(918) 622-4747
(918) 622-0304 fax
www.leisurevillagetulsa.com

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**Southern Oaks Care Center**
918-762-2515 / Pawnee
SPE / Oklahoma City
405-631-7444

**Grove Nursing Center**
918-786-3223
The Lakes / Oklahoma City
405-773-8900

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(918) 664-9000
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### Nursing Facilities

**Northside Nursing Home**
102 E. Line Ave.
Sapulpa, OK 74066
(918) 224-0833
(918) 227-2405 fax
www.northsidenursinghome.com

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**Oklahoma Methodist Manor - Health Center**
4134 E. 31st St.
Tulsa, OK 74135
(918) 346-6623
(918) 743-1174 fax
www.ommtulsa.org

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### Parks Edge Nursing and Rehabilitation Center
- **Address:** 5115 E. 51st St., Tulsa, OK 74135
- **Phone:** (918) 627-5238, (918) 627-5276 fax
- **Website:** www.parksedgenr.com
- **Age:** 65
- **Services Available:**
  - Insurance
  - Long-Term Care Insurance
  - Medicare
  - Medicaid
  - Other
  - Private Pay
  - Veterans Administration
  - Worker’s Compensation
- **Services Included:** Short-Term Care, Long-Term Acute Care, Memory Care
- **Services Extra Cost:** Dialysis Transportation, Security
- **Services Provided:** Respites, Transportation, Shopping/Errands

### Pawhuska Nursing Home, LLC
- **Address:** 1228 Pecan St., Pawhuska, OK 74056
- **Phone:** (918) 287-3940, (918) 287-2846 fax
- **Services Available:**
  - Insurance
  - Long-Term Care Insurance
  - Medicare
  - Medicaid
  - Other
  - Private Pay
  - Veterans Administration
  - Worker’s Compensation
- **Services Included:** Short-Term Care, Long-Term Acute Care, Memory Care
- **Services Extra Cost:** Dialysis Transportation, Security
- **Services Provided:** Respites, Transportation, Shopping/Errands

### Pleasant Valley Healthcare Center
- **Address:** 1120 Illinois St., Muskogee, OK 74403
- **Phone:** (918) 682-5391, (918) 684-3295 fax
- **Services Available:**
  - Insurance
  - Long-Term Care Insurance
  - Medicare
  - Medicaid
  - Other
  - Private Pay
  - Veterans Administration
  - Worker’s Compensation
- **Services Included:** Short-Term Care, Long-Term Acute Care, Memory Care, Ventilator Care
- **Services Extra Cost:** Dialysis Transportation, Security
- **Services Provided:** Respites, Transportation, Shopping/Errands

### Rainbow Health Care Community
- **Address:** 111 E. Washington St., Bristow, OK 74010
- **Phone:** (918) 367-2246, (918) 367-5326 fax
- **Website:** www.rainbowhealthcarebristow.com
- **Services Available:**
  - Insurance
  - Long-Term Care Insurance
  - Medicare
  - Medicaid
  - Other
  - Private Pay
  - Veterans Administration
  - Worker’s Compensation
- **Services Included:** Short-Term Care, Long-Term Acute Care, Memory Care, Ventilator Care
- **Services Extra Cost:** Dialysis Transportation, Security
- **Services Provided:** Respites, Transportation, Shopping/Errands

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**Key:**
- **-** Included
- **▲** Extra Cost
- **■** Available
- **IN** - Insurance
- **LC** - Long-Term Care Insurance
- **MC** - Medicare
- **MD** - Medicaid
- **OT** - Other
- **PP** - Private Pay
- **VA** - Veterans Administration
- **WC** - Worker’s Compensation

**Basic Information and Services**

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**See Our Ad On Page 4**
### Key:
- **•** - Included
- **▲** - Extra Cost
- **■** - Available
- **IN** - Insurance
- **LC** - Long-Term Care Insurance
- **MC** - Medicare
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### Basic Information and Services

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| **Ranch Terrace Nursing Home**  
1310 E. Cleveland Ave.  
Sapulpa, OK 74066  
(918) 224-2578  
(918) 227-2907 fax  
www.ranchterrace.com | IN | LC | MC | MD | PP | • | • | • | | • | | • | |
| **Rolling Hills Care Center**  
801 N. 193rd E. Ave.  
Catoosa, OK 74015  
(918) 266-5500  
(918) 266-7600 fax | IN | LC | MC | MD | PP | • | • | • | • | • | • | • | • |

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**Adams PARC**

POST ACUTE RECOVERY CENTER  
Bartlesville, OK

Physical, Occupational & Speech Therapy Treatment  
& Recovery for the following conditions:
- Orthopedic injuries & surgeries
- Neurovascular & cardiac conditions
- Pulmonary dysfunction
- Generalized weakness
- Pain management
- Cognitive impairments
- Dysphagia

Nursing Care:
- Wound care
- Diabetic management
- IV therapy
- Edema control
- Medication management

Quality Care in a Compassionate Environment  
918-331-0550 | adamsparc.com

(918) 664-9000  
Nursing Facilities • LIFE’s Vintage Guide  
127
### Nursing Facilities

#### Key:
- **•** - Included
- **△** - Extra Cost
- **■** - Available
- **IN** - Insurance
- **LC** - Long-Term Care Insurance
- **MC** - Medicare
- **MD** - Medicaid
- **OT** - Other
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- **VA** - Veterans Administration
- **WC** - Worker’s Compensation

#### Basic Information and Services

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<td>1025 N. Adams Rd. Sand Springs, OK 74063</td>
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<td>3501 W. Washington St. Broken Arrow, OK 74012</td>
<td>(918) 250-5405, (918) 455-3566 fax</td>
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#### Additional Information

- **LC** - Long-Term Care Insurance
- **MC** - Medicare
- **MD** - Medicaid
- **IN** - Insurance
- **PP** - Private Pay
- **VA** - Veterans Administration
- **WC** - Worker’s Compensation

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**See Our Ad On Pages 131-132**

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**See Our Ad On Pages 131-132**

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**See Our Ad On The Back Cover**

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**HEARTSWORTH CENTER**

**CARE FROM THE HEART**

Our highly-qualified healthcare providers pride themselves on providing long term care, skilled nursing, rapid recovery rehabilitation services.

Enjoy freshly prepared, home-cooked meals tailored to your preferences.

1200 West Canadian Avenue, Vinita, OK 74301
(918) 256-8768 www.HeartsworthSeniorLiving.com
Sequoiah Pointe Living Center
8515 N. 123rd E. Ave.
Owasso, OK 74055
(918) 272-5151
(918) 272-5195 fax
www.sequoyahpointe.com

Sherwood Manor
2416 W. 51st St. S
Tulsa, OK 74107
(918) 446-4284
(918) 445-8811 fax

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Key:
● - Included
▲ - Extra Cost
■ - Available
IN - Insurance
LC - Long-Term Care Insurance
MC - Medicare
MD - Medicaid
OT - Other
PP - Private Pay
VA - Veterans Administration
WC - Worker’s Compensation
### Nursing Facilities

#### Key:
- **•** - Included
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#### Basic Information and Services

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**See Our Ad On Page 126**

**See Our Ad On Page 123**

**See Our Ad On The Inside Back Cover**

**See Our Ad On Page 129**
I work downtown, so Saint Simeon’s is a short drive during lunchtime or after work when I can pop in and see Dad. Our family is grateful for Dad’s care and for the quick and thorough response we receive if we ever have a question. Dad’s health has improved since he moved in to Saint Simeon’s. Age 90 never looked so good!

Sincerely, Nancy

At Saint Simeon’s, Residents experience…

- A serene 25-acre campus nestled in the Osage Hills.
- A state-of-the-art Wellness Center featuring a saline, warm water pool and equipment adaptive to senior users.

Cottage Living | Assisted Living | Memory Center | Healthcare | Skilled Nursing
Call 918-425-3583 to schedule your personal visit | www.saintsimeons.org

Saint Simeon’s is a mission of the Episcopal Diocese of Oklahoma
COTTAGE LIVING
Charming independent living accommodations for people with active lifestyles. One and two-bedroom ranch-style cottages are available. Three meals and all utilities included in monthly rate.

ASSISTED LIVING (Memory Support Available)
Four levels of caring, professional assistance. One level is specifically designed for individuals who need memory support. Assisted Living is managed by a Registered Nurse and staffed 24 hours a day. Three choices of apartment floor plans (Studio, Suite, and One-Bedroom) are available.

ASSISTED LIVING PLUS
Some individuals who may require nursing care at another community could qualify for Saint Simeon’s Assisted Living PLUS. Including assistance with transferring, dressing and grooming, toileting, ambulating, medications, and bathing, weekly housekeeping and laundry services, and a high staff to Resident ratio. Assisted Living PLUS is Tulsa’s Highest Level of Assisted Living.

MEMORY CENTER
A nationally-recognized Alzheimer’s center that has been providing a safe and comfortable setting for individuals with dementia for 21 years. The center’s design offers a secure environment in six home units. The center is managed by an RN and staffed 24 hours a day by an RN and/or Licensed Practical Nurse and nurse assistants. Private and semi-private accommodations available.

HEALTHCARE CENTER
The best possible nursing care in a loving environment. The Healthcare Center is managed by a Registered Nurse and staffed 24 hours a day by an RN and/or Licensed Practical Nurse and nurse assistants. Private and semi-private accommodations available.

SKILLED NURSING
Saint Simeon’s is pleased to offer Skilled Nursing under Medicare Part A for individuals in need of rehabilitative short-term stays of 1 to 100 days.
Nursing Facilities

Key:
- Included
▲ - Extra Cost
■ - Available
IN - Insurance
LC - Long-Term Care Insurance
MC - Medicare
MD - Medicaid
OT - Other
PP - Private Pay
VA - Veterans Administration
WC - Worker’s Compensation

The Villages at Southern Hills
5721 S. Lewis Ave.
Tulsa, OK 74105
(918) 447-6447
(918) 236-4207 fax
www.villagesatsouthernhills.com

Tulsa Jewish Retirement and Health Center
2025 E. 71st St.
Tulsa, OK 74136
(918) 496-8333
(918) 496-8257 fax
www.tjrhcc.org

Basic Information and Services

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LIFE’s ADvantage Case Management

LIFE’s ADvantage Case Management helps qualifying seniors access the services and support needed to stay living independently at home.

Discover what LIFE has to offer.
LIFE’s SeniorLine (918) 664-9000
www.LIFEseniorservices.org

Enjoy Your Day - Your Way.
We provide everything you need from housekeeping to spiritual services. Our skilled nursing staff provides 24-hour care.

2300 W. BROADWAY COLLINSVILLE, OK 74021 (918) 371-2545
www.NorthCountySeniorLiving.com

(918) 664-9000
### Basic Information and Services

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<tr>
<td>Tulsa Nursing Center</td>
<td>10912 E. 14th St.</td>
<td>Tulsa, OK 74128</td>
<td>(918) 438-2440</td>
<td>(918) 437-3375 fax</td>
<td><a href="http://www.tulsanc.com">www.tulsanc.com</a></td>
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<td>University Village Retirement Community</td>
<td>8555 S. Lewis Ave.</td>
<td>Tulsa, OK 74137</td>
<td>(918) 299-2661</td>
<td>(918) 298-3691 fax</td>
<td><a href="http://www.uvrc.com">www.uvrc.com</a></td>
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<td>Wagoner Care Center</td>
<td>205 N. Lincoln Ave.</td>
<td>Wagoner, OK 74467</td>
<td>(918) 485-2203</td>
<td>(918) 485-6673 fax</td>
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<tr>
<td>Wellington Hills Living and Rehabilitation Center</td>
<td>607 Woodland Ave.</td>
<td>Eufaula, OK 74432</td>
<td>(918) 689-2508</td>
<td>(918) 689-2555 fax</td>
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<td>Wildwood Care Center</td>
<td>3333 E. 28th St.</td>
<td>Tulsa, OK 74114</td>
<td>(918) 747-8008</td>
<td>(918) 512-4887 fax</td>
<td><a href="http://www.colonialmanortulsa.com">www.colonialmanortulsa.com</a></td>
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<tr>
<td>Wood Manor</td>
<td>2800 N. Hickory St.</td>
<td>Claremore, OK 74017</td>
<td>(918) 341-4365</td>
<td>(918) 341-7218 fax</td>
<td><a href="http://www.woodmanornursing.com">www.woodmanornursing.com</a></td>
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<td>York Manor Nursing Center</td>
<td>500 S. York St.</td>
<td>Muskogee, OK 74403</td>
<td>(918) 682-6724</td>
<td>(918) 682-8090 fax</td>
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LIFE’s Adult Day Health

Veterans Welcome!
Receive top-quality daytime care, enjoy the company of other veterans and continue living at home. LIFE’s Adult Day Health is recommended and approved by the VA.

Free visit days available!

Discover what LIFE has to offer.

Three nationally-accredited locations in Tulsa and Broken Arrow.

LIFE’s SeniorLine (918) 664-9000
www.LIFESeniorservices.org
Adult day health centers provide a coordinated program of professional and compassionate services for adults in a community-based group setting. A well-run adult day health program focuses on enriching participants’ lives by building on their individual skills, knowledge, abilities and strengths. In addition to social and recreational services, some adult day health centers provide health support services, such as blood pressure monitoring, foot care, therapies, specialized Alzheimer’s/dementia care and assistance with personal care, such as assisted showers and hair care. These programs also provide caregivers a much-needed break to attend to personal needs, run errands, continue working or rest and relax. Days and hours of operation, scope of services, costs and payment options vary. For more information, contact the adult day health center directly. To help determine if an adult day health program meets your needs, utilize the Adult Day Health Services: Person-Centered Daytime Care for Older Adults and Adult Day Health Services: How to Choose a Quality Program articles starting on page 34.

### Key:
- Services Available

- AD - ADvantage Medicaid Waiver
- AS - DHS Aging Services
- DH - DHS-DDSD Waiver
- FA - Financial Assistance
- LC - Long-Term Care Insurance
- OG - Oxford Respite Grant Contract
- OV - Oxford Respite Voucher
- PP - Private Pay
- SC - Scholarship
- VA - Veterans Administration

### Basic Information and Services

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<th>Developmentally Delayed</th>
<th>Therapeutic Activities</th>
<th>Meals/Special Diets</th>
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### A Place Close to Home Adult Day Care
12220 S. State Hwy. 51  
Coweta, OK 74429  
(918) 279-0060  
(918) 279-0063 fax

### DayBreak Adult Day Health at Elder Care
1223 Swan Dr.  
Bartlesville, OK 74006  
(918) 336-8500  
(918) 766-0360 fax
www.aboutelderCare.org

### LIFE’s Adult Day Health - 31st & Sheridan
5950 E. 31st St.  
Tulsa, OK 74135  
(918) 664-9000  
(918) 664-9922 fax
www.LIFEseniorservices.org
LIFE’s Adult Day Health

Today’s to-do list: ENJOY LIFE!

With three convenient locations, affordable services seven days a week, and financial assistance options, LIFE’s Adult Day Health could be the perfect care solution for you and your family.

Free visit days available!

Three nationally-accredited locations in Tulsa and Broken Arrow.

LIFE’s SeniorLine (918) 664-9000
www.LIFESeniorServices.org
## Key:
- Services Available
  - AD - ADVantage Medicaid Waiver
  - AS - DHS Aging Services
  - DH - DHS-DDSD Waiver
  - FA - Financial Assistance
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| **LIFE's Adult Day Health - Broken Arrow**  
3106 S. Juniper Ave.  
Broken Arrow, OK 74012  
(918) 664-9000  
(918) 455-1161 fax  
www.LIFEseniorservices.org | AD AS DH LC OG OV PP VA | ● ● ● ● ● ● ● ● ● | ● | ● | ● | ● | ● | ● | ● | ● | | |
| **LIFE's Adult Day Health - Pine & Lansing**  
902 E. Pine St.  
Tulsa, OK 74106  
(918) 664-9000  
(918) 585-9266 fax  
www.LIFEseniorservices.org | AD AS DH LC OG OV PP VA | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | |
| **OASIS Adult Day Services**  
5525 E. 51st St., Ste. 400  
Tulsa, OK 74135  
(918) 749-6969  
(918) 749-6961 fax  
www.oasisads.org | AD AS DH FA LC OG OV PP SC VA | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | |

### These Articles May Be Especially Helpful:
- “Adult Day Health Services: Person-Centered Daytime Care for Older Adults,” page 34
- “Adult Day Health Services: How to Choose a Quality Program,” page 35
### Key:
- Services Available
- AD - ADvantage Medicaid Waiver
- AS - DHS Aging Services
- DH - DHS-DDSD Waiver
- FA - Financial Assistance
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### OASIS Adult Day Services - Sapulpa
410 E. Lee St.
Sapulpa, OK 74066
(918) 224-0410
(918) 224-3230 fax
www.oasisads.org

### Rogers County Adult Day Care
2680 N. Hwy. 88
Claremore, OK 74017
(918) 341-7588
(918) 341-4055 fax

---

**Have Questions?**

**LIFE’s SeniorLine has Answers!**

LIFE’s SeniorLine representatives are experienced, caring professionals with special training in aging issues and caregiver concerns. They’ll listen to your situation, ask pertinent questions and connect you with trustworthy community resources and services.

**CALL SENIORLINE AT**

(918) 664-9000

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(918) 664-9000

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LIFE’s Vintage Guide
Home Health Agencies

Home health, also called home care, is a general phrase that encompasses a wide range of health and other supportive services delivered in a person's home. Home health is appropriate when a person prefers to stay at home, but needs ongoing or intermittent care or assistance that cannot easily or effectively be provided solely by family and friends. Home health services can help a person continue recovery after a hospitalization. Home health is an integral part of rehabilitation and long-term care in the home. Home healthcare can consist of skilled care, personal care and companion care. For more information on these services refer to the Helpful Terms & Definitions article on page 12. For some, home health services are an alternative to institutional care. To help determine if a home health agency meets your needs, please utilize the Home Health Agency Evaluation Checklist on page 37.

It is important to note that home health agencies usually service a specific geographical area, defined by a service mile radius or by county. Agencies with multiple offices may cover a larger area. In this section, agencies with multiple offices are denoted with an asterisk (*). For information on service areas, services and more, contact the agency directly.

Home health agencies in Oklahoma are licensed under the Home Care Act, Title 63 of the Oklahoma Statutes and the rules for Home Care Agencies. State licensure is required. The exception to Oklahoma's licensing requirements include, but are not limited to: 1) a person acting alone who provides services in the home of a relative, neighbor or friend; 2) a person who provides housekeeping/maid services only; 3) a nurse service or home aide service conducted by and for any religious denomination.

Key:

- Services Provided
- Additional Locations
AD - ADvantage Medicaid Waiver
IN - Insurance
LC - Long-Term Care Insurance
MC - Medicare
MD - Medicaid
PP - Private Pay
VA - Veterans Administration
WC - Worker's Compensation

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A Better Life Homecare *
309 E. Dewey Ave.
Sapulpa, OK 74066
(918) 392-3838
(918) 392-3839 fax
www.ABetterLifeHomecare.com

Aall Care Home Health
8310 E. 73rd St.
Tulsa, OK 74133
(918) 622-6446
(918) 622-6442 fax
www.aallcare.net

Accentra Home Healthcare *
1400 S.W. Expressway Dr.
Broken Arrow, OK 74012
(918) 281-8200
(918) 270-1059 fax
www.accentrahealthcare.com
PRIVATE HEALTHCARE WHEN YOU NEED IT

At BrightStar Care®, our goal is to improve the quality of life of those entrusted to our care. We are committed to providing A Higher Standard of Home Care and helping you get the most out of life. BrightStar Care offers high quality, personalized care – available around the clock. Our registered nurse will assess your needs, develop a customized care plan, and match a trained, certified, and RN-supervised caregiver to meet your unique requirements. Our standards and practices have received the esteemed Gold Seal of Approval® from The Joint Commission. Tell us what you need – we’ll take care of it.

› Companionship
› Meal Preparation
› Transportation
› Errands and Other Personal Services
› Light Housekeeping and Laundry
› Respite Care
› Pediatric and Adolescent Care
› Personal Care (Hygiene, Bathing, Medication Reminders, Exercise)
› Skilled Nursing Care (Infusion Therapy, Blood Draws, Injections, Vital Signs)
› From Hourly to Live-In

All Caregivers are licensed, bonded, fully insured and must meet exceptionally high standards and qualification requirements.

BrightStar Care® of Tulsa
918 392 9949 • 5110 S. Yale Ave., Ste. 530, Tulsa, OK 74135
www.brightstarcare.com

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Create your FREE private Care Community today.
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Independently Owned and Operated
### Key:
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- **★** - Additional Locations
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#### Basic Information and Services

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| **Advanced Healthcare**
136 N. Greenwood Ave.
Tulsa, OK 74120
(918) 592-9000
(918) 592-0049 fax
| AD | ● | ● | ● |
| **Affordable Assistance, LLC**
1901 W. Concord Cir.
Broken Arrow, OK 74012
(918) 249-4663
(918) 254-4974 fax
www.affordableassistance.com
| 55 | PP | ● | ● | ● |
| **Agape Health Care Services***
8523 E. 11th St., Ste. B
Tulsa, OK 74112
(918) 245-8000
(918) 245-8001 fax
www.agapehealthcare.org
| 18 | IN, LC, MC, MD, VA, WC | ● | ● | ● |
| **Allied Home Health***
1619 S. Peoria Ave.
Tulsa, OK 74120
(918) 742-4269
(918) 742-4493 fax
www.alliedhomehealth.org
| IN, MC, PP, VA, WC | ● | ● | ● | ● |
| **Allwood Home Health***
Tulsa, OK
(918) 392-4016
(866) 895-4510 fax
| IN, LC, MC, MD, PP, WC | ● | ● |
| **Amedisys Home Health of Tulsa***
10108 E. 79th St., Ste. A
Tulsa, OK 74133
(918) 294-3902
(918) 294-3432 fax
www.Amedisys.com
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- Shopping
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- Meal Preparation
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- Respite Care for Families

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Protect your seniors from scams with this new resource from Visiting Angels owner Page Cole! Mention this ad and get a free copy with your free in-home consult!

Visiting Angels
America's Choice in Homecare
LIVING ASSISTANCE SERVICES

SELECT YOUR CAREGIVER!
America's Choice in Homecare

Each Visiting Angels agency is independently owned and operated.
### Home Health Agencies

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See Our Ad On Page 159
See Our Ad On Page 147

144  LIFE’s Vintage Guide • Home Health Agencies  www.LIFEseniorservices.org
WE CAN HELP YOU STAY IN YOUR HOME
Your Life, Your Way

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<td>(918) 949-4555</td>
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<tr>
<td>(918) 933-5352 fax</td>
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<td>(918) 392-9949</td>
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<td>(918) 298-0275</td>
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<td>(918) 298-4838 fax</td>
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<td>(918) 294-9760</td>
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<td>2846 E. 101st St. S Tulsa, OK 74137</td>
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<td>(918) 425-4000</td>
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<td>(918) 622-4329 fax</td>
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<td>121 S. Broadway Cleveland, OK 74020</td>
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Inverness at Home
the support you need to blossom at home

“Inverness at Home makes all the difference in my daily life. I feel better and get along better. My caregiver makes my life much easier. I feel like she has become part of my family.”
—CLIENT TESTIMONIAL

Home Care Services
- Personal care
- Companion care
- Meal preparation
- Transportation
- Light housekeeping and laundry
- 24-hour care available

Skilled Nursing Services
- Medication management
- Medication administration
- Wound care
- IV infusion therapy

Voted Best of Home Care Provider of Choice and Employer of Choice by Home Care Pulse – one of the industry’s leading benchmarking and quality satisfaction firms.

For more information about our services, please visit InvernessAtHome.org

Inverness at Home is a licensed non-profit agency in Oklahoma.
Inverness at Home | 918-388-3131 | 3800 W. 71st St., Tulsa, OK 74132
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DO YOU NEED HELP CARING FOR A LOVED ONE?

Right at Home offers caregiving services for almost any family and practically any situation. Our in-home care lets loved ones enjoy life in the comfort of a familiar environment. And we tailor all of our services to your unique situation through a Custom Care Plan.

WE OFFER

Companionship/Homemaking:
- Safety supervision, transportation and light housekeeping

Physical Assistance:
- Ambulation and dressing assistance

Hygiene:
- Bathing and other personal care services

Wellness:
- Daily health reminders, meal planning and preparation

Transitional Care:
- Customized discharge plan for patients going home after a hospital or skilled rehab stay
- Reduces the risk of re-hospitalizations

We also provide care for very specific special care situations and when a loved one is affected by disease or disorders, such as:
- Alzheimer’s and other related dementia
- Hypertension/stroke recovery
- Heart disease
- Cancer recovery
- Hospice/palliative support

All caregivers are highly screened, trained, bonded and insured to meet your quality standards.

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In Home Care & Assistance

The Right Care, Right at Home®
Serving Tulsa and all areas of NE Oklahoma

918.289.0000
http://www.rightathome.net/tulsa-east-west/
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Discover the Interactive Difference

98% of our Clients are Referrals. Call Today to See Why!

Do you or a loved one struggle with daily tasks? Could you use a little help around the house?

SAFE HOMECARE is here to help. With no contracts and no minimums, it’s never been easier to get the quality help you deserve.

SAFE HOMECARE is a licensed home care agency. All of our caregivers are bonded, insured and thoroughly screened.

In-Home Senior Care Services
- Personal / Companion Care
- Housekeeping / Laundry
- Meal Prep
- Transportation
- Medication Reminders
- Bathing
- Certified Home Health Aides
- 24 Hour Care
- Alzheimer’s and Dementia Support
- Free Nurse Assessment

Call us (918) 994-0670
6130 East 71st Street, Suite 12
Tulsa, OK 74136

Visit www.SAFEHOMECARE.com
### Gentiva Health Services*
5314 S. Yale Ave., Ste. 500
Tulsa, OK 74135
(918) 250-3636
(918) 250-6833 fax
www.gentiva.com

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### Girling Health Care*
7060 S. Yale Ave., Ste. 500
Tulsa, OK 74136
(918) 665-8886
(918) 665-2909 fax
www.girling.com

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### Green Country Home Health Care, Inc.
318 N. Missouri Ave.
Claremore, OK 74017
(918) 343-5720
(918) 343-5760 fax
www.gchhc.com

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### Griswold Home Care*
2727 E. 15th St., Ste. A
Tulsa, OK 74104
(918) 921-8875
(918) 512-4292 fax
www.GriswoldHomeCare.com/tulsa

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### HealthBack Home Health*
2490 W. New Orleans St.
Broken Arrow, OK 74011
(918) 449-0030
(918) 449-0603 fax
www.healthback.com

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### HealthCare Innovations - Private Services*
907 S. Detroit Ave., Ste. 905
Tulsa, OK 74120
(918) 496-3300
(918) 496-3336 fax
www.jhsi.com

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### Key:
- **•** - Services Provided
- **•** - Additional Locations
- **AD** - ADvantage Medicaid Waiver
- **IN** - Insurance
- **LC** - Long-Term Care Insurance
- **MC** - Medicare
- **MD** - Medicaid
- **PP** - Private Pay
- **VA** - Veterans Administration
- **WC** - Worker’s Compensation

### Minimum Services
- **Basic Information and Services**
- **See Our Ad On Page 161**
My Parents Always Gave Me the Best Care
That's Why I Gave Them Comfort Keepers®

We help to keep their independent spirit strong. Comfort Keepers® provides compassionate in-home care that helps seniors live happy, fulfilling lives in the comfort of their own homes. Our wide range of services promote independence and wellbeing. We call it Interactive Caregiving™, a unique approach provided by special caregivers called Comfort Keepers®, who are carefully screened, bonded, insured, and meet a strict qualification process.

Comfort Keepers is a licensed agency in Oklahoma

918-749-4433
907 S. Detroit, Ste. 840 • Tulsa, OK 74120

IN-HOME SENIOR CARE SERVICES

Companion Care
Housekeeping & Meals
Shopping & Errands
Incidental Transportation
Personal Care Services
SafetyChoice® Home Safety Solutions

24 Hour Care Available
Alzheimer's Client and Family Support Program

### Home Health Agencies

**Key:**
- Services Provided
- Additional Locations
- AD - ADvantage Medicaid Waiver
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- MD - Medicaid
- PP - Private Pay
- VA - Veterans Administration
- WC - Worker’s Compensation

**Basic Information and Services**

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**First Call**

**Your Staffing Source**

Medical Staffing & Home Care Specialists

Call us. We can help.

**Services Include:**

- Nurses • RNs, LPNs • Home Health Aides • Companions • RN Supervision
- Intermittent Visits or Hourly Care • Home IV Therapy • Sitter Service

All employees are screened, fidelity bonded, liability insured, and drug tested.

**Contact Information:**

- **First Call**
  - (918) 665-1011
  - 24 Hour Service
  - 7 Days a Week
  - www.My-FirstCall.com

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**See Our Ad On Page 157**
### Key:
- Services Provided
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### Basic Information and Services

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### Caring for you at home...
Keeping Families Together.

**Oxford HealthCare can help!**

- Personal Care · Light Housekeeping
- Transportation · Safety Supervision
- Meal Preparation · Companionship
- Medication Management · Alzheimer’s Care

Call today to schedule your complimentary evaluation!

918-258-1111 • 1-800-316-2222 • www.oxford-healthcare.com
## Home Health Agencies

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#### Mays Housecall Home Health★
- 1312 S. Garnett Rd., Ste. A
  - Tulsa, OK 74128
  - (918) 437-0620
  - (918) 437-8789 fax
  - www.mayshomecare.com

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#### Mays Plus, Inc.*
- 207 W. 5th St.
  - Okmulgee, OK 74447
  - (918) 752-0291
  - (918) 752-0293 fax
  - www.mayshomecare.com

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#### Med-Corp Home Health and Med-Corp Plus★
- 1340 W. Shawnee St.
  - Muskogee, OK 74401
  - (918) 686-6842
  - (918) 683-5951 fax

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#### Millennium Home Health Care, Inc.*
- 12129 E. Skelly Dr.
  - Tulsa, OK 74128
  - (918) 493-6555
  - (918) 488-8825 fax
  - www.millenniumhhc.com

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#### Muscogee (Creek) Nation Home Health
- 1401 Morris Dr.
  - Okmulgee, OK 74447
  - (918) 758-0086
  - (918) 758-3025 fax

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#### Outreach Home Services
- 2303 S. York St.
  - Muskogee, OK 74403
  - (918) 682-6400
  - (918) 682-6402 fax

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You can’t always be there. But we can. With Home Instead Senior Care, caring for an aging loved one doesn’t have to be a struggle. It’s why we offer everything from individualized help around the house to advanced Alzheimer’s care—to keep them safe and sound at home, instead of anywhere else.

Take the first step. Call us at 918.364.0980 or visit HomeInstead.com/399

LIFE’s Adult Day Health

LIFE’s Adult Day Health provides a comfortable, safe environment where seniors can relax, regain their strength, and receive health monitoring and support after a hospital stay.

FREE VISIT DAYS AVAILABLE

Three nationally-accredited locations in Tulsa and Broken Arrow.

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### Key:
- **●** - Services Provided
- **★** - Additional Locations
- **AD** - ADvantage Medicaid Waiver
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### Basic Information and Services

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Providing in-home assistance with:
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| Key: | - Services Provided | * - Additional Locations | AD - ADvantage Medicaid Waiver | IN - Insurance | LC - Long-Term Care Insurance | MC - Medicare | MD - Medicaid | PP - Private Pay | VA - Veterans Administration | WC - Worker’s Compensation |

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| **Right at Home In Home Care & Assistance**<sup>*</sup> | | IN | LC | PP | VA | WC |  | 2 |
|---|---|---|---|---|---|---|---|
| 9717 E. 42<sup>nd</sup> St., Ste. 101 | | | | | | | |
| Tulsa, OK 74146 | | | | | | | |
| (918) 289-0000 | | | | | | | |
| (918) 289-0202 fax | | | | | | | |
| www.rightathome.net | | | | | | | |

| **SAFE HOMECARE** | | IN | LC | PP | VA | WC |  | |
|---|---|---|---|---|---|---|---|
| 6130 E. 71<sup>st</sup> St., Ste. 12 | | | | | | | |
| Tulsa, OK 74136 | | | | | | | |
| (918) 994-0670 | | | | | | | |
| (918) 791-0031 fax | | | | | | | |
| www.safehomecare.com | | | | | | | |

| **Saffa Infusion Pharmacy**<sup>*</sup> | | IN | MC | MD | PP | VA | WC | |
| (infusion services only) | | | | | | | |
| 12515 E. 55<sup>th</sup> St., Ste. 101 | | | | | | | |
| Tulsa, OK 74146 | | | | | | | |
| (918) 493-2727 | | | | | | | |
| (918) 493-2990 fax | | | | | | | |
| www.ameritaiv.com | | | | | | | |

| **Saint Francis Home Health** | | IN | LC | MC | MD | PP | VA | WC | |
|---|---|---|---|---|---|---|---|---|
| 6600 S. Yale Ave., Ste. 200 | | | | | | | | |
| Tulsa, OK 74136 | | | | | | | | |
| (918) 488-6888 | | | | | | | | |
| (918) 488-6899 fax | | | | | | | | |
| www.saintfrancis.com | | | | | | | | |

| **Senior Helpers** | | LC | PP | VA | WC |  |  | |
|---|---|---|---|---|---|---|---|
| 2492 W. New Orleans St. | | | | | | | |
| Broken Arrow, OK 74012 | | | | | | | |
| (918) 574-2273 | | | | | | | |
| (918) 994-7832 fax | | | | | | | |
| www.seniorhelpers.com | | | | | | | |

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For valuable home care information and resources:
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| SeniorSelect* | 10810 E. 45th St., Ste. 310 | Tulsa, OK 74146 | (918) 493-2100 | (918) 488-9588 fax | www.SeniorSelectHC.com |
| Sooner Home Health Care* | 15 E. Dewey Ave. | Sapulpa, OK 74066 | (918) 224-4500 | (918) 224-4507 fax | www.soonerhs.com |
| Southwest Home Health Care* | 8596 E. 101st St., Ste. F | Tulsa, OK 74133 | (918) 622-5110 | (918) 622-5102 fax | |
| Specialized Home Nursing | 7137 S. Braden Ave. | Tulsa, OK 74136 | (918) 481-8111 | (918) 481-8110 fax | |
| S-Q Home Care Specialties, Inc.* | 2400 N. Hemlock Cir. | Broken Arrow, OK 74012 | (918) 251-0070 | (918) 258-9229 fax | www.sqhomecare.com |

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**See Our Ad on Page 159**

**LIFE’s Vintage Guide • Home Health Agencies**

www.LIFEseniorservices.org
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### Additional Information:
- Services Provided
- Minimum Age
- Payment
- Companion Care
- Personal Care
- Skilled Care
- Accredited
- Bonded and Insured
- Nonprofit
- Minimum Services
- Hours

**This Article May Be Especially Helpful:**
“Helping Seniors Remain at Home with the ADvantage Program,” page 39

(918) 664-9000
Hospice Care Agencies

Hospice programs provide supportive services and palliative care to individuals with a terminal diagnosis. The focus of hospice care is on meeting the physical, emotional and spiritual needs of the individual and their family, while fostering the highest quality of life possible. To learn more about hospice care, see the Understanding Hospice Care article on page 45. To help determine if a hospice care agency meets your needs, utilize the Hospice Care Agency Evaluation Checklist on page 47.

Hospice services are covered under Medicare (Part A), by the Veterans Administration and most private health insurance plans. While Oklahoma’s ADvantage Medicaid Waiver program does cover hospice care, Oklahoma’s traditional Medicaid program, also called Soonercare, does not.

It is important to note that hospice agencies usually service a specific geographical area, defined by a service mile radius or by county. Agencies with multiple offices may cover a larger area. In this section, agencies with multiple offices are denoted with an asterisk (*). For information on service areas, services and more, contact the agency directly.

Hospice programs in Oklahoma are licensed under the Hospice Licensing Act, 63 O.S., Section 1-860.1 et seq., and the Hospice Regulations, OAC 310:661. State licensure is required. Medicare certification is optional.

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The Experts Providing
A Higher Quality of Care Since 1987

Consistently Exceeds Nursing Care Requirements

Our team says they love working for Hospice of Green Country because they get to spend the time needed to take excellent care of our patients, their families, and their pets.

Don’t Wait. Make the Call.
Because it’s never too early to get extra help.

918.747.2273
www.hospiceofgreencountry.org

Care provided regardless of ability to pay
Medicare & private insurance accepted

Office locations in Tulsa, Sapulpa & Claremore
Non-profit
### Hospice Care Agencies

#### Key:
- • - Services Provided
- * - Additional Locations
- AD - ADvantage Medicaid Waiver
- IN - Insurance
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- VA - Veterans Administration

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<td>Evergreen Hospice</td>
<td>9902 E. 43rd St., Ste. A Tulsa, OK 74146 (918) 250-5555 (918) 252-0796 fax <a href="http://www.evergreenhospice.net">www.evergreenhospice.net</a></td>
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<td>Family Care Hospice</td>
<td>4125 S. Mingo Rd. Tulsa, OK 74146 (918) 392-4401 (918) 392-4408 fax <a href="http://www.tulsafamilycare.com">www.tulsafamilycare.com</a></td>
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<td>Family Choice Hospice</td>
<td>1815 E. 15th St. Tulsa, OK 74104 (918) 933-5093 (918) 592-0522 fax <a href="http://www.okhospice.com">www.okhospice.com</a></td>
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<td>First Choice Hospice, LLC</td>
<td>1002 S. McQuarrie Ave., Ste. B Wagoner, OK 74467 (918) 485-0079 (918) 485-0017 fax <a href="http://www.firstchoicehospiceok.com">www.firstchoicehospiceok.com</a></td>
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**See Our Ad On Page 171**
Hospice Services For Individuals Facing Profound Illness

Comprehensive care to help you face the challenge of cancer, lung disease, heart disease, Alzheimer’s, stroke and other life limiting disease

RoseRock Healthcare The Safety Net That Is Always There

Care available 24 hours each day 365 days a year

Call us and ask the questions that are important to you. Medicare allows you to select the hospice you believe will provide the safe, dependable services you need.

918-236-4866

WWW.ROSEROCKHEALTHCARE.COM
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### Hospice Care Agencies

#### Good Shepherd Hospice*
- 6218 S. Lewis Ave., Ste. 110
- Tulsa, OK 74136
- (918) 743-5067
- (918) 743-9376 fax
- www.goodshepherdhospice.com

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#### Grace Hospice of Oklahoma
- 6400 S. Lewis Ave., Ste. 1000
- Tulsa, OK 74136
- (918) 744-7223
- (918) 744-5784 fax
- www.gracehospice.com

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#### Heritage Hospice, LLC
- 114 S. 4th St.
- Henryetta, OK 74437
- (918) 652-3919
- (918) 652-2619 fax
- www.heritagehospicellc.com

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#### Hometown Hospice*
- 804 S. Main St.
- Broken Arrow, OK 74012
- (918) 251-6441
- (918) 251-6602 fax
- www.hometownhospice.com

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#### Hospice Advantage*
- 8291 N. Owasso Expy.
- Owasso, OK 74055
- (918) 272-3060
- (918) 272-3617 fax
- www.hospiceadvantage.net

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#### Hospice of Green Country, Inc.*
- 1120 S. Boston Ave., Ste. 200
- Tulsa, OK 74119
- (918) 747-2273
- (918) 747-2573 fax
- www.hospicofgreencountry.org

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**LIFE’s Caregiver Support Services**

Juggling work, family and personal needs with caregiving responsibilities is often difficult and exhausting. LIFE offers personal consultation, classes and support groups that help make caregiving much more manageable.

---

**Caregiver Educational Seminars at LIFE**

- Caregiving 101
- Managing Caregiver Stress
- Savvy Caregiver: Six-Week Series
- Communication Strategies
- Caregiver Support Groups
- and More

For more information about LIFE’s Caregiver Support Services, call LIFE’s SeniorLine at (918) 664-9000 or visit www.LIFEseniorservices.org.

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**Saint Francis Hospice**

Support you need from a name you trust.

When your loved one requires end-of-life care, you deserve the support of a compassionate team. Under the direction of our board-certified physicians, Saint Francis Hospice offers a level of quality care that helps families comfortably manage physical, spiritual and emotional needs.

The Saint Francis Hospice team is committed to helping individuals achieve the most rewarding experience possible from life’s closing moments. It is a promise made to everyone we serve.

Saint Francis Hospice is Medicare certified and accredited by The Joint Commission.

(918) 494-6465
saintfrancis.com

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**WITH A WILL**

**THERE IS A WAY TO HELP.**

**Leave a Lasting Legacy.**

Your gift can support the mission of our organization for generations to come.

Reduce or eliminate taxes, enjoy income for life and establish financial stability. Talk with our planned giving team and learn how you can provide for your family’s future, through planned giving: establishing a trust, setting up a charitable gift annuity or creating a gift through your estate.

Contact Mark Loeber today at 918-491-0079.
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<td>2828 E. 51st St., Ste. 102</td>
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* Minimum Age
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On-Call Staff
Continuous Care
Pet Care
Respite
Accredited
Nonprofit
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| Rivercross Hospice*  
9820 E. 41st St., Ste. 400  
Tulsa, OK 74146  
(918) 622-9281  
(918) 270-2867 fax  
www.rivercrosshospice.com  
| AD IN MC PP VA | | | | | | | |
| RoseRock Healthcare  
2642 E. 21st St.  
Tulsa, OK 74114  
(918) 236-4866  
(918) 236-4867 fax  
www.RoseRockHealthcare.com  
| AD IN MC PP VA | | | | | | | |

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Caring is Our Business
- Skilled Nursing
- Home Care Aide
- Physical Therapy
- Speech Therapy
- Occupational Therapy
- Medicare, Managed Care, Private Pay, Commercial Insurance, Veterans

**HOSPICE SERVICES**
You’re Not Alone
- Pain, Symptom Control
- No cost to patient or family
- Physician, Nurse Services
- Aide services
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[www.evergreenhomehealth.net](http://www.evergreenhomehealth.net)
[info@evergreenhomehealth.net](mailto:info@evergreenhomehealth.net)

**918-250-5555**
Toll-free: 1-888-250-5556

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**St. John Home Health & Hospice**

**EXPERIENCE TO MEET THEIR EVERY NEED.**

**IT’S WHY ST. JOHN HOSPICE IS HERE.** As Tulsa’s longest-serving hospice provider, we understand the challenges that lie ahead for you and your loved one. Our nurses, nurse assistants, social workers, and chaplains have the experience to provide compassionate care and support for your entire family. For more information about St. John Hospice, call 918-747-4428.
### Hospice Care Agencies

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### Notes


PACE (Program of All-Inclusive Care for the Elderly) provides comprehensive medical care and community-based services for people age 55 or older who meet a nursing home level of care, but wish to remain living in the community. For more information on PACE, see the *What is PACE?* article on page 19.

**Cherokee Elder Care – PACE**  
1387 W. 4th St. • Tahlequah, OK 74464  
(918) 453-5554  
(918) 431-4112 fax  
http://elderCare.cherokee.org

**LIFE PACE**  
LIFE Senior Services  
PACE Center: 902 E. Pine St. • Tulsa, OK 74106  
Corporate: 5950 E. 31st St. • Tulsa, OK 74135  
(918) 949-9969  
(918) 585-9266 fax  
www.LIFEPACE.org

---

**LIFE’s Adult Day Health**

LIFE’s Adult Day Health provides a safe, secure daytime home where older adults can stay active and thrive while caregivers work, run errands or take some time for themselves.

--- *Free visit days available!* ---

Discover what *LIFE* has to offer.

Three nationally-accredited locations in Tulsa and Broken Arrow.

LIFE’s SeniorLine (918) 664-9000  
www.LIFEseniorsservices.org

---

(918) 664-9000
The following are providers of voice and non-voice push button or hand-held personal and medical alarm systems. For more information on available services and promotions, contact the provider directly. Basic rates and service areas are listed below.

<table>
<thead>
<tr>
<th>Services and Fees</th>
</tr>
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<tbody>
<tr>
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<tr>
<td><strong>Activation Fee</strong></td>
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<tr>
<td>ADT Home Health Security Services</td>
</tr>
<tr>
<td>(877) 678-6952</td>
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<tr>
<td>Emergency Alert Response Systems, Inc.</td>
</tr>
<tr>
<td>6528 E. 101st St. S, Ste. D1 PMB 456</td>
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<tr>
<td>Tulsa, OK 74133</td>
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<tr>
<td>(877) 885-3277</td>
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<tr>
<td>HALO Medical Alarms</td>
</tr>
<tr>
<td>9246 S. Sheridan Rd., Ste. 213 • Tulsa, OK 74133</td>
</tr>
<tr>
<td>(877) 747-4256</td>
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<tr>
<td>Independence Technologies, LLC</td>
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<tr>
<td>2608 W. Kenosha St., Ste. 622</td>
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<tr>
<td>Broken Arrow, OK 74012</td>
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<tr>
<td>(918) 249-5060</td>
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<tr>
<td>Philips Lifeline</td>
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<tr>
<td>Visiting Nurse Association of Oklahoma</td>
</tr>
<tr>
<td>7875 E. 51st St. • Tulsa, OK 74145</td>
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<tr>
<td>(918) 743-9810</td>
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<tr>
<td><a href="http://www.vnaok.org">www.vnaok.org</a></td>
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<tr>
<td>Safety Choice by Comfort Keepers</td>
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<tr>
<td>907 S. Detroit Ave., Ste. 840 • Tulsa, OK 74120</td>
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<tr>
<td>(918) 749-4433</td>
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<tr>
<td>Senior Safety Services</td>
</tr>
<tr>
<td>3130 S. Winston Ave. • Tulsa, OK 74135</td>
</tr>
<tr>
<td>(918) 938-2574</td>
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<tr>
<td><a href="http://www.SeniorSafetyOK.com">www.SeniorSafetyOK.com</a></td>
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</tbody>
</table>
The following are providers of equipment that make it possible for people with disabilities to operate motor vehicles. Whether you are modifying a vehicle you own or purchasing a new vehicle with adaptive equipment, financial assistance may be available. For more information, refer to the Adaptive Mobility Reimbursement Programs listed on this page and the Disability Services listings on page 192.

National Mobility Equipment Dealers Association (NMEDA) is a nonprofit trade association dedicated to improving the lives of people with disabilities and helping them achieve driving independence. For additional advice on shopping for vehicle adaptive devices, call (866) 948-8341 or visit www.nmeda.com.

<table>
<thead>
<tr>
<th>Vehicle Adaptive Device Providers</th>
<th>Services and Fees</th>
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</thead>
<tbody>
<tr>
<td><strong>Handicapped Vehicle Services Unlimited</strong></td>
<td>DD DH</td>
</tr>
<tr>
<td>7215 E. 46th St. • Tulsa, OK 74145</td>
<td>IN PP</td>
</tr>
<tr>
<td>(918) 622-8400 • (800) 580-7311 • (918) 665-0039 fax</td>
<td>VA VR</td>
</tr>
<tr>
<td><a href="http://www.hvsu.com">www.hvsu.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Mobility Plus, Inc.</strong></td>
<td>AD DD</td>
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<tr>
<td>5333 S. Mingo Rd., Ste. C • Tulsa, OK 74146</td>
<td>IN MC</td>
</tr>
<tr>
<td>(918) 280-1870 • (918) 270-9062 fax</td>
<td>MD PP</td>
</tr>
<tr>
<td></td>
<td>VA VR</td>
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<table>
<thead>
<tr>
<th>Adaptive Mobility Reimbursement Programs</th>
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<tbody>
<tr>
<td><strong>Acura Mobility Program</strong></td>
<td></td>
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<tr>
<td>(800) 382-2238 • <a href="http://www.acura.com/MobilityOverview.aspx">www.acura.com/MobilityOverview.aspx</a></td>
<td></td>
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<tr>
<td><strong>Chrysler Automobility Program</strong></td>
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<tr>
<td>(800) 255-9877 • <a href="http://www.chryslerautomobility.com">www.chryslerautomobility.com</a></td>
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<tr>
<td><strong>Ford Mobility Motoring Program</strong></td>
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<tr>
<td>(800) 952-2248 • <a href="http://www.fordmobilitymotoring.com">www.fordmobilitymotoring.com</a></td>
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<tr>
<td><strong>GM Mobility Reimbursement Program</strong></td>
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<tr>
<td>(800) 323-9935 • (800) 833-9935 (TTY) • <a href="http://www.gmmobility.com">www.gmmobility.com</a></td>
<td></td>
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<tr>
<td><strong>Honda Customer Mobility Assistance Program</strong></td>
<td></td>
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<tr>
<td>(800) 999-1009 • <a href="http://www.automobiles.honda.com/information/mobility-assistance.aspx">www.automobiles.honda.com/information/mobility-assistance.aspx</a></td>
<td></td>
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<tr>
<td><strong>Hyundai Mobility Program</strong></td>
<td></td>
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<tr>
<td>(800) 633-5151 • <a href="http://www.hyundaisusa.com/financial-tools/mobility-program.aspx">www.hyundaisusa.com/financial-tools/mobility-program.aspx</a></td>
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<tr>
<td><strong>Lexus Mobility Assistance Program</strong></td>
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<tr>
<td>(800) 255-3987 • (800) 443-4999 (TTY) • <a href="http://www.lexus.com/pdf/models/LexusMobilityForm.pdf">www.lexus.com/pdf/models/LexusMobilityForm.pdf</a></td>
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<tr>
<td><strong>Mobility by Volvo</strong></td>
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<tr>
<td>(800) 458-1552</td>
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<tr>
<td><strong>Toyota Mobility Assistance Program</strong></td>
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<tr>
<td>(800) 331-4331 • <a href="http://www.toyotamobility.com">www.toyotamobility.com</a></td>
<td></td>
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<tr>
<td><strong>Volkswagen Driver Access Program</strong></td>
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<tr>
<td>(800) 822-8987</td>
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</tbody>
</table>
Specialty Hospitals

Long-term acute care and specialty hospitals provide specialized care for medically complex patients who are critically ill, have multi-system complications and/or have failures requiring aggressive and continuous acute care services for longer periods of time. The length of stay in a long-term acute care hospital is usually longer than 10 days and averages 25 days.

AMG Specialty Hospital
A long-term acute care hospital with private rooms and bariatric suites that provides care to patients who have chronic and complex medical needs and require an extended hospital stay. An array of medical conditions are treated, including pulmonary, wound care, infectious disease, cardiac and medically complex. Medicare and private insurance accepted.
2408 E. 81st St. • Tulsa, OK 74137
(918) 710-3620 • (918) 710-3624 fax
www.amgoftulsa.com

Brookhaven Hospital
A comprehensive health center that offers a wide range of care through geriatric psychiatry services and programs for people aging with a brain injury. This model of neurological and psychiatric support serves individuals who have experienced mental health disorders, as well as neurological traumas and syndromes. Joint Commission certified. Medicare accepted.
201 S. Garnett Rd. • Tulsa, OK 74128
(918) 438-4257 • (918) 438-8016 fax
www.brookhavenhospital.com

Cleveland Area Hospital
This 14-bed critical access hospital provides swing-bed services, similar to a skilled nursing facility, as well as a full-time hospitalist, comprehensive wound care, in/outpatient physical rehabilitation services, infusion and nurse care clinic, urology, cardiology, orthopedics and other hospital services. Medicare accepted.
1401 W. Pawnee St. • Cleveland, OK 74020
(918) 358-2501 • (918) 358-2590 fax
www.clevelandareahospital.com

Cornerstone Hospital of Muskogee
(formerly Solara Hospital)
This freestanding 41-bed facility, with all private rooms, provides a broad range of physician specialists, a high observation unit and a comprehensive wound care program. Medicare accepted.
351 S. 40th St. • Muskogee, OK 74401
24-Hour Referral Line: (918) 348-7755
(918) 913-0040 fax • www.chghospitals.com

Post Acute Medical Specialty Hospital of Tulsa
A freestanding 60-bed facility providing specialized inpatient programs for medically complex patients. Services include physical, speech and occupational therapies, ventilator services and a comprehensive wound care program. Joint Commission and Medicare certified. Medicare accepted.
3219 S. 79th E. Ave. • Tulsa, OK 74145
24-Hour Referral Line: (918) 660-5323 • (918) 663-8183
(877) 782-1794 fax • www.postacutemedical.com

Select Specialty Hospital – Tulsa Midtown
Specialized care for the acutely ill. A broad range of physician specialists available, with 24-hour physician coverage. Services include physical, occupational and speech therapies, as well as a comprehensive wound care program. Joint Commission certified. Medicare accepted. Located in Hillcrest-Kaiser Rehab Facility.
1125 S. Trenton Ave., 3rd Fl. • Tulsa, OK 74120
(918) 579-7301 • (918) 579-7354 fax
www.selectspecialityhospitals.com

St. John Sapulpa
See Our Ad On Page 177
This 12-bed skilled care unit within St. John Sapulpa hospital offers skilled nursing services, physician directed care and a commitment to the continued recovery of patients who no longer need the level of medical care provided in an acute care hospital, but are not yet well enough for discharge to their homes.
1004 E. Bryan Ave. • Sapulpa, OK 74066
(918) 224-4280 • (918) 227-1158 fax
www.stjohnsapulpa.com
At St. John Sapulpa, you’re surrounded by a caring team of rehabilitation specialists, full-time physicians and licensed nurses — each devoted to your comfort and recovery. Our staff evaluates, treats and manages your care with the utmost respect, patience and compassion. Services include intravenous medications, wound care and physical therapy. Our Skilled Nursing Facility (SNF) is well equipped to help you realize your full health potential.

Learn more by calling the Skilled Nursing Facility at 918-224-4280.

ST. JOHN MEDICAL CENTER  I  ST. JOHN SAPULPA  I  ST. JOHN OWASSO  I  ST. JOHN BROKEN ARROW
JANE PHILLIPS MEDICAL CENTER  I  ST. JOHN VILLAS  I  ST. JOHN CLINIC URGENT CARE  I  ST. JOHN CLINIC
STJOHNHEALTHSYSTEM.COM

PULSELINE PHYSICIAN REFERRAL 918-744-0123

Today’s to-do list:

Enjoy yourself.

Nurture your mind, body and spirit for a healthier, happier LIFE at LIFE Senior Services’ two Senior Centers for active adults.

LIFE’s Senior Center at Southminster
3500 S. Peoria Ave.

LIFE’s Senior Center at East Side
1427 Indianapolis Ave.

Discover what LIFE has to offer.

LIFE’s SeniorLine (918) 664-9000
www.LIFEseniorservices.org
Inpatient Rehabilitation Hospitals

These hospitals provide rehabilitation and special services to patients staying on-site. In addition to the facilities listed below, most standard medical and surgical hospitals provide inpatient rehabilitation. Check the listings for Nursing Facilities on page 116 for information about long-term care facilities that provide rehabilitative services.

Bernsen Rehabilitation Center
St. John Medical Center
Mary K. Chapman Health Plaza
1819 E. 19th St., 5th Fl. • Tulsa, OK 74104
(918) 744-2291 • (918) 744-3491 fax
www.stjohnhealthsystem.com

Brookhaven Hospital
201 S. Garnett Rd. • Tulsa, OK 74128
(918) 438-4257 • (918) 438-8016 fax
www.brookhavenhospital.com

EASTAR Health System
300 Rockefeller Dr. • Muskogee, OK 74401
(918) 684-2420 • (918) 684-3382 fax
www.eastarhealth.com

Kaiser Rehabilitation Center - Hillcrest Medical Center
1125 S. Trenton Ave. • Tulsa, OK 74120
(918) 579-7200 • (918) 579-7272 fax
www.hillcrest.com

Muscogee (Creek) Nation Physical Rehabilitation Center
formerly George Nigh Rehabilitation Center
900 E. Airport Rd. • Okmulgee, OK 74447
(918) 756-9211 • (918) 756-9452 fax
www.creekhealth.org

Saint Francis Health System Rehabilitation Hospital
6161 S. Yale Ave., 4 South • Tulsa, OK 74136
(918) 494-4250 • (918) 494-4299 fax
www.saintfrancis.com

Today’s to-do list:

DISCOVER LIFE

LIFE Senior Services is northeast Oklahoma’s most comprehensive nonprofit agency helping seniors stay healthy, active and independent. With a full-range of innovative programs and services, there is so much to discover at LIFE.

LIFE’s SeniorLine (918) 664-9000
www.LIFEseniorservices.org

See Our Ad On Page 179
Muscogee (Creek) Nation
Physical Rehabilitation Center

Physical Rehabilitation Center - Skilled Nursing Facility -
Long Term Acute Care Hospital

Our personalized interdisciplinary care offers patients an opportunity to
maximize their functional independence when there has been a decline due to
an unexpected medical condition or trauma.

Our goal for each patient is to restore independent function with returning
home as the end result.

For your patient centered physical therapy needs,
Contact us at 918-756-9211
FAX: 918-756-9452

900 East Airport Road
Okmulgee, OK 74447
Located on Highway 75, just north of Okmulgee

MCN-PRC accepts Medicare,
Medicaid, private insurance and
Indian Health Services.

YOUR HEALTH, OUR PRIORITY
Funeral & Cremation Services

Adamscrest Funeral Service
1916 S. Sheridan Rd.
Tulsa, OK 74112
(918) 838-1332
www.reynoldsfuneralhomes.com

Bixby Funeral Service
13307 S. Memorial Dr.
Bixby, OK 74008
(918) 369-1700
www.bixbyfuneralservice.com

Butler-Stumpff Funeral Home
2103 E. 3rd St.
Tulsa, OK 74104
(918) 587-7000
www.butler-stumpff.com

Christian-Gavlik Funeral Home
222 W. Broadway Ave.
Broken Arrow, OK 74012
(918) 251-6464
www.Christian-Gavlik.com

Collinsville Dolton Funeral Home
1302 W. Main St.
Collinsville, OK 74021
(918) 371-2111
www.collinsvillefh.com

Cremation Society of Oklahoma
Locations:
Midtown Tulsa with Chapel
2103 E. 3rd St.
Tulsa, OK 74104
(918) 599-7337

South Tulsa Office
9120 S. Toledo Ave., Ste. 100
Tulsa, OK 74137
(918) 499-8787
www.tulscremation.com

Crown Hill Funeral Home & Cemetery
1821 E. 66th St. N
Tulsa, OK 74130
(918) 583-0563
www.crownhillfuneralhome-cemetery.com

Dighton-Moore Funeral Service, LLC
116 N. Main St.
Owasso, OK 74055
(918) 272-3200
www.dightonmoorefuneralservice.com

Dillon Funeral Service at Woodland Memorial Park
1200 N. Cleveland Ave.
Sand Springs, OK 74063
(918) 245-4142
www.dillonfamilyservices.com

Dyer Memorial Chapel
1610 E. Apache St.
Tulsa, OK 74106
(918) 425-5549
www.dyermemorialchapel.net

Fitzgerald Funeral Service
Locations:
Ivy Chapel
1402 S. Boulder Ave.
Tulsa, OK 74119
(918) 585-1151

Southwood Colonial Chapel
3612 E. 91st St. S
Tulsa, OK 74137
(918) 291-3500
www.fitzgeralddivychapel.com

Floral Haven Funeral Home
6500 S. 129th E. Ave.
Broken Arrow, OK 74012
(918) 252-2518
www.floralhaven.com

Freeman Harris Funeral Homes, LLC
3333 E. 41st St.
Tulsa, OK 74135
(918) 749-3333
www.freemanharris.com

Gary Kelley’s ADD’Vantage Funeral & Cremation Service
9761 E. 31st St.
Tulsa, OK 74146
(918) 624-2828
www.garykelleyafs.com

Green Hill Funeral Home & Cemetery
Locations:
9901 N. Owasso Expy.
Owasso, OK 74055
(918) 272-6000

400 E. Teel Rd.
Sapulpa, OK 74066
(918) 224-2312
www.greenhillok.com

Hayhurst Funeral Home
1660 S. Elm Pl.
Broken Arrow, OK 74012
(918) 258-9623
www.hayhurstfuneralhome.com

Heath-Giffith Funeral Home
1823 W. 51st St.
Tulsa, OK 74107
(918) 446-6633
www.heathgiffithfuneralhome.com

Jack’s Memory Chapel
801 E. 36th St. N
Tulsa, OK 74106
(918) 428-4431
www.jacksmemorychapel.com

Keith D. Biglow Funeral Directors, Inc.
1414 N. Norfolk Ave.
Tulsa, OK 74106
(918) 592-2233
www.biglowfunerals.com

Kennedy-Kennard Funeral & Cremation
Locations:
231 E. Commercial St.
Broken Arrow, OK 74012
(918) 251-5331

202 E. Oak St.
Catoosa, OK 74015
(918) 266-2112

8 N. Trenton Ave.
Tulsa, OK 74120
(918) 599-7799
www.kennedycares.com

Leonard & Marker Funeral Home
6521 E. 151st St.
Bixby, OK 74008
(918) 366-8288
www.leonardmarkerfunerals.com

Mark Griffith Memorial Funeral Homes
Locations:
Riverside Chapel
4 W. 41st St.
Sand Springs, OK 74063
(918) 245-8888

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Funeral & Cremation Services

Westwood Chapel
4424 S. 33rd W. Ave.
Tulsa, OK 74107
(918) 446-0010
www.markgriffithmemorialfuneralhomes.com

Ninde Funeral & Cremation
3841 S. Peoria Ave.
Tulsa, OK 74105
(918) 742-5556
www.ninde.com

Sien Shelton Funeral Home, Inc.
1000 S. Lombard Ln.
Skiatook, OK 74070
(918) 396-9500
www.siensheltonfh.com

MMS-Payne Funeral Home & Cremation Service
Locations:
102 W. 5th St.
Claremore, OK 74017
(918) 341-2487

Peters Stumpff Funeral Home, Inc.
14206 N. Cincinnati Ave.
Skiatook, OK 74070
(918) 396-1111
www.peters-stumpff.com

Smith Funeral Home
1208 S. Main St.
Sapulpa, OK 74066
(918) 224-1313
www.smithfuneralhomesapulpa.com

Inola Funeral Home & Crematory
310 N. Broadway Ave.
Inola, OK 74036
(918) 543-6060

Reynolds & Sons Funeral Service
1501 W. Main St.
Collinsville, OK 74021
(918) 371-1178
www.reynoldsfuneralhomes.com

Stanleys Funeral & Cremation Service
3959 E. 31st St.
Tulsa, OK 74135
(918) 743-6271
www.stanleysfuneralhome.com

Chelsea Funeral Home & Cremation Service
601 Vine St.
Chelsea, OK 74016
(918) 789-2211
www.mmsfuneralhomes.com

Rice Funeral Service & Cremation Service
631 E. Will Rogers Blvd.
Claremore, OK 74017
(918) 341-0376
www.ricefuneralservice.com

Wright-Brown Family Funeral Home
210 S. Broadway St.
Coweta, OK 74429
(918) 486-5515
www.wrightbrownfunerals.com

MMS-Payne Funeral Home & Cremation Service
Locations:
102 W. 5th St.
Claremore, OK 74017
(918) 341-2487

Inola Funeral Home & Crematory
310 N. Broadway Ave.
Inola, OK 74036
(918) 543-6060

Chelsea Funeral Home & Cremation Service
601 Vine St.
Chelsea, OK 74016
(918) 789-2211
www.mmsfuneralhomes.com

Moby-Dodson Funeral Service
211 E. Broadway St.
Sand Springs, OK 74063
(918) 245-6644
www.mobley-dodsonfuneralservice.com

Moore Funeral Homes & Crematory
Locations:
Eastlawn Chapel
1908 S. Memorial Dr.
Tulsa, OK 74112
(918) 622-1155

Memory Chapel
1403 S. Peoria Ave.
Tulsa, OK 74120
(918) 583-6148

Rosewood Chapel
2570 S. Harvard Ave.
Tulsa, OK 74114
(918) 744-1202

Southlawn Chapel
9350 E. 51st St.
Tulsa, OK 74145
(918) 663-2233
www.moorefuneral.com

Mowery Funeral Service
9110 N. Garnett Rd.
Owasso, OK 74055
(918) 272-6244
www.moweryfs.com

Moby-Dodson Funeral Service
211 E. Broadway St.
Sand Springs, OK 74063
(918) 245-6644
www.mobley-dodsonfuneralservice.com

Moore Funeral Homes & Crematory
Locations:
Eastlawn Chapel
1908 S. Memorial Dr.
Tulsa, OK 74112
(918) 622-1155

Memory Chapel
1403 S. Peoria Ave.
Tulsa, OK 74120
(918) 583-6148

Rosewood Chapel
2570 S. Harvard Ave.
Tulsa, OK 74114
(918) 744-1202

Southlawn Chapel
9350 E. 51st St.
Tulsa, OK 74145
(918) 663-2233
www.moorefuneral.com

Mowery Funeral Service
9110 N. Garnett Rd.
Owasso, OK 74055
(918) 272-6244
www.moweryfs.com

Ninde Funeral & Cremation
3841 S. Peoria Ave.
Tulsa, OK 74105
(918) 742-5556
www.ninde.com

Peters Stumpff Funeral Home, Inc.
14206 N. Cincinnati Ave.
Skiatook, OK 74070
(918) 396-1111
www.peters-stumpff.com

Reynolds & Sons Funeral Service
1501 W. Main St.
Collinsville, OK 74021
(918) 371-1178
www.reynoldsfuneralhomes.com

Rice Funeral Service & Cremation Service
631 E. Will Rogers Blvd.
Claremore, OK 74017
(918) 341-0376
www.ricefuneralservice.com

Rose Hill Funeral Home & Memorial Park
4161 E. Admiral Pl.
Tulsa, OK 74115
(918) 835-4421
www.rosehilltulsa.com

Schaudt’s Funeral Service & Cremation Care Centers
Locations:
719 E. 141st St.
Glenpool, OK 74033
(918) 291-1700

220 S. Alabama Ave.
Okmulgee, OK 74447
(918) 756-3300
www.schaudtfuneralservice.com

Schaudt-Teel Funeral Service & Cremation Care
5757 S. Memorial Dr.
Tulsa, OK 74145
(918) 523-5757
www.tulsafuneral.com

Serenity Funerals and Crematory, LLC
4170 E. Admiral Pl.
Tulsa, OK 74115
(918) 292-8411
www.serenitytulsa.com

Sien Shelton Funeral Home, Inc.
1000 S. Lombard Ln.
Skiatook, OK 74070
(918) 396-9500
www.siensheltonfh.com

Smith Funeral Home
1208 S. Main St.
Sapulpa, OK 74066
(918) 224-1313
www.smithfuneralhomesapulpa.com

Wright-Brown Family Funeral Home
210 S. Broadway St.
Coweta, OK 74429
(918) 486-5515
www.wrightbrownfunerals.com

Learn the best way to navigate the VINTAGE GUIDE

Call LIFE’s SENIORS LINE (918) 664-9000

182 LIFE’s Vintage Guide • Funeral & Cremation Services www.LIFEseniorservices.org
Funeral & Cremation Services

Do something for yourself & others!
Make an impact on our mission that will last for
generations and at the same time provide for
your loved ones, create tax benefits and
generate potential retirement income.

Get in touch.
We'll be glad to tell you how.

Contact Mark Loeber today at 918-491-0079.

Complete Services From
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(918) 742-5556
www.ninde.com

Brookside Chapel
39th & South Peoria

Moore Fitzgerald
Funeral Services

Tulsa’s Traditions of Strength and Care
for Over 80 Years

www.moorefuneral.com

Memory Chapel
1403 S Peoria
Tulsa OK 74129
(918) 589-6148

Eastlawn Chapel
1905 S Memorial Dr
Tulsa, OK 74112
(918) 622-1155

Southlawn Chapel
9356 E 51 St
Tulsa OK 74145
(918) 603-2233

Rosewood Chapel
2570 S Harvard
Tulsa OK 74114
(918) 744-1202

Ivy Chapel
1402 South Boulder
Tulsa, OK 74119
(918) 585-1151

Southwood Colonial Chapel
3012 East 91st St. So.
Tulsa, OK 74137
(918) 291-3500

(918) 664-9000
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## Section 5: Quick Reference Section

An alphabetical listing of the agencies and organizations listed in the Community Services section with their phone and corresponding page numbers.

- Guide to Advertisers: 248
ABUSE INFORMATION and REPORTING
Specifically includes abuse, neglect or exploitation of older or vulnerable adults and domestic abuse. In case of an emergency, call 911.

Adult Protective Services
Department of Human Services
24-Hour Statewide Abuse Hotline: (800) 522-3511 toll-free
www.okdhs.org
Offers emergency service referral for adults 18 or older; investigates suspected abuse, neglect, exploitation or self-neglect. Court 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) 581-2401 • (800) 734-7516 toll-free • Fax: (918) 581-2114
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
600 Civic Center, Ste. 103 • Tulsa, OK 74103
(918) 742-7480 • 24-Hour Crisis Line: (918) 743-5763
www.fsc tulsa.org
Offers legal and social services for victims of domestic violence. Assistance with emergency protective orders and reports. Open Monday through Friday, 8 a.m. to 5 p.m.

Attorney General's Medicaid Fraud Control Unit
313 N.E. 21st St. • Oklahoma City, OK 73105
(918) 581-2285 • (405) 522-2963 • www.ok.gov/oag
Investigates and prosecutes crimes of physical abuse, neglect and financial exploitation of Medicaid clients.

Domestic Violence Intervention Services, Inc. (DVIS/Call Rape)
4300 S. Harvard Ave. • Tulsa, OK 74135
24-Hour Crisis Line: (918) 7HELPME (743-5763)
www.dvis.org
Services include crisis line; advocacy; support and education, including outpatient counseling (group and/or individual) for survivors and perpetrators of domestic violence, stalking and human sex trafficking (ages 18+); assistance with filing protective orders; crisis shelter; transitional housing and supportive services for families that are homeless due to domestic violence. Additional locations in Sapulpa and Tulsa.

Federal Bureau of Investigation
8023 E. 63rd Pl., Ste. 400 • Tulsa, OK 74133
(918) 664-3300 • www.fbi.gov/oklahomacity
Investigates Internet-based abuse, fraud, civil rights violations and violent crime.

Additional Location:
Statewide Office
3301 W. Memorial Rd. • Oklahoma City, OK 74134
(405) 290-7770

National Domestic Violence Hotline
P.O. Box 161810 • Austin, TX 78716
(800) 799-SAFE (7233) toll-free • TTY: (800) 787-3224 toll-free
www.thenhotline.org
The National Domestic Violence Hotline provides crisis intervention, information about domestic violence and referrals to local service providers.

OK VINE: Oklahoma’s Criminal Tracking and Victim Notification System
Provided by the Oklahoma Attorney General
(877) 654-8463 toll-free • TTY: (866) 847-1298 toll-free
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.osagenation-nsn.gov
Investigates abuse claims involving Native American adults within tribal jurisdiction.

Pawnee Nation Violence Against Women Program
P.O. Box 470 • Pawnee, OK 74058
(918) 762-3873, option #2 • 24-Hour Crisis Line: (918) 399-3310
www.pawneenation.org
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, shelter services, advocacy, support and education. Advocacy and assistance are available for legal issues.

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 and referrals on domestic violence and sexual assault.

Safenet Services
1219 W. Dupont St. • Claremore, OK 74017
(918) 341-1424 • Fax: (918) 341-1471
24-Hour Crisis Line: (918) 341-9400 • (888) 372-9400 toll-free
www.safenetservices.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.

Additional Location:
Mayes County
19 N. Coo-Y-Yah • Pryor, OK 74361
(918) 825-0190

Community Services • LIFE's Vintage Guide 185
Investigates and prosecutes complaints of abuse.

**United States Senate Special Committee on Aging**
G31 Dirksen Senate Office Building • Washington, DC 20510
Anti-Fraud Hotline: (855) 303-9470 toll-free
www.aging.senate.gov/fraud-hotline

The anti-fraud hotline is staffed by a team of committee investigators, Monday through Friday, 9 a.m. to 5 p.m., EST. Investigators have experience with investment scams, identity theft, bogus sweepstakes and lottery schemes, Medicare and Social Security fraud, and a variety of other senior exploitation issues. Investigators will directly examine complaints and, if appropriate, refer them to the proper authorities.

**ADULT DAY HEALTH SERVICES**
See complete listings at ADULT DAY HEALTH SERVICES, page 136.

**DayBreak Adult Day Services**
1223 Swan Dr. • Bartlesville, OK 74006
(918) 336-8500 • Fax: (918) 336-8519
www.abouteldercare.org

**Department of Human Services**
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 202) or speak with the adult day services provider.

**LeadingAge Oklahoma**
P.O. Box 1383 • El Reno, OK 73036
(405) 640-8040 • www.leadingageok.org

Association represents adult day services throughout Oklahoma. Website offers consumer information on long-term care services and financing. See complete listing at ADVOCACY, on this page.

**LIFE’s Adult Day Health**
LIFE Senior Services • 5950 E. 31st St. • Tulsa, OK 74135
(918) 664-9000 • Fax: (918) 664-9009 toll-free
www.LIFSeniorservices.org

LIFE’s Adult Day Health provides the opportunity for seniors who have cognitive or physical impairments, or who are socially isolated, to spend their day in a safe and stimulating environment. See complete listing at ADULT DAY HEALTH SERVICES, page 136.

**OASIS Adult Day Services**
5525 E. 51st St., Ste. 400 • Tulsa, OK 74135
(918) 749-6969 • Fax: (918) 749-6961 • www.oasisads.org

**ADVOCACY**

**AARP Oklahoma**
126 N. Bryant Ave. • Edmond, OK 73034
(918) 446-2277 • (866) 295-7277 toll-free • www.aarp.org/ok

**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

See complete listing at DISABILITY SERVICES, page 192.

**Gray Panthers**
10 G St. NE, Ste. 600 • Washington, DC 20002
(800) 280-5362 toll-free
www.graypanthers.org

National advocacy organization concentrating on social and economic issues affecting seniors. Contact for referrals to local chapters, information on issues and resources for seniors.

**LeadingAge Oklahoma**
P.O. Box 1383 • El Reno, OK 73036
(405) 640-8040 • www.leadingageok.org

Association representing not-for-profit providers in aging services. Advocates for quality long-term care services. Also offers consumer information on long-term care services, education resources and more.

**National Council on Aging, Inc.**
251 18th St. S, Fifth Fl. • Arlington, VA 22202
(202) 479-1200 • Fax: (202) 479-0735 • TTY: (202) 479-6674
www.ncoa.org

Offers information, training, assistance, advocacy and leadership in all aspects of aging services and issues.
National Indian Council on Aging, Inc.
909 S. Meridian Ave., Ste. 405 • Oklahoma City, OK 73108
(405) 951-9240 • Fax: (405) 951-9232 • www.nicoa.org
Offers services, advocacy and information on aging issues for older American Indians and Alaska Native people.

Older Women’s League (OWL)
The Voice of Women 40+
1625 K St. NW, Ste. 1275 • Washington, DC 20006
(202) 567-2606 • www.owl-national.org
National organization that advocates for the concerns of women over 40.

Services & Advocacy for GLBT Elders (SAGE)
305 Seventh Ave., 15th Fl. • New York, NY 10001
(212) 741-2247 • Fax: (212) 366-1947 • www.sageusa.org
National organization for improving the lives of lesbian, gay, bisexual and transgender (LGBT) older adults. Offers supportive services and consumer resources for LGBT older adults and their caregivers, advocates for public policy changes that address the needs of LGBT older people, and provides training for aging providers and LGBT organizations.

ALZHEIMER’S DISEASE and DEMENTIA SUPPORT

Alzheimer’s Association, National Office
225 N. Michigan Ave., 17th Fl. • Chicago, IL 60601
24-Hour Helpline: (800) 272-3900 toll-free
TTY: (866) 403-3073 toll-free • www.alz.org

Alzheimer’s Association, Oklahoma Chapter
2448 E. 81st St., Ste. 3000 • Tulsa, OK 74137
(918) 392-5000 • 24-Hour Helpline: (800) 272-3900 toll-free
www.alz.org/oklahoma
Offers information, education and services for people diagnosed with Alzheimer’s disease and their families, including care consultation, support groups, community education and information, resource center, telephone helpline, caregiver counseling and Safe Return national registry.

Alzheimer’s Disease Education and Referral Center
(800) 438-4380 toll-free • www.nia.nih.gov/alzheimers
Offers information about Alzheimer’s disease symptoms, treatment and recent research.

Lewy Body Dementia Association
912 Killian Hill Rd. SW • Lilburn, GA 30047
(404) 935-6444 • Fax: (408) 422-5434
Caregiver Helpline: (800) 539-9767 toll-free • www.lbda.org
Provides information and support for individuals affected with Lewy body dementias. See complete listing at HEALTH-RELATED ORGANIZATIONS, page 196.

MyALZspot
www.myalzspot.com
Online resource for families and caregivers of someone living with Alzheimer’s disease or other types of dementia. See complete listing at ONLINE RESOURCES, page 212.

CAREGIVER RESPITE
For additional respite resources, see ADULT DAY HEALTH SERVICES, page 136; NURSING FACILITIES, page 116; HOME HEALTH AGENCIES, page 140; and HOME HEALTH SERVICES, page 199.

Alzheimer’s Association, Oklahoma Chapter
2448 E. 81st St., Ste. 3000 • Tulsa, OK 74137
(918) 392-5000 • 24-Hour Helpline: (800) 272-3900 toll-free
www.alz.org/oklahoma/
In-home volunteer respite care program. See complete listing at ALZHEIMER’S DISEASE and DEMENTIA SUPPORT, on this page.

ARCH National Respite Network and Resource Center
800 Eastowne Dr., Ste. 105 • Chapel Hill, NC 27514
(703) 256-2084 • www.archrespite.org
Provides information on respite care, offers the online National Respite Locator and provides technical assistance to state organizations through the Lifespan Respite Technical Assistance Center.

LIFE’s Adult Day Health
5950 E. 31st St. • Tulsa, OK 74135
(918) 664-9000 • (866) 664-9009 toll-free • Fax: (918) 664-9922
www.LIFEseniorservices.org
LIFE’s Adult Day Health offers respite for family caregivers of seniors who have cognitive or physical impairments, or who are socially isolated, enabling the caregiver to work or take a break without worry. Financial assistance may be available. Early, late and weekend hours. See complete listings at ADULT DAY HEALTH SERVICES, page 136, 186.

Oklahoma Respite Resource Network (ORRN)
P.O. Box 26901 • Oklahoma City, OK 73190
Sooner Success: (877) 441-0434 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 voucher program. Connect through your local Area Agency on Aging, page 201.

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
Offers respite services for caregivers caring for people age 60 or older and grandparents raising grandchildren. Serving residents of Creek, Osage and Tulsa counties only. See listing of additional services in HOME HEALTH SERVICES, page 199.
CAREGIVER SUPPORT

Alzheimer's Association, Oklahoma Chapter  
2448 E. 81st St., Ste. 3000 • Tulsa, OK 74137  
(918) 392-5000 • 24-Hour Helpline: (800) 272-3900 toll-free  
www.alz.org/oklahoma

- Offers caregiver education for families in Creek, Osage and Tulsa counties who are dealing with any type of chronic illness.  
- Education, counseling, consultation and support for caregivers of people with Alzheimer’s disease or dementia statewide.  
- See complete listing at ALZHEIMER’S DISEASE and DEMENTIA SUPPORT, on page 187.

Caregiver Action Network (CAN)  
Formerly the National Family Caregivers Association  
2000 M St. NW, Ste. 400 • Washington, DC 20036  
(202) 772-5050 • www.caregiveraction.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.

Department of Veterans Affairs  
National Caregiver Support Line  
(855) 260-3274 toll-free • www.caregiver.va.gov

- Open Monday through Friday, 8 a.m. to 8 p.m., EST. 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.

Family Caregiver Alliance/National Center on Caregiving  
785 Market St., Ste. 750 • San Francisco, CA 94103  
(800) 445-8106 toll-free • www.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.

LIFE’s Caregiver Support Services  
5950 E. 31st St. • Tulsa, OK 74135  
(918) 664-9000 • (866) 664-9009 toll-free  
Fax: (918) 664-9922 www.LIFEseniorprograms.org

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

National Alliance for Caregiving  
4720 Montgomery Ln., Ste. 205 • Bethesda, MD 20814  
(301) 718-8444 • Fax: (301) 951-9067 • www.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.

Osage Nation Caregiver Program/Title VI  
350 Senior Dr. • Pawhuska, OK 74056  
(918) 287-5454 • (888) 883-3610 toll-free  
www.osagenation-nsn.gov

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

The Caregivers Library  
901 Moorefield Park Dr., Ste. 100 • Richmond, VA 23236  
(804) 327-1111 • www.caregiverslibrary.org

- Website offers free information to caregivers. 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  
(800) 838-0879 toll-free • Fax: (732) 577-8644  
www.wellspouse.org

- Offers support for spousal 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

- Offers case management services available through the ADvantage program. See complete listing at DISABILITY SERVICES, page 192.
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 and BEHAVIORAL HEALTH and COUNSELING SERVICES, page 227.

Additional Location:
401 E. Broadway Ct. • Sand Springs, OK 74063
(918) 245-5565 • Fax: (918) 245-5564

Elder Care of Washington County
1223 Swan Dr. • Bartlesville, OK 74006
(918) 336-8500 • (855) 336-8500 toll-free • Fax: (918) 336-8519
www.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.

Eldercare Locator (National)
(800) 677-1116 toll-free • TTY: Dial 711 for Relay Operator
www.eldercare.gov
Nationwide directory assistance service helping seniors and caregivers locate local support and resources.

Entrusted Hearts Case Management and My-L.I.F.E.-Guide
7410 N. 127th E. Ave. • Owasso, OK 74055
(918) 272-4694 • (888) 272-5339 toll-free
My-L.I.F.E. Guide: (888) 910-2234 toll-free
www.entrustedhearts.org
Provides independent case management and services.

Family & Children's Services
650 S. Peoria Ave. • Tulsa, OK 74120
(918) 587-9471 • www.fcsok.org
Offers comprehensive case management services for Family & Children’s Services' mental health clients.

LIFE’s Care Management  See Our Ad On Pages 81, 133
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
LIFE’s Care Management Services help at-risk seniors and adults with disabilities remain safely at home, delaying or avoiding altogether the need for nursing home care. Care 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 support for family caregivers. LIFE provides three types of care management services:

LIFE’s ADvantage Case Management
For frail seniors and adults with disabilities who are at-risk for nursing home placement 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, page 39. ADvantage case managers help the individual remain at home by coordinating a variety of in-home and community-based services and informal supports. Services
continued
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 health services and others. LIFE provides ADvantage case management services in Creek, Okmulgee, Osage, Pawnee, Rogers, Tulsa and Wagoner counties.

LIFE’s Care Management
A care manager assists individuals and caregivers by coordinating services and providing ongoing assessments to ensure that care recipients have the services needed to remain independent and safe at home. For long-distance caregivers, the care manager can be the “go-to person” locally to address new issues as they arise. Our goal is to support independence, dignity and quality of life. This is a fee-based service.

LIFE’s Independent Care Management
LIFE’s independent care 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.

National Association of Professional Geriatric Care Managers
3275 W. Ina Rd., Ste. 130 • Tucson, AZ 85741
(520) 881-8008 • Fax: (520) 325-7925 • www.caremanager.org
Offers referrals to independent care managers throughout the U.S.

OU Nursing – Life Stage Solutions
2220 N. Classen Blvd., Ste. A • Oklahoma City, OK 73106
(866) 416-4980 toll-free • www.oulifestagesolutions.com
Provides professional in-home assessment, care coordination, care management and support services. Private fee-based.

Tulsa Day Center for the Homeless, Inc.
415 W. Archer St. • Tulsa, OK 74103
(918) 583-5588 • Fax: (918) 583-6745 • 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, locked storage and housing. Free nursing clinic onsite.

CHEMICAL and SUBSTANCE ABUSE
For complete listings see MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, page 227.

CONSUMER INFORMATION
Better Business Bureau of Tulsa, Inc.
1722 S. Carson Ave., Ste. 3200 • Tulsa, OK 74119
24-Hour Hotline: (918) 492-1266 • Fax: (918) 492-1276
www.tulsabbb.org
Offers reliability reports on businesses and charities and offers consumer business mediation. Complaints must be in writing. Check on a business or file a complaint on 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 • www.ok.gov/oag
Investigates consumer complaints. Call or visit the website to request a complaint form.

Crime Prevention Network
2121 S. Columbia Ave., LL8 • Tulsa, OK 74114
(918) 585-5209 • Fax: (918) 585-1015 • www.okcpn.org
Offers programs to prepare older adults to be alert to crimes targeted at people age 60 or older, such as fraud, scams, etc. Other programs include Alert Neighbors, Personal and Internet Safety and Crime Stoppers.

DMA Mail Preference Service
www.dmachoice.org
DMAchoice • Direct Marketing Association
P.O. Box 643 • Carmel, NY 10512
(405) 521-2211
Allows you to opt out of receiving unsolicited commercial mail and email from nearly 3,600 companies nationwide for five years. To register, go to the website or mail your request with a $1 processing fee to the address above. You can also stop mail from being sent to a deceased individual using the Deceased Do Not Contact List, or manage mail sent to a dependent in your care using the Do Not Contact for Caregivers List.

Do Not Call Registry
(888) 382-1222 toll-free • www.donotcall.gov
Gives you an opportunity to limit the telemarketing calls you receive. Once you register your phone number, telemarketers covered by the National Do Not Call Registry have up to 31 days from the date you register to stop calling you. Registration of your landline or mobile phone number is free. Call from the phone you would like to register.

Medicare Assistance Program (MAP)
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
Medicare Assistance Program at LIFE Senior Services
5950 E. 31st St. • Tulsa, OK 74135
(918) 664-9000 • (866) 664-9009 toll-free
State-wide
3625 N.W. 56th St., Ste. 100 • Oklahoma City, OK 73112
(800) 763-2828 toll-free • www.ok.gov/oid

Oklahoma Corporation Commission
440 S. Houston Ave., Ste. 114 • Tulsa, OK 74127
(918) 581-2296 • (800) 522-8154 toll-free • www.occ.state.ok.us
Mail: P.O. Box 52000 • Oklahoma City, OK 73152
State agency investigates consumer complaints about gas, electric, telephone and water services.

Additional Location:
2101 N. Lincoln Blvd. • Oklahoma City, OK 73105
(405) 521-2211
CRISIS INTERVENTION
See also ABUSE INFORMATION and REPORTING, page 185.

2-1-1 Helpline
Dial 211 or (918) 836-HELP (4357) • (877) 836-2111 toll-free www.211oklahomahelpline.org • www.csctuls.org
Offers 24-hour crisis intervention, information and referral for 37 counties in eastern Oklahoma.

Adult Protective Services (APS)
Department of Human Services
24-Hour Statewide Abuse Hotline: (800) 522-3511 toll-free
See complete listing at ABUSE INFORMATION and REPORTING, page 185.

Ann Patterson Dooley Family Safety Center
600 Civic Center, Ste. 103 • Tulsa, OK 74103
(918) 742-7480 • 24-Hour Crisis Line: (918) 743-5763
www.fsctuls.org
See complete listing at ABUSE INFORMATION and REPORTING, page 185.

COPES at Family & Children’s Services
(918) 744-4800 • Fax: (918) 749-7777 • www.fcsok.org
See complete listing at MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, page 227.

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 and BEHAVIORAL HEALTH and COUNSELING SERVICES, page 227.

Domestic Violence Intervention Services, Inc.
(DVIS/Call Rape)
4300 S. Harvard Ave. • Tulsa, OK 74135
24-Hour Crisis Line: (918)-7HELPME (743-5763) • www.dvis.org
See complete listing at ABUSE INFORMATION and REPORTING, page 185.

National Suicide Prevention Lifeline
24-Hour Hotline: (800) 273-TALK (8255) toll-free
TTY: (800) 799-4889 • www.suicidepreventionlifeline.org
Call for yourself or about someone for whom you care.

Osage Nation Counseling Center
126 E. 6th St. • Pawhuska, OK 74056
24-Hour Crisis Line: (866) 897-4747 toll-free
(918) 287-5422 • www.osagenation-nsn.gov
Offers crisis intervention, information and referral services for Osage County. Monday through Friday, 8 a.m. to 4:30 p.m.

Parkside Psychiatric Hospital & Clinic
1620 E. 12th St. • Tulsa, OK 74120
24-Hour Crisis Line: (877) 522-1959 toll-free • (918) 588-8888
TTY: (918) 588-8802 • www.parksidencinc.org
See complete listing at MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, page 227.

Safeline
24-Hour Help Line: (800) 522-7233 toll-free
See complete listing at ABUSE INFORMATION and REPORTING, page 185.

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
See complete listing at MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, page 227.

DEATH BENEFITS and INFORMATION

Department of Veterans Affairs – Burial Benefits
Muskogee Regional Benefit Office
125 S. Main St. • Muskogee, OK 74401
(800) 827-1000 toll-free • 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
James O. Goodwin Health Center
5051 S. 129th E. Ave. • Tulsa, OK 74134
(918) 594-4840 • Fax: (918) 594-4868 • www.health.ok.gov
Contact for birth certificates ($15) and death certificates ($15). Monday through Friday, 8:30 a.m. to 4 p.m. Must show ID and proof of relationship 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. To order certificate online or by phone, visit www.vitalcheck.com or call (877) 817-7364.

Osage Nation Burial Assistance Program – Constituent Services
627 Grandview Ave. • Pawhuska, OK 74056
(918) 287-5662 • www.osagenation-nsn.gov
Must complete an application within 60 days of death. Must be an Osage tribal member to apply.

Social Security Administration
4750 S. Garnett Rd. • Tulsa, OK 74146
(866) 931-7106 toll-free • National: (800) 772-1213 toll-free
TTY: (800) 325-0778 toll-free • www.socialsecurity.gov
Following the death of a worker who has paid into Social Security, a lump sum death benefit may be paid to the surviving spouse or child(ren) who meet requirements. See complete listing at SOCIAL SECURITY INFORMATION, page 214.
Tulsa County Social Services
2401 Charles Page Blvd. • Tulsa, OK 74127
(918) 596-5560 • Fax: (918) 596-5568 • www.tulsacounty.org
Burial/cremation information available. Restricted services provided. Must meet financial guidelines. Must have died in Tulsa County.

DENTAL CARE

Catholic Charities – Dental Clinic
2450 N. Harvard Ave. • Tulsa, OK 74115
(918) 508-7191 • Fax: (918) 582-2123
www.catholiccharitiestulsa.org
Free services to people who are unable to afford dental care. Call for dates and times.

Community Health Connection – Dental Services
2321 E. 3rd St. • Tulsa, OK 74104
(918) 710-4480 • www.communityhealthconnection.org
Primary care clinic providing medical and dental care. Walk-ins accepted. See complete listing at MEDICAL SERVICES, page 206.

D-Dent
(800) 522-9510 toll-free • (405) 424-8092 • www.d-dentok.org
Offers free dental care for people age 60 or over, people with developmental disabilities and veterans. Preventative dental education program. Must meet financial guidelines.

Eastern Oklahoma Donated Dental Services
7380 S. Olympia Ave., Ste. 361 • Tulsa, OK 74132
(918) 742-5544 • Fax: (918) 742-5545 • www.eodds.org
Offers free, comprehensive dental services to low-income individuals who are age 65 or older or 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
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. Patients without health insurance are provided healthcare at no personal cost.

Koweta Indian Health Center – Dental Care
31870 E. State Hwy. 51 • Coweta, OK 74429
(918) 279-3200 • Appointments: (918) 279-3448
www.creekhealth.org
Dental care services for Native Americans. Must have CDIB card. Eligibility guidelines apply. See complete listing at MEDICAL SERVICES, page 206.

Morton Comprehensive Health Services – Dental Department
1334 N. Lansing Ave. • Tulsa, OK 74106
(918) 587-2171 • Fax: (918) 587-2173 • www.mortonhealth.org

Neighbor for Neighbor, Inc. – Dental Clinic
1125 E. Cleveland Ave. • Sapulpa, OK 74066
(918) 224-9310 • Fax: (918) 224-9314 • www.creekhealth.org
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
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. September through April only.

DISABILITY SERVICES

See also HEARING and SPEECH SERVICES, page 198; MEDICAL EQUIPMENT and ASSISTIVE TECHNOLOGY, page 205; VISION SERVICES, page 224; VEHICLE ADAPTIVE DEVICES, page 175.

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; 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.

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
TTY: (800) 257-1705 toll-free • www.ok.gov/abletech
See complete listing at MEDICAL EQUIPMENT and ASSISTIVE TECHNOLOGY, page 205.

Communication Service for the Deaf (CSD)
(866) 662-2265 toll-free • Videophone: (605) 496-0738
Fax: (605) 367-5958 • www.c-s-d.org
See complete listing at HEARING and SPEECH SERVICES, page 198.
Department of Human Rights
175 E. 2nd St., Ste. 675 • Tulsa, OK 74103
(918) 596-7818 • Spanish: (918) 596-7837 • Fax: (918) 596-7826
www.cityoftulsa.org

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

Department of Rehabilitation Services – Visual Services
907 S. Detroit Ave., Ste. 500 • Tulsa, OK 74120
(918) 551-4900 • TTY: (918) 551-4933 • www.okdrs.gov

For other offices, schools or facilities, call (800) 487-4042 toll-free.
See complete listing at VISION SERVICES, page 224.

Department of Rehabilitation Services – Vocational Rehabilitation Services
444 S. Houston Ave., Ste. 200 • Tulsa, OK 74127
Voice/TTY: (918) 581-2301 • www.okdrs.gov

For other offices, schools or facilities, call (800) 487-4042 toll-free.

Helps people with disabilities obtain employment. Services include vocational evaluation, guidance and counseling, job placement, college or vocational training, restorative services, assistive devices, information and referral. Limited transportation and healthcare services also available. Serving people age 16 or older. Some financial guidelines may apply.

Additional Services:
Hearing and Speech Services
8740 E. 11th St., Ste. F • Tulsa, OK 74112
(918) 836-5556

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 • www.ok.gov/odc

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
2828 E. 51st St., Ste. 302 • Tulsa, OK 74105
(800) 226-5883 toll-free • Voice/TTY: (918) 743-6220
Fax: (918) 743-7157 • www.okdlc.org

See complete listing at LEGAL SERVICES, page 204.

Oklahoma Library for the Blind and Physically Handicapped
300 N.E. 18th St. • Oklahoma City, OK 73105
(405) 521-3514 • (800) 523-0288 toll-free
TTY: (405) 521-4672 • www.olbph.org

Free services for people who are visually impaired, have a learning disability or a physical limitation. Necessary equipment provided for books and magazines on digital cartridge or in Braille, also available for download. Offers access to more than 250 newspapers, the Oklahoma Telephone Reader and the National Federation of the Blind’s Newsline service. Dial-in services for audio reading of newspapers and magazines also available. Free postage through the U.S. Postal Service.

Physical Disability Parking Permit
Issued by the Department of Public Safety
3600 N. Martin Luther King Ave. • Oklahoma City, OK 73111
(405) 425-2403 • www.dps.state.ok.us

Applications for disability placards are available at any tag agency and downloadable from the Department of Public Safety website. Requires approximately 20 business days after receipt to process.

Mail Application to:
Department of Public Safety
Driver Compliance Division – Physical Disability
P.O. Box 11415
Oklahoma City, OK 73136

Social Security Administration – Disability
4750 S. Garnett Rd. • Tulsa, OK 74146
(866) 931-7106 toll-free • National: (800) 772-1213 toll-free
TTY: (800) 325-0778 toll-free • www.socialsecurity.gov

See complete listing at SOCIAL SECURITY INFORMATION, page 214.

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

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.

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.

Tulsa City-County Library Homebound Services
2901 S. Harvard Ave. • Tulsa, OK 74114
(918) 549-7480 • www.tulsalibrary.org/services/homebound

People who are in their own home and physically unable to visit a library location may apply for homebound service. Outreach staff will keep all records, choose books or fill requests. Services include Books by Mail for those who qualify or staff will send the books to a branch for a family member or volunteer to pick up. There is no charge for this service. Delivery to some retirement and senior living centers. Check with library for list.

DRIVING ASSESSMENTS and RESOURCES

AARP Driver Safety Program
(877) 846-3299 toll-free • www.aarp.org/drive

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.
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.

Oklahoma Safety Council Defensive Driving Course
9810 E. 42nd St. S, Ste. 205 • Tulsa, OK 74146
(918) 622-4771 • (866) 622-4771 toll-free • www.oksafety.org
Learn to recognize the need for and benefits of defensive driving, and that defensive driving involves both legal and personal responsibilities. Learn to identify risky driving attitudes and behaviors, determine if a collision was preventable, and become familiar with the DDC Collision Prevention Formula. Register online. Cost is $50.

EMPLOYMENT

AARP Foundation Senior Community Service and Employment Program (SCSEP) of Tulsa
4823 S. Sheridan Rd., Rm. 304 • Tulsa, OK 74145
(918) 621-4480 • Fax: (918) 622-2690 • www.aarpworksearch.org
Helps people age 55 or older in Creek, Lincoln, Oklahoma 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
Voice/TTY: (918) 581-2301 • www.okdrs.gov
For other offices, schools or facilities, call (800) 487-4042 toll-free.
Helps people who have disabilities obtain employment. Services may include vocational evaluation, guidance and counseling, job placement and college or vocational training. See complete listing at DISABILITY SERVICES, page 192.

Goodwill Industries of Tulsa
2800 Southwest Blvd. • Tulsa, OK 74107
(918) 584-7291 • www.goodwiltulsa.org
TulsaWORKS program offers career preparation and employment linked with family support assistance. Job Connection program is open to the general public and offers employment assistance without the requirements of a structured program, including interest and skills assessment, information about career options, resume development and assistance, job leads, interview skills assistance, networking through job fairs and referral to community resources. Job Connection services are free. Walk-ins welcome, Monday through Friday, 8:30 a.m. to 5 p.m.
Additional Location:
Job Connection
1665 5. Yale Ave. • Tulsa OK 74112

National Indian Council on Aging, Inc.
909 S. Meridian Ave., Ste. 405 • Oklahoma City, OK 73108
(405) 951-9240 • Fax: (405) 951-9232 • www.nicoa.org
Senior Community Service Employment Program (SCSEP) offers seniors 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
www.seniorjobbank.org
Online resource that provides free job information and resources for members.

Workforce Oklahoma
www.workforce-tulsa.com
Offers testing, assessment, skills training and job placement for economically disadvantaged adults, recipients of state aid and dislocated workers.

Locations:
Pawhuska Workforce Center
516 Leaby Ave. • 74056 • (918) 287-2410
Sand Springs Workforce Center
401 E. Broadway St., Ste. B1 • 74063 • (918) 245-9544
Sapulpa Workforce Center
1700 S. Main St. • 73533 • (918) 224-9430
Tulsa Eastgate Workforce Center
14002 E. 21st St., Ste. 1030 • 74134 • (918) 796-1200
Tulsa Skyline Workforce Center
6128 E. 38th St., Ste. 405 • 74135 • (918) 384-2300

FINANCIAL INFORMATION and REFERRAL
See also URGENT and BASIC NEEDS, page 220.

Credit Counseling Centers of Oklahoma, Inc.
4646 S. Harvard Ave. • Tulsa, OK 74135 • (918) 744-5611
(800) 324-5611 toll-free • www.cccsofok.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.
Additional Location:
Broken Arrow
3200 S. Elm Pl., Ste. 106, 74012

Department of Human Services
www.okdhs.org
Programs include Aid to the Aged, Blind and Disabled; ADvantage Program; adult day services; Supplemental Nutrition Assistance Program (SNAP); nursing home care; and QMB, SLMB and QI. See complete listing at INFORMATION, ASSISTANCE and REFERRAL, page 201.

Department of Veterans Affairs
Muskogee Regional Benefit Office
125 S. Main St. • Muskogee, OK 74401
(918) 781-7600 • (800) 827-1000 toll-free • www.va.gov
See complete listing at VETERANS SERVICES, page 223.
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 HUD-approved counseling agencies, call (800) 569-4287 toll-free.

Social Security Administration

4750 S. Garnett Rd. • Tulsa, OK 74146
(866) 931-7106 toll-free • National: (800) 772-1213 toll-free
TTY: (800) 325-0778 toll-free • www.socialsecurity.gov

See complete listing at SOCIAL SECURITY INFORMATION, page 214.

GERIATRIC SPECIALISTS and ASSESSMENT

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

Joanne L. Alderman, MSN, RN-BC, APRN, FNGNA
(918) 760-9141
Clinical nurse specialist, board-certified in geriatric nursing. Collaborative APRN/Physician community group.

Elder Care of Washington County
Jerry B. Jarrell, MD
W.R. Bohon Senior Health Clinic
1223 Swan Dr. • Bartlesville, OK 74006
(918) 336-8500 • (855) 336-8500 toll-free • Fax: (918) 336-8519
www.aboutelderCare.org
Provides geriatric and primary care services.

Elite Medical Clinic
1725 E. 19th St., Ste. 202 • Tulsa, OK 74104
(918) 742-4900 • Fax: (918) 742-4901
www.elitemedicalclinic.com

Physicians:
- Pallavi Agarwal, MD – Internal Medicine
- Vishal Aggarwal, MD – Geriatrics

Family Medical Services
Terence E. Grewe, DO – Geriatrics
3316 E. 21st St., Ste. A • Tulsa, OK 74114
(918) 749-3533 • Fax: (918) 749-9789

Geriatric Center of Tulsa
Chandini Sharma, MD
2025 E. 71st St. • Zarrow Campus • Tulsa, OK 74136
(918) 561-6642 • Fax: (918) 561-6647

Harvard Family Physicians
Michael Foster, MD – Geriatrics
7912 E. 31st Ct. • Tulsa, OK 74145
(918) 743-8200 • Fax: (918) 749-8207

Hillcrest Hospital Claremore
1202 N. Muskogee Pl. • Claremore, OK 74017
(918) 341-9373 • Fax: (918) 342-7849
www.hillcrestclaremore.com
Comprehensive inpatient mental health program for people age 55 or older.

Laureate Psychiatric Hospital and Clinic
Older Adult Services Psychiatrists
6655 S. Yale Ave. • Tulsa, OK 74136
(918) 502-5000 • Fax: (918) 491-5623
www.laureate.com
Serving people age 60 or older with assessment, evaluation and inpatient and outpatient treatment of mental health issues, including dementia, Alzheimer’s disease, bipolar disorders and depression. Joint Commission certified.

Physicians:
- Patricia Costner, DO
- Heather Hall, MD
- Jim McAdams, DO
- Elise White, BSN

OU Physicians
The University of Oklahoma - Tulsa
4444 E. 41st St. • Tulsa, OK 74135
(918) 619-4400 • www.ou.edu/tulsa/ou_physicians
Serving older adults with complex medical and social needs. 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. See complete listing at MEDICAL SERVICES, page 206.

Physicians:
- John Carment, MD – Internal Medicine and Geriatrics
- Julia Warnock, MD, PhD – Geriatric Psychiatry

St. John Clinic Broken Arrow – Adult and Geriatric Medicine
800 W. Boise Cir., Ste. 160 • Broken Arrow, OK 74012
(918) 994-9160 • Fax: (918) 293-3169

Physicians:
- Saad Basheer, MD – Geriatrics
- Laura Bilbruck, MD – Internal Medicine
- J. Robert Gray, MD – Geriatrics
- Robert G. Niebergall, MD – Internal Medicine
- Michael Vu, MD – Family Medicine

St. John Health System
Charles Hill, MD – Geriatric Psychiatry
1923 S. Utica Ave. • Tulsa, OK 74104
(918) 744-2288

Strength of Mind
2990 N. Sioux Rd. • Claremore, OK 74017
(918) 342-2622 • www.strengthofmind.com
Offers in-office psychiatry services, as well as tele-psychiatry service to patients in rural areas including Cleveland, Eufala, Idabel and Muskogee.

(918) 664-9000
GRANDPARENTS RAISING GRANDCHILDREN

Grandparents Raising Grandchildren Support Group
First Christian Church
419 E. Rogers Blvd. • Skiatook, OK 74070 • (918) 381-1931
Meets first and third Tuesdays at 6:30 p.m. Childcare for children under 12 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
Oxford respite vouchers available to help grandparents purchase child care/respite care in Creek, Osage and Tulsa counties.

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.gracehospicefoundation.org
Offers grief-related education and support groups.

Hospice of Green Country
1120 S. Boston Ave., Ste. 200 • Tulsa, OK 74119
(918) 747-2273 • Fax: (918) 747-2573
www.hospiceofgreencountry.org
Offers a variety of grief counseling workshops and presentations and often works with groups or businesses that have been stricken with multiple deaths.

The Tristesse Grief Center
4646 S. Harvard Ave. • Tulsa, OK 74135
(918) 587-1200 • 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 Chapter
2448 E. 81st St., Ste. 3000 • Tulsa, OK 74137
(918) 392-5000 • 24-Hour Helpline: (800) 272-3900 toll-free
www.alz.org/oklahoma
See complete listing at ALZHEIMER'S DISEASE and DEMENTIA SUPPORT, page 187.

American Association of Geriatric Psychiatry (AAGP)
6728 Old McLean Village Dr. • McLean, VA 22101
(703) 556-9222 • Fax: (703) 556-8729 • www.aagponline.org
Aims to improve the mental health and well-being of older people.

American Cancer Society
4110 S. 100th E. Ave., Ste. 101 • Tulsa, OK 74136
(918) 492-3839 • Fax: (918) 492-4262
www.cancer.org
Offers coping and recovery programs, nutritional education, transportation, mileage reimbursement for eligible patients, breast prosthesis and the wig room.

American Diabetes Association
6600 S. Yale Ave., Ste. 1310 • Tulsa, OK 74136
(918) 747-3441 • www.diabetes.org
Offers programs, including the Diabetes Information Action Line; educational materials, literature and cookbooks; list of physicians and healthcare providers who specialize in diabetes care; support groups; special programs for minorities.

American Heart Association
2227 E. Skelly Dr. • Tulsa, OK 74105
(918) 743-6767 • 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) 492-3839 • www.lung.org
Offers adult smoking cessation programs; asthma education and screenings; community education, information and referrals; support groups; and indoor air quality education.

American Parkinson Disease Association
Information and Referral Center – Oklahoma/Southern Kansas
P.O. Box 3113 • Broken Arrow, OK 74013
(918) 831-1100 • www.okparkinsons.org
Offers educational booklets and videos and information on Parkinson’s disease. Community education, physician referral and support groups.

American Red Cross of Eastern Oklahoma
10151 E. 11th St. • Tulsa, OK 74128
(918) 831-1100 • Fax: (918) 831-1134 • www.redcross.org/ok/tulsa
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)
575 Market St., Ste. 2100 • San Francisco, CA 94105
(800) 537-9728 toll-free • Fax: (415) 974-0300 • www.asaging.org
Provides information about medical and social practice, research and policies pertinent to the health of older people. Also offers subscriptions to the Society’s publications.
American Stroke Association
2227 E. Skelly Dr. • Tulsa, OK 74105
(918) 712-4000 • (888) 4STROKE (478-7653) toll-free
www.strokeassociation.org
Offers information, education and referrals for stroke survivors and their families.

Arthritis Foundation, South Central Region
710 W. Wilshire Creek Blvd., Ste. 101 • Oklahoma City, OK 73116
(405) 936-3366 • (800) 627-5486 toll-free • www.arthritis.org
Offers aquatic and land-based group exercise classes, 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 30329
(800) CDC-INFO (232-4636) toll-free • www.cdc.gov
The CDC is the federal agency for protecting the health and safety of people at home or abroad. The CDC offers fact sheets that help people make informed decisions about their health.

Communication Service for the Deaf (CSD)
(866) 662-2265 toll-free • Videophone: (605) 496-0738
Fax: (605) 367-5958 • www.c-s-d.org
See complete listing at HEARING and SPEECH SERVICES, page 198.

Leukemia and Lymphoma Society
500 N. Broadway Ave., Ste. 250 • Oklahoma City, OK 73102
(405) 943-8888 • (800) 955-4572 toll-free • www.lls.org

Lewy Body Dementia Association
912 Killian Hill Rd., SW • Lilburn, GA 30047
(404) 935-6444 • Fax: (480) 422-5434
Caregiver Helpline: (800) 539-9767 toll-free • www.lbda.org
Provides information and support for individuals affected with Lewy body dementias, the second most common type of dementia after Alzheimer's disease.

Lupus Foundation of Oklahoma, Inc.
3017 N. Stiles Ave., Ste. 203 • Oklahoma City, OK 73105
(405) 225-7510 • www.oklupus.org
Offers education and awareness programs, support groups, educational materials and clinical updates for health professionals and for individuals and families affected by lupus.

Mental Health Association Oklahoma
1870 S. Boulder Ave. • Tulsa, OK 74119
(918) 585-1213 • Fax: (918) 585-1263 • www.mhat.org
Offers programs including advocacy and public policy, case management, community referrals, crisis response in schools, peer-run drop-in centers, housing and development services, youth wellness screenings, legal services, peer outreach services, pro-bono counseling, professional education, suicide prevention training and support groups.

Mesothelioma Applied Research Foundation
1317 King St. • Alexandria, VA 22314
(877) 363-6376 toll-free • Fax: (703) 299-0399 • www.curemeso.org
A nonprofit collaboration of patients and families, physicians, advocates and researchers dedicated to eradicating mesothelioma. Offers information, educational resources and involvement opportunities.

Muscular Dystrophy Association, Eastern Oklahoma
5840 S. Memorial Dr., Ste. 307 • Tulsa, OK 74145
(918) 749-7997 • National Office: (800) 572-1717 toll-free
www.mda.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, Inc., Oklahoma Chapter
4606 E. 67th St., Ste. 100 • Tulsa, OK 74136
(918) 494-4951 • National Office: (800) 541-5454 toll-free
www.myasthenia.org
Offers educational materials, support groups, referral services and prescription assistance.

National Association for Continence
P.O. Box 1019 • Charleston, SC 29402
(843) 377-0900 • (800) 252-3337 toll-free • www.nafc.org

National Cancer Institute – Cancer Information Services
9609 Medical Center Dr., BG 9609, MSC 9760 • Bethesda, MD 20892
(800) 4-CANCER (422-6237) 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
31 Center Dr., MSC 2292 • Bethesda, MD 20892
(800) 222-2225 toll-free • TTY: (800) 222-4225 toll-free
www.nia.nih.gov
Supports research on aging and develops and distributes publications on health-related aging issues.

National Kidney Foundation
30 E. 33rd St. • New York, NY 10016
(800) 622-9010 toll-free • www.kidney.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 Multiple Sclerosis Society, Oklahoma Chapter
4606 E. 67th St., Ste. 103 • Tulsa, OK 74136
(918) 488-0882 • Fax: (918) 488-0913
National Chapter: (800) 344-4867 toll-free
www.nationalmssociety.org/chapters/oke
Offers a variety of resources, including information, education and referral.

National Osteoporosis Foundation
1150 17th St. NW, Ste. 850 • Washington, DC 20036
(800) 231-4222 toll-free • Fax: (202) 223-2237 • www.nof.org

National Stroke Association
9707 E. Easter Lm., Ste. B • Centennial, CO 80112
(800) STROKES (787-6537) toll-free • www.stroke.org
continued
Parkinson Foundation of Oklahoma
1831 E. 71st St. • Tulsa, OK 74136
(918) 877-2704 • www.parkinsonoklahoma.com
Statewide organization with programs that include support groups, speech and exercise programs, information and referrals, educational classes and conferences, and community events. Additional office in Oklahoma City.

Tulsa C.A.R.E.S
(Center for AIDS Resources, Education and Support)
3507 E. Admiral Pl. • Tulsa, OK 74115
(918) 834-4194 • (800) 474-4872 toll-free
Fax: (918) 834-4189 • Food Pantry: (918) 834-4782
www.tulsacares.org
Offers comprehensive HIV/AIDS services.

U.S. National Library of Medicine at National Institutes of Health
8600 Rockville Pike • Bethesda, MD 20894
(888) 346-3656 toll-free • Fax: (301) 402-1384
www.nlm.nih.gov
Offers access to the world's largest medical library on the Internet or through interlibrary loan requests.

Willis-Ekbom Disease Foundation
Formerly Restless Leg Syndrome Foundation
1530 Greenwood Dr. SW, Ste. 210 • Rochester, MN 55902
(507) 287-6465 • Fax: (507) 287-6312 • www.willis-ekbom.org
Provides information about Restless Leg Syndrome, develops support groups and seeks to find better treatments and a definitive cure.

HEARING and SPEECH SERVICES

ABLE Tech at Oklahoma State University
1514 W. Hall of Fame • Stillwater, OK 74078
(405) 744-9748 • (888) 885-5588 toll-free
TTY: (800) 257-1705 toll-free • Fax: (405) 744-2487
www.oklahomarelay.com
Dial 711 to use Relay Oklahoma • www.oklahomarelay.com
Relay Oklahoma Service is a free service that provides full telephone accessibility to people who are deaf, hard-of-hearing, deaf-blind or have a speech disability. Allows text-telephone, Voice Carry-Over, Hearing Carry-Over, and Speech-to-Speech users to communicate with standard telephone users through specially-trained relay operators. Available 24 hours a day, 365 days a year, at no cost.

American Tinnitus Association (ATA)
522 S.W. 5th Ave., Ste. 825 • Portland, OR 97204
(800) 634-8978 toll-free • Fax: (503) 248-0024 • 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 offers information on self-help groups nationwide, which offer information, assistance and referrals to community services and tinnitus specialists.

Communication Service for the Deaf (CSD)
(866) 662-2265 toll-free • Videophone: (605) 496-0738
Fax: (605) 367-5958 • www.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 and sign language 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 – Hearing and Speech Services
8740 E. 11th St., Ste. F • Tulsa, OK 74112
(918) 836-5556 • Voice/TTY: (918) 581-2301 • www.okdrs.gov
For other offices, schools or facilities, call (800) 487-4042 toll-free.
Serving people age 16 or older who are deaf or hard-of-hearing and have other disabilities. Offers assistive devices at no charge through the Oklahoma Equipment Distribution program. Some financial guidelines may apply. See complete listing at DISABILITY SERVICES, page 192.

Hearing Loss Association of America
9910 Woodmont Ave., Ste. 1200 • Bethesda, MD 20814
(301) 657-2248 • Fax: (301) 913-9413 • 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.

Mary K. Chapman Center for Communication Disorders
2820 E. 5th St. • Tulsa, OK 74104
Mail: 800 S. Tucker Dr. • Tulsa, OK 74104
(918) 631-2504 • Fax: (918) 631-3668
www.utulsa.edu/speech-hearing-clinic
Serving people age 16 or older who are deaf or hard-of-hearing, their relatives and friends. Offers benefits through information, education, advocacy and support.

Senior Citizens Hearing Aid Project
Oklahoma School for the Deaf
1100 E. Oklahoma St. • Sulphur, OK 73086
(580) 622-8812 • Voice/TTY: (866) 309-1717 toll-free
Videophone: (580) 622-4504 • Fax: (580) 622-5850
www.okrehab.org
Hearing aid assistance for individuals 60 or older with limited incomes. Other eligible income requirements apply.

Sertoma Hearing Aid Recycling Program (SHARP)
8740 E. 11th St., Ste. A • Tulsa, OK 74112
Voice/TTY: (918) 832-8742 • Fax: (866) 309-1717 toll-free
www.sertoma.org/sharp
Assists Oklahoma residents who need hearing aids by refurbishing donated hearing aids and fitting them for the individual in need. Preference given to applicants who are 65 years of age or older. For more information, contact (918) 832-8742 toll-free.

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years or older. Applications for children and other adults are reviewed on an individual basis when funds are available. Joint program of Sertoma Club of Tulsa and TSHA. Applications available in-person or online at www.tsha.cc, under the resources tab.

TSHA, Inc. – Total Source for Hearing-loss and Access
8740 E. 11th St., Ste. A • Tulsa, OK 74112
(888) 311-3523 toll-free • Voice/TTY: (918) 832-8742
Fax: (918) 834-4329 • www.tsha.cc
Offers information about hearing loss, available services, special equipment or sign language classes; advocacy; Tulsa Hearing Helpers, a group for people who become deaf or experience loss of hearing later in life; 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.

HOME HEALTH SERVICES
See comprehensive listing of HOME HEALTH AGENCIES on page 140.

Community Action Resource and Development, Inc. (CARD)
707 W. Lowry Rd., Ste. 103 • Claremore, OK 74017
Mail: P.O. Box 947 • Claremore, OK 74018
(918) 341-5000 • Fax: (918) 343-2492 • 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.okdhss.org
Services provided through the ADvantage program and the State Plan Personal Care. See complete listing at MEDICAID INFORMATION, page 205.

Home Health Compare
www.medicare.gov/homehealthcompare
An online 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) 258-1111 • (800) 316-2222 toll-free • Fax: (918) 258-1114
www.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.

Visiting Nurse Association of Oklahoma (VNA)
7875 E. 51st St. • Tulsa, OK 74145
(918) 743-9810 • www.vnaok.org
Through the Visiting Nurse Program, VNA offers skilled nursing care at a reduced rate for people who meet financial guidelines.
HOUSING REPAIR ASSISTANCE

Some organizations offer home repair and yard maintenance services.

Cherokee Nation Housing and Rehabilitation Department
1500 Hensley Dr. • Tahlequah, OK 74465
(918) 453-5408 • www.cherokee.org
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.

Community Action Resource and Development, Inc. (CARD)
707 W. Lowry Rd., Ste. 103 • Claremore, OK 74017
Mail: P.O. Box 947 • Claremore, OK 74017
(918) 341-5000 • Fax: (918) 343-2492 • www.cardcaa.org
We offer weatherization program for Mayes, Nowata, Rogers, eastern Tulsa, Wagoner and Washington counties. Must meet financial guidelines.

Deep Fork Community Action Foundation, Inc.
223 W. 6th St. • Okmulgee, OK 74447
(918) 756-2826 • Fax: (918) 756-6829
www.deepforkcommunityaction.org
Offers weatherization services for people in Hughes, McIntosh, Okfuskee and Okmulgee counties. Must meet financial guidelines, own the home or have landlord approval.

Muscogee (Creek) Nation Housing Division
2951 N. Wood Dr. • Okmulgee, OK 74447
(918) 549-2500 • (800) 482-1979 toll-free
www.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 this page.

Neighbor for Neighbor, Inc.
505 E. 36th St. N • Tulsa, OK 74106
(918) 425-5578 • Fax: (918) 425-6935
www.neighborforneighbor.org
Repairs homes owned by seniors or people who have a disability and who are not able to complete repairs themselves. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 220.

Rebuilding Together Tulsa
P.O. Box 52201 • Tulsa, OK 74152
(918) 742-6241 • www.rebuildingtogethertulsa.org
Makes home repairs for people who own a home in Tulsa city limits, 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
(405) 742-1070 • 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 for grants.

Working in Neighborhoods
175 E. 2nd St. • Tulsa, OK 74103
(918) 576-5552 • www.cityoftulsa.org
The Working in Neighborhoods Department (WIN) promotes community education, develops and sustains private-public partnerships that enhance public safety and healthy-living within neighborhood environments, while improving the quality of life in the city of Tulsa.

HOUSING SERVICES

A comprehensive listing of housing options begins on page 60. For additional information, see URGENT and BASIC NEEDS, page 220.

Bristow Housing Authority
1110 S. Chestnut St. • Bristow, OK 74010
(918) 367-5558
Offers rental assistance for people in Bristow and surrounding communities who meet financial guidelines.

Catholic Charities
2450 N. Harvard Ave. • Tulsa, OK 74115
(918) 508-7146 • www.catholiccharitiestulsa.org
St. Elizabeth’s Lodge provides temporary housing and transitional support services to homeless mothers and children with the goal of independence.

Housing Authority of the Cherokee Nation
1500 Hensley Dr. • Tahlequah, OK 74465
(918) 456-5482 • www.hacn.org
Offers safe and sanitary housing to low-income people residing within the boundaries of the Cherokee Nation. Includes rental assistance, 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
(918) 287-2278 • (918) 287-2270 • www.haosagecounty.org
Manages duplexes for low-income individuals who live in Osage County.

Mental Health Association Oklahoma
1870 S. Boulder Ave. • Tulsa, OK 74119
(918) 585-1213 • Fax: (918) 585-1263 • www.mhat.org
Operates a continuum of housing programs and support services for those living with mental illness and their families. See complete listing at HEALTH-RELATED ORGANIZATIONS, page 196.

Muscogee (Creek) Nation Housing Division
2951 N. Wood Dr. • Okmulgee, OK 74447
(918) 549-2500 • (800) 482-1979 toll-free
www.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 this page.

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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
(918) 425-5578 • Fax: (918) 425-6935
www.neighborforneighbor.org

Circle Housing offers home ownership program for low and middle-income families. Open Monday through Thursday. See complete listing at URGENT and BASIC NEEDS, page 220.

**Oklahoma Housing Finance Agency**
100 N.W. 63rd St., Ste. 200 • Oklahoma City, OK 73116
Mail: P.O. Box 26720 • Oklahoma City, OK 73126
(405) 848-1144 • (800) 256-1489 toll-free
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
(918) 582-0021 • 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 INDEPENDENT LIVING, beginning on page 68.

**U.S. Department of Housing and Urban Development**
2 W. 2nd St., Ste. 400 • Tulsa, OK 74103
(918) 292-8900 • Fax: (918) 292-8993 • www.hud.gov

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

**Vintage Housing**
LIFE Senior Services • Sooner Management Consultants
(918) 485-8885 • www.LIFE-vintagehousing.org

Offers affordable housing for people age 62 or older who meet financial guidelines. Locations in Tulsa and surrounding communities.

**INFORMATION, ASSISTANCE and REFERRAL**

**2-1-1 Helpline**
Dial 211 or (918) 836-HELP (4357) • (877) 836-2111 toll-free
www.211oklahomahelpline.org • www.csctulsa.org

For health and social services information, financial assistance, housing, counseling, healthcare and information on free and low-cost services offered by hundreds of agencies. 2-1-1 is a free, confidential service available 24 hours a day, everyday. Serving 37 counties in eastern Oklahoma.

Area Agencies on Aging in Oklahoma
Senior Info Line: (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, 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**
Indian Nations Council of Governments (INCOG)
Area Agency on Aging • 2 W. 2nd St., Ste. 800 • Tulsa, OK 74103
(918) 584-7526 • 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 • www.areawideaging.org

**Caddo, Comanche, Cotton, Grady, Jefferson, Stephens and Tillman Counties**
Association of South Central Oklahoma Governments (ASCOG)
Area Agency on Aging • 802 Main St. • Duncan, OK 73533
Mail: P.O. Box 1647 • Duncan, OK 73534 • (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
(405) 273-6410 • (800) 375-8255 toll-free
Fax: (405) 273-3213 • www.ccoeddd.net

**Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah and Wagoner Counties**
Eastern Oklahoma Development District (EODD)
Area Agency on Aging • 1012 N. 38th St. • Muskogee, OK 74402
Mail: P.O. Box 1367 • Muscogee, OK 74402
(918) 682-7891 • 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 St. • 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 • 1002 Hwy. 2 N • Wilburton, OK 74578
(918) 645-2367 • (800) 722-8180 toll-free
Fax: (918) 783-5786 • www.coedd.net

**Alfalfa, Blaine, Garfield, Grant, Kay, Kingfisher, Major and Noble Counties**
Long Term Care Authority of Enid Aging Services
202 W. Broadway Ave., Ste. A • Enid, OK 73701
(580) 234-7475

**Beaver, Cimarron, Dewey, Ellis, Harper, Texas, Woods and Woodward Counties**
Oklahoma Economic Development Authority (OEDA)
continued
BenefitsCheckUp
A Service of the National Council on Aging
www.BenefitsCheckUp.org
Helps seniors learn about benefits for which they may be eligible and how to apply for them. 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.

City of Tulsa Customer Care Center
(918) 596-2100 • www.cityoftulsa.org
City residents may call with concerns about municipal issues.

Department of Human Services
Aging Services Division
www.okdhhs.org • Senior Info Line: (800) 211-2116 toll-free
Links older Oklahomans and their caregivers to information and assistance at the local level. Calls are automatically routed to one of the 11 Area Agencies on Aging or sponsoring agencies nearest to the caller. The following is a list of possible services, information and programs available to seniors:
- Adult Protective Services (APS)
- Adult Day Services
- ADvantage Services
- Aging Services Division Programs and Education Programs
- Arthritis Foundation Self-Help
- Chronic Diseases Self-Management Program
- Exercise/Enhanced Fitness Programs
- Grandfamilies
- Legal Assistance
- Long-Term Care Ombudsmen
- Pharmacy Connection Council
- Respite
- Supplemental Nutrition Assistance Program (SNAP)
- Oklahoma Senior Corps Program
- State Plan Personal Care
- Temporary Assistance for Needy Families (TANF)
- Transportation
- Utility Assistance

Locations:

Creek County
10 N. Mounds St. • Sapulpa, OK 74066
(918) 746-3300 • (800) 572-6834 toll-free
Fax: (918) 746-3397

Elder Care of Washington County
1223 Swan Dr. • Bartlesville, OK 74006
(918) 336-8500 • (855) 335-8500 toll-free • Fax: (918) 336-8519
www.abouteldercare.org
Offers information about services in Washington and Nowata counties. Golden Opportunities program provides educational and social programs for seniors.

Eldercare Locator (National)
(800) 677-1116 toll-free • TTY: Dial 711 for Relay Operator
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) toll-free
Offers information on federal agencies, programs and benefits or other services.

Leading Age Oklahoma
P.O. Box 1383 • El Reno, OK 73036
(405) 640-8040 • www.leadingageok.org

continued
Association represents adult day health services throughout Oklahoma. Website offers consumer information on long-term care services, financing, education resources and training. See complete listing at ADVOCACY, page 186.

LIFE’s SeniorLine Information and Resource Counseling
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

SeniorLine – the first place to call – provides comprehensive and unbiased information, referrals, 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 care management, behavioral health information, adult day health and other community-based and in-home services.

LIFE’s Vintage Newsmagazine
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

Free, award-winning, monthly newsmagazine published for 29 years by LIFE Senior Services. Offers information on issues and areas of interest to seniors, family members, caregivers and service providers.

Owasso Community Resources
109 N. Birch St., Ste. 109 • Owasso, OK 74055
(918) 272-4969 • 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

Offers information, counseling and referral to services in the Skiatook Lake area. Tuesday through Thursday, 10 a.m. to 2 p.m.

Tulsa City-County Library Community Information
(918) 549-7323 • www.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, Immigrant and Refugee Services
8145 E. 17th St. • Tulsa, OK 74112
(918) 663-0377 • Spanish Helpline: (918) 663-0001
(800) 522-0310 toll-free • www.okhca.org

Employee Benefits Security Administration
(866) 444-3272 toll-free • www.dol.gov/ebsa

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:
Northeast Oklahoma
Medicare Assistance Program at LIFE Senior Services
5950 E. 31st St. • Tulsa, OK 74135
(918) 664-9000 • (866) 664-9099 toll free

State-wide
4345 N. Lincoln Blvd. • Oklahoma City, OK 73105
(800) 522-0071 toll-free • www.okhca.org

National Active and Retired Federal Employees Association
(703) 838-7760 • Fax: (703) 838-7785 • 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)
4345 N. Lincoln Blvd. • Oklahoma City, OK 73105
(800) 522-0310 toll-free • www.okhca.org

See complete listing at MEDICAID INFORMATION, page 205.

Oklahoma Insurance Department
3625 N.W. 56th St., Ste. 100 • Oklahoma City, OK 73112
(405) 521-2828 • (800) 522-0071 toll-free • 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.

4750 S. Garnett Rd. • Tulsa, OK 74146
(866) 931-7106 toll-free • National: (800) 772-1213 toll-free
TTY: (800) 325-0778 toll-free • www.socialsecurity.gov

See complete listing at SOCIAL SECURITY INFORMATION, page 214.

Veterans Administration Insurance Center
(866) 669-8477 toll-free • www.va.gov

General life insurance information for veterans. See complete listing at VETERANS SERVICES, page 223.
LEGAL SERVICES

Broken Arrow Neighbors – Legal Clinic
315 W. College St. • Broken Arrow, OK 74012
(918) 251-7781 • www.baneighbors.org
Free legal clinic first and third Mondays at 5:30 p.m.
No criminal cases. Appointment required.

Early Settlement Mediation
600 Civic Center, Ste. 108 • Tulsa, OK 74103
(918) 596-7786 • www.oscn.net
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. Judicial referrals are free.

Legal Aid Services of Oklahoma, Inc. – OK- SPLASH
Oklahoma Sixty Plus Legal Aid Services Helpline
Title III Seniors Program
(855) 488-6814 • www.legalaidok.org
Provides free legal advice and counseling on non-criminal matters and community education, Monday through Thursday.
Must be age 60 or older.

Locations:
Bartlesville Office
Nowata and Washington counties
3851 E. Tuxedo Blvd., Ste. E • Bartlesville, OK 74006
(918) 336-5736 • (800) 421-4066 toll-free

Muskogee Office
 McIntosh, Muskogee, Sequoyah and Wagoner counties
624 W. Broadway St. • Muskogee, OK 74401
(918) 683-5681 • (800) 725-5681 toll-free

Tulsa Office
 Creek, Mayes, Nowata, Okfuskee, Okmulgee, Rogers, Tulsa and Washington counties
907 S. Detroit Ave., Ste. 725 • Tulsa, OK 74120
(918) 584-3338 • (800) 299-3338 toll-free

Legal Guide for Senior Citizens Handbook
Oklahoma Bar Association
1901 N. Lincoln Blvd. • Oklahoma City, OK 73152
Mail: P.O. Box 53036 • Oklahoma City, OK 73152
(405) 416-7000 • (800) 522-8065 toll-free • www.okbar.org
Innovative guide for Oklahoma seniors that assists them with issues they may encounter as they get older. Frees, plus shipping.
An electronic version is available on the website.

Native American Legal Resource Center
Oklahoma City University School of Law
800 N. Harvey Ave. • Oklahoma City, OK 73102
(405) 208-5337 • (405) 208-5017
The Native American Indian Resource Center at Oklahoma City University School of Law is holding the Jodi Marquette American Indian Wills Clinic, where law students who 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.

Neighbor for Neighbor, Inc. – Legal Clinic
505 E. 36th St. N • Tulsa, OK 74106
(918) 425-5578 • Fax: (918) 425-6935 • www.neighborfornighbor.org
Offers legal services for civil matters only; no criminal cases. No charge for legal services; client pays court costs. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 220.

Neighbors Along the Line – Legal Aid Services
5000 Charles Page Blvd. • Tulsa, OK 74127
(918) 584-1111 • Fax: (918) 584-4954
www.neighborsalongtheline.org
Offers Legal Aid Clinic for civil matters on first and third Mondays of the month at 6 p.m.

Oklahoma Disability Law Center
2828 E. 51st St., Ste. 302 • Tulsa, OK 74105
Voice/TTY: (918) 743-6220 • (800) 226-5883 toll-free
Fax: (918) 743-7157 • www.okdlc.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, Inc.
4200 Perimeter Center Dr., Ste. 222 • Oklahoma City, OK 73112
(800) 658-1497 toll-free • Fax: (405) 917-7060
www.oilsonline.org
Offers legal representation on Indian law and housing issues, and low-income tax clinics. CDIB card or other tribal documentation required. Must meet financial guidelines.

Senior Law Resource Center
P.O. Box 1408 • Oklahoma City, OK 73101
(405) 528-0858 • Fax: (405) 601-2134 • www.senior-law.org
Dedicated to empowering Oklahomans to age with independence, dignity and security by providing high-quality, affordable legal information and services.

Tulsa County Bar Association
1446 S. Boston Ave. • Tulsa, OK 74119
(918) 584-5243 • Fax: (918) 592-0208 • www.tulsabar.com
Offers Lawyer Referral Program by walk-in or Internet. Referrals to Tulsa-area lawyers. No attorney referrals by phone. $25 charge for 30-minute consultation for this program.

Tulsa Dream Center – Legal Assistance Clinic
200 W. 46th St. N • Tulsa, OK 74126
(918) 430-9984 • www.tulsadreamcenter.org
Offers free legal consultations, second Thursday of the month at 2 p.m., and last Saturday of the month at 11 a.m. No Social Security cases.

LONG-TERM CARE and NURSING INFORMATION

Department of Human Services – ADvantage Program
OKDHS ADvantage Administration
823 S. Detroit Ave., Fourth Fl. • Tulsa, OK 74120
Mail: P.O. Box 50550 • Tulsa, OK 74150
(918) 933-4900 • (800) 435-4711 toll-free • www.okdhso.org
See complete listing at MEDICAID INFORMATION, on page 205.
National Clearinghouse for Long-Term Care Information
Administration for Community Living • Washington, DC 20201
(202) 619-0724 • Fax: (202) 357-3555 • www.longtermcare.gov
Government website designed to assist with planning ahead for
long-term care needs. It includes a variety of user-friendly online
tools.

Nursing Home Compare
www.medicare.gov/nursinghomecompare
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 Ratings
www.oknursing homeratings.com
In conjunction with Oklahoma Health Care Authority and
the Oklahoma Department of Health, this website rates
participating facilities on several factors.

Oklahoma State Department of Health –
Long Term Care Division
1000 N.E. 10th St. • Oklahoma City, OK 73117
(405) 271-6868 • Fax: (405) 271-3442 • www.health.ok.gov
Responds to complaints about adult day health services, assisted
living, residential care and nursing facilities.

Ombudsman Program – INCOG – Area Agency on Aging
www.in cog.org
Advocates for the rights and care of residents of nursing homes,
assisted living and residential care facilities. Provided by Area
Agencies on Aging. See list of Area Agencies on Aging locations at
INFORMATION, ASSISTANCE and REFERRAL, page 201.

MEDICAID INFORMATION

Centers for Medicare and Medicaid Services (CMS)
7500 Security Blvd. • Baltimore, MD 21244
(877) 267-2324 toll-free • www.cms.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.

Oklahoma Department of Human Services –
ADvantage Program
OKDHS ADvantage Administration
823 S. Detroit Ave., Fourth Fl. • Tulsa, OK 74120
Mail: P.O. Box 50550 • Tulsa, OK 74150
(918) 933-4900 • (800) 435-4711 toll-free • www.okdhs.org
The ADvantage Program provides Medicaid services to help
people stay at home instead of going to a nursing home. The
program assists frail people age 65 or older and adults who
have physical disabilities. Must qualify for Medicaid prior to
receiving ADvantage. Contact local DHS office or your DHS
case worker to determine eligibility. See list of DHS locations at
INFORMATION, ASSISTANCE and REFERRAL, page 201.

Oklahoma Health Care Authority (OHCA)
4345 N. Lincoln Blvd. • Oklahoma City, OK 73105
(800) 522-0310 toll-free • www.okhca.org
Oklahoma’s healthcare agency. Designed to ensure that children
through age 18, pregnant women and some people who are
aged, blind or have a disability get healthcare. Must meet
financial guidelines. Contact local Department of Human
Services office to determine eligibility. See complete listing at
INFORMATION, ASSISTANCE and REFERRAL, page 201.

Seniors Medicare/Medicaid Fraud, Abuse and Waste
Reduction Program (SMP)
Oklahoma Insurance Department
3625 N.W. 56th St., Ste. 100 • Oklahoma City, OK 73112
(800) 763-2828 toll-free • www.smp.oid.ok.gov
Reduces Medicare/Medicaid fraud, abuse and waste by
increasing public awareness through community education.
Additional Location:
7645 E. 63rd St., Ste. 102 • Tulsa, OK 74133
(918) 295-3700 • Fax: (918) 994-7916

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
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 • (888) 885-5588 toll-free • Fax: (405) 744-2487
Voice/TTY: (800) 257-1705 toll-free • www.ok.gov/abletech
ABLE Tech provides short-term loans of assistive technology
devices and software, and helps locate assistive devices, services
and funding for people of all ages who have disabilities. The
Oklahoma Durable Medical Equipment Reuse Program
accepts certain medical devices for repair, refurbishment and
reassignment to individuals in need. Through the Oklahoma
Equipment Exchange, ABLE Tech links sellers and purchasers
of pre-owned assistive devices. The Alternative Finance Program
offers a low-interest loan program for people purchasing assistive
technology, such as wheelchairs, adapted vehicles, hearing aids,
communication devices or housing modifications.

Communication Service for the Deaf (CSD)
(866) 662-2265 toll-free • Videophone: (605) 496-0738
(605) 367-5958 • www.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 use video phone calls. Improves
communication access for people who are deaf or hard-of-
hearing by providing updates on new technology developments.
See complete listing at HEARING and SPEECH SERVICES,
page 198.
Department of Rehabilitation Services – Hearing and Speech Services
8740 E. 11th St., Ste. F • Tulsa, OK 74112
(918) 836-5556 • Voice/TTY: (918) 581-2301 • www.okdrs.gov
For other offices, schools or facilities, call (800) 487-4042 toll-free.
Offers assistive devices at no charge through the Oklahoma Equipment Distribution program for people who are deaf or hard-of-hearing. See complete listing at DISABILITY SERVICES, page 192.

Entrusted Hearts Medical Equipment
208 E. 5th Ave., Ste. F-H • Owasso, OK 74055
(918) 274-4310 • (877) 272-6263 toll-free • www.baptistvillage.org
Provides medical equipment and supplies to clients across the state of Oklahoma. They offer services to individuals, health centers, assistance in living facilities and other medical providers. Medicare, Medicaid and private insurance accepted.

Muscular Dystrophy Association, Eastern Oklahoma
5840 S. Memorial Dr., Ste. 307 • Tulsa, OK 74145
(918) 749-7997 • National Office: (800) 572-1717 toll-free
www.mda.org
Offers equipment maintenance assistance for orthopedic appliances, including wheelchairs and leg braces.

Sand Springs Community Services, Inc.
114 W. 4th St., Second Fl. • Sand Springs, OK 74063
(918) 245-5183 • www.sscsok.org
Loans medical equipment, including crutches, wheelchairs, walkers and bedside commodes as available. Accepts equipment donations. Geographical and financial guidelines apply.

TSHA, Inc. – Total Source for Hearing-loss and Access
8740 E. 11th St. • Tulsa, OK 74112
Voice/TTY: (918) 832-8742 • Fax: (918) 832-0774
(888) 311-3523 toll-free • www.tsha.cc
Administers an equipment lab and loan program in partnership with ABLE Tech offering assistive equipment to people who are deaf or hard-of-hearing. See complete listing at HEARING and SPEECH SERVICES, page 198.

MEDICAL SERVICES
For additional information, see GERIATRIC SPECIALISTS and ASSESSMENT, page 195.

Angel Flight, Inc.
1515 E. 71st St., Ste. 312 • Tulsa, OK 74136
(918) 749-8992 • Fax: (918) 745-0879 • www.angelflight.com
Offers free air transportation for medically-related needs.

Arms Around BA
700 W. Ft. Worth St. • Broken Arrow, OK 74012
(918) 258-7714 • www.armaroundba.org
Free general medical clinic provides minor medical assistance for Broken Arrow residents. Open Monday, Wednesday, Friday, 10 a.m. to 3 p.m.; free Medical Clinic Tuesdays, 6 p.m.

Broken Arrow Neighbors
315 W. College St. • Broken Arrow, OK 74012
(918) 251-7781 • www.baneighbors.org
Free general medical clinic provides primary health care for minor illnesses only. Call ahead to confirm clinic is open.

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) 622-4814
www.communityhealthconnection.org

Corporate Angel Network, Inc. (CAN)
Westchester County Airport
1 Loop Rd. • White Plains, NY 10604
(914) 328-1313 • Fax: (914) 328-3938
www.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

Department of Veterans Affairs
(800) 827-1000 toll-free
See complete listing at VETERANS SERVICES, page 223.

Ernest Childers VA Outpatient Clinic
9322 E. 41st St. • Tulsa, OK 74145
(918) 628-2500 • (888) 398-8387 toll-free • 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. See complete listing at VETERANS SERVICES, page 223.

Good Samaritan Health Services
(918) 710-4222 • www.goodsamaritanhealth.org
Free mobile medical clinic. Patients are taken on a first come, first served basis, with some locations accepting appointments. Hours and locations vary throughout the Tulsa, Broken Arrow, Glenpool and Mounds areas.
H.O.P.E. (Health, Outreach, Prevention and Education)
3540 E. 31st St., Ste. 3 • Tulsa, OK 74135
(918) 749-8378 • Fax: (918) 749-8388
HIV/AIDS Hotline: (800) 535-2437 toll-free
Spanish: (918) 749-8389
www.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
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. SoonerCare, Medicare, Medicaid and insurance accepted. Patients without health insurance are provided health care at no personal cost.

Koweta Indian Health Center
31870 E. State Hwy. 51 • Coweta, OK 74429
(918) 279-3200 • www.creekhealth.org
Offers medical, dental and eye care, audiology, physical therapy, diagnostic imaging and radiology, laboratory and behavioral health services; diabetes prevention and education, pharmacy and pharmacy mail order services for Native Americans. Must have CDIB card. Eligibility guidelines apply.

Morton Comprehensive Health Services
1334 N. Lansing Ave. • Tulsa, OK 74106
(918) 587-2171 • www.mortonhealth.org
Offers comprehensive primary healthcare, 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. Medicare, Medicaid and insurance accepted. Must meet financial guidelines. Sliding fee scale.

Additional Locations:
Bartlesville Health Center
4140 S.E. Adams Rd., Ste. 105 • Bartlesville, OK 74006
(918) 333-1111 • Fax: (918) 333-1116
East Tulsa Family Health Center
11511 E. 21st St. • Tulsa, OK 74129
(918) 295-6185
Midtown Family Health Center
102 N. Denver Ave., Ste. B • Tulsa, OK 74103
(918) 295-6942
Nowata Family Health Center
207 S. Locust St. • Nowata, OK 74078
(918) 273-9911
Neighbor for Neighbor, Inc. – Medical Clinic
505 E. 36th St., N • Tulsa, OK 74106
(918) 425-5578 • Fax: (918) 425-6935 • www.neighborforneighbor.org
Free acute care, including lab and prescription assistance. Also, dental, vision, diabetes and women’s clinics. Appointment required. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 220.

H.O.P.E. (Health, Outreach, Prevention and Education)
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(918) 749-8378 • Fax: (918) 749-8388
HIV/AIDS Hotline: (800) 535-2437 toll-free
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(918) 588-1900 • Fax: (918) 582-6405 • www.ihcrc.org
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East Tulsa Family Health Center
11511 E. 21st St. • Tulsa, OK 74129
(918) 295-6185
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(918) 295-6942
Nowata Family Health Center
207 S. Locust St. • Nowata, OK 74078
(918) 273-9911
Neighbor for Neighbor, Inc. – Medical Clinic
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(918) 425-5578 • Fax: (918) 425-6935 • www.neighborforneighbor.org
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(918) 749-8378 • Fax: (918) 749-8388
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4140 S.E. Adams Rd., Ste. 105 • Bartlesville, OK 74006
(918) 333-1111 • Fax: (918) 333-1116
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Neighbor for Neighbor, Inc. – Medical Clinic
505 E. 36th St., N • Tulsa, OK 74106
(918) 425-5578 • Fax: (918) 425-6935 • www.neighborforneighbor.org
Free acute care, including lab and prescription assistance. Also, dental, vision, diabetes and women's clinics. Appointment required. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 220.
general and other surgeries, emergency medicine, cardiology, gastroenterology, pulmonology and more. X-rays and lab services are also available and often offered on-site.

Locations:

Downtown Clinic at Williams
2 E. 1st St., Ste. 180 • BOK Tower • Tulsa, OK 74103
(918) 619-4014

Family Medicine Center
1111 S. St. Louis Ave. • Tulsa, OK 74120
(918) 619-4600

Schusterman Center Clinic
4444 E. 41st St. • Tulsa, OK 74135
(918) 619-4400

Sports Medicine
1111 S. St. Louis Ave. • Tulsa, OK 74120
(918) 619-4639

Surgical Specialists Clinic
1919 S. Wheeling Ave., Ste. 600 • Tulsa, OK 74135
(918) 634-7500

Wayman Tisdale Specialty Health Clinic
591 E. 36th St. N • Tulsa, OK 74106
(918) 619-8700

Pawhuska Indian Health Center
715 Grandview Ave. • Pawhuska, OK 74056
(918) 287-9300

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 – Health and Community Services Center
400 Agency Rd. • Pawnee, OK 74058
(918) 762-3873 • 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.

St. John Wound Center
4538 S. Harvard Ave. • Tulsa, OK 74135
(918) 712-3377 • Fax: (918) 712-3373 • www.sjmc.org

Offers evidence-based wound care. Appointment required.

Additional Location:
4812 S. 109th E. Ave., Ste. 101 • Tulsa, OK 74146
(918) 748-3103 • Fax: (918) 748-3104

Take Charge!
OSU Women’s Health Care Center
2345 Southwest Blvd. • Tulsa, OK 74107
(918) 561-8543 • www.healthsciences.okstate.edu

Offers free breast exams, Pap smears and mammograms for women ages 40 to 64 who meet eligibility guidelines. Appointment required.

Tulsa County Medical Society
5315 S. Lewis Ave. • Tulsa, OK 74105
(918) 743-6184 • 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

Free general medical clinic, Monday through Friday, 10 a.m to noon. No appointment required. Must meet financial guidelines. Must live in Tulsa County.

Tulsa Dream Center
200 W. 46th St. N • Tulsa, OK 74126
(918) 430-9984 • www.tulsadreamcenter.org

Free medical clinic for adults who do not have insurance. Exams, vaccinations and exercise programs.

Tulsa Health Department
(918) 582-9355 • 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. Wellness programs, immunizations, education and information available. WIC eligibility based on household income, serves parents and grandparents raising grandchildren under the age of five. Most services are free or low-cost.

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

James O. Goodwin Health Center
5051 S. 129th E. Ave. • Tulsa, OK 74134
(918) 582-9355 • Fax: (918) 595-4492

Mingo WIC Clinic
9924 E. 21st St. • Tulsa, OK 74129
(918) 669-8200

continued
North Regional Health and Wellness Center
5635 N. Martin Luther King Jr. Blvd. • Tulsa, OK 74126
(918) 582-9355

Sand Springs Health Center
306 E. Broadway St. • Sand Springs, OK 74063
(918) 591-6100 • Fax: (918) 591-6102

South Peoria WIC Clinic
6831 S. Peoria Ave. • Tulsa, OK 74136
(918) 477-0040

Tulsa Osteopathic Medical Society
744 W. 9th St. • Tulsa, OK 74127
(918) 599-5962 • Fax: (918) 599-5949 • www.tulsaosteo.org
Maintains current listing of osteopathic physicians. Responds to complaints about osteopathic physicians.

Tulsa Wound Care and Hyperbaric Center
OSU Medical Center • 744 W. 9th St. • Tulsa, OK 74127
(918) 599-5874 • 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.

Visiting Nurse Association of Oklahoma (VNA)
7875 E. 51st St. • Tulsa, OK 74145
(918) 743-9810 • www.vnaok.org
Wellness services, including immunizations (flu, pneumonia, meningitis and travel), 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 • Tulsa, OK 74128
(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 open Wednesdays only, 8 a.m. to 4 p.m.

MEDICARE INFORMATION
See also SOCIAL SECURITY INFORMATION, page 214.

Centers for Medicare and Medicaid Services (CMS)
7500 Security Blvd. • Baltimore, MD 21244
(877) 267-2323 toll-free • www.cms.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
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 INFORMATION and ASSISTANCE REFERRAL, page 202.

KEPRO
5700 Lombardo Center Dr., Ste. 100 • Seven Hills, OH 44131
(216) 447-9604 • (844) 430-9504 toll-free • TTY: (855) 843-4776
Fax: (844) 878-7921 • www.keproqio.com
Federally-contracted Beneficiary and Family Centered Care – Quality Improvement Organization (BFCC-QIO) for Oklahoma's Medicare beneficiaries. Investigates Medicare beneficiaries’ complaints about hospital care, premature release and other concerns about hospitalization procedures under Medicare. Monday through Friday, 9 a.m. to 5 p.m., and on weekends and holidays, 11 a.m. to 3 p.m.

Medicare
24-Hour Helpline: (800) MEDICARE (633-4227) toll-free
TTY: (877) 486-2048 toll-free • 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, Medicare policies, nursing homes, home health agencies and dialysis facilities.

Medicare Assistance Program (MAP) See Our Ad On Page 11
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
Medicare Assistance Program at LIFE Senior Services
5950 E. 31st St. • Tulsa, OK 74135
(918) 664-9000 • (866) 664-9009 toll-free
State-wide
3625 N.W. 56th St., Ste. 100 • Oklahoma City, OK 73112
(405) 521-2828 • (800) 522-0071 toll-free • www.ok.gov/oid

Medicare Rights Center
(800) 333-4114 toll-free • www.medicarerights.org
Free online counseling and assistance tool on Medicare issues. Registered users 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
(800) MEDICARE (633-4227) toll-free
TTY: (877) 486-2048 toll-free • www.mymedicare.gov
Medicare’s free, secure online service for gaining access to personalized information about Medicare benefits and services. Registered users 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.
Seniors Medicare/Medicaid Fraud, Abuse and Waste Reduction Program (SMP)
Oklahoma Insurance Department
3625 N.W. 56th St., Ste. 100 • Oklahoma City, OK 73112
(800) 763-2828 toll-free • www.smp.oid.ok.gov
Responds to complaints related to Medicare and Medicaid fraud and abuse.

U.S. Railroad Retirement Board
2020 N. Webb Rd. • Wichita, KS 67206
(877) 772-5772 toll-free • Fax: (316) 687-3572
www.secure.rrb.gov
Facilitates enrollment in Medicare for railroad retirees and their spouses. Serves Adair, Cherokee, Craig, Creek, Delaware, Mayes, Muskogee, Nowata, Okmulgee, Osage, Ottawa, Pawnee, Rogers, Sequoyah, Tulsa, Wagoner and Washington counties.

MEDICATIONS

American Cancer Society
4110 S. 100th E. Ave., Ste. 101 • Tulsa, OK 74146
(918) 743-6767 • 24-Hour Hotline: (800) 227-2345 toll-free
www.cancer.org
Some ostomy supplies available.

Broken Arrow Neighbors
315 W. College St. • Broken Arrow, OK 74012
(918) 251-7781 • www.baneighbors.org
Emergency financial aid for prescriptions. Must live in Broken Arrow. See complete listing at URGENT and BASIC NEEDS, page 220.

Center for Benefits Outreach & Enrollment
Formerly the National Center for Benefits Outreach & Enrollment
www.ncoa.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.

Counseling and Recovery Services of Oklahoma
7010 S. Yale Ave., Ste. 215 • Tulsa, OK 74136
(918) 492-2554 • Fax: (918) 494-9870 • www.csok.org
See complete listing at MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, page 227.

Additional Location:
401 E. Broadway Ct. • Sand Springs, OK 74063
(918) 245-5565 • Fax: (918) 245-5564

Ernest Childers VA Outpatient Clinic
9322 E. 41st St. • Tulsa, OK 74145
(918) 628-2500 • (888) 398-8387 toll-free • 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 223.

Indian Health Care Resource Center
550 S. Peoria Ave. • Tulsa, OK 74120
(918) 588-1900 • Fax: (918) 582-6405
Pharmacy: (918) 382-1270 • www.ihcrc.org

continued

Medicare Assistance Program at LIFE Senior Services

Do you need help understanding Medicare? From monthly Basics of Medicare informational seminars to Part D counseling, LIFE’s Medicare counselors are here to help.

Discover what LIFE has to offer.

LIFE SeniorLine (918) 664-9000
www.LIFESeniorservices.org

LIFE’s Vintage Guide • Community Services www.LIFESeniorservices.org
Provides comprehensive pharmacy services including prescription filling, medication counseling and consultation. Drive-thru access. See complete listing at MEDICAL SERVICES, page 206.

**Koweta Indian Health Facility**  
31870 E. State Hwy. 51 • Coweta, OK 74429  
(918) 279-3200 • www.creekhealth.org  
Offers pharmacy and pharmacy mail order services for Native Americans. Must have CDIB card. Eligibility guidelines apply. See complete listing at MEDICAL SERVICES, page 206.

**Leukemia and Lymphoma Society**  
500 N. Broadway Ave., Ste. 250 • Oklahoma City, OK, 73102  
(405) 943-8888 • (800) 955-4572 toll-free • www.lls.org  
Offers financial assistance for drugs and treatment-related expenses to qualified individuals with a blood-related cancer.

**Medicare Assistance Program (MAP) at LIFE Senior Services**  
5950 E. 31st St. • Tulsa, OK 74135  
(918) 664-9000 • (866) 664-9009 toll free • www.LIFESeniorservices.org  
Provides accurate and objective information, education and assistance in comparing, selecting and enrolling in a Medicare Part D plan and in applying for financial assistance to help pay prescription drug costs. See related articles starting on pages 54. Also, see LIFE’s *Vintage Newsmagazine* for monthly updates on Medicare.

**Medicare Part D Prescription Drug Coverage**  
24-Hour Helpline: (800) MEDICARE (633-4227) toll-free  
TTY: (877) 486-2048 toll-free • 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 more information, about Medicare Parts A, B, C and D, see *The Basics of Medicare* on page 54 and Closing the Medicare Part D Coverage Gap on page 58. Also see LIFE’s *Vintage Newsmagazine* for monthly updates and current information regarding Medicare Part D.

**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. See complete listing at URGENT and BASIC NEEDS, page 220.

**Neighbor for Neighbor, Inc.**  
505 E. 36th St. N • Tulsa, OK 74106  
(918) 425-5578 • Fax: (918) 425-6935 • www.neighborforneighbor.org  
Offers assistance with medications. Monday through Thursday. See complete listing at URGENT and BASIC NEEDS, page 220.

**Neighbors Along the Line**  
5000 Charles Page Blvd. • Tulsa, OK 74127  
(918) 584-1111 • Fax: (918) 584-4954 • www.neighborsalongtheline.org  
Offers limited assistance with medications. See complete listing at MEDICAL SERVICES, page 206.

**Rx for Oklahoma – Prescription Assistance**  
(877) RX4-OKLA (794-6552) toll-free • (405) 815-6552 • www.okcommerce.gov  
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. Long-term medications only.

**Sapulpa Indian Health Center**  
1125 E. Cleveland Ave. • Sapulpa, OK 74066  
(918) 224-9310 • www.creekhealth.org  
Offers pharmacy services. Must be a citizen of a federally-recognized tribe and have a CDIB card. SoonerCare, Medicare, Medicaid and insurance accepted.

**TRICARE Senior Pharmacy Program**  
(877) 363-1303 toll-free • www.tricare.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 224.

**Western Neighbors, Inc.**  
4235 Southwest Blvd. • Tulsa, OK 74107  
(918) 445-8840 • www.southwesttulsa.org  
Offers some assistance for emergency prescriptions. Must meet eligibility guidelines. See complete listing at URGENT and BASIC NEEDS, page 220.

**MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES**  
See comprehensive listings on page 227.

**NUTRITION ASSISTANCE and SERVICES**  
See comprehensive listing of senior nutrition sites on page 216. See also URGENT and BASIC NEEDS, page 220.

**Bixby Community Outreach Center**  
10 E. Dawes Ave. • Bixby, OK 74008  
(918) 366-9226 • Fax: (918) 366-9228 • www.bixbyoc.org  
Food pantry provides food and personal care items for Bixby-area residents who meet financial guidelines. Tuesday, Wednesday and Thursday, 9 a.m. to 4 p.m. See complete listing at URGENT and BASIC NEEDS, page 220.
Food pantry provides a three to five-day supply of food and personal care items for Broken Arrow residents. See complete listing at URGENT and BASIC NEEDS, page 220.

Caring Community Friends
12 W. Burnham Ave. • Sapulpa, OK 74067
Mail: P.O. Box 1524 • Sapulpa, OK 74067
(918) 224-6464 • Fax: (918) 224-6436
www.caringcommunityfriends.org
Those in need of food may apply for food items from donation-stocked food pantry. Referral required.

Catholic Charities – Padre Pio Assistance
2450 N. Harvard Ave. • Tulsa, OK 74115
(918) 508-7161 • www.catholiccharities.tulsa.org
Assistance with food for families and seniors in need. Available four times a year per household. Tuesday through Friday, 9 a.m. to 2 p.m.; Tuesday, 4:30 p.m. to 6:30 p.m. and third Saturday, 9 a.m. to 11 a.m. Offers free lunch on most Tuesdays and Thursdays, noon to 1 p.m. Walk-ins welcome.

Claremore Meals on Wheels
715 McClellan Ave. • Claremore, OK 74017
(918) 342-2006
Delivers meals to homebound seniors in Claremore. Meals delivered Monday, Wednesday and Friday, 8:30 a.m. to noon.

Community Action Resource and Development (CARD)
707 W. Lowry Rd., Ste. 103 • Claremore, OK 74017
Mail: P.O. Box 947 • Claremore, OK 74018
(918) 342-0622 • Fax: (918) 343-2492 • 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, Nowata, Rogers or Washington counties.

Meals on Wheels of Metro Tulsa
12620 E. 31st St. • Tulsa, OK 74146
(918) 627-4103 • Fax: (918) 663-8914 • www.mesonwheelstulsa.org
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. Application for service available online.

Neighbor for Neighbor, Inc.
505 E. 36th St. N • Tulsa, OK 74106
(918) 425-5578 • Fax: (918) 425-6935 • www.neighborforneighbor.org
Community food store provides food to those in need. Free to seniors age 65 or older and adults who have disabilities. Open Monday through Thursday, 9 a.m. to noon and 1 p.m. to 3 p.m. See complete listing at URGENT and BASIC NEEDS, page 220.

Neighborhoods Along the Line
5000 Charles Page Blvd. • Tulsa, OK 74127
(918) 584-1111 • Fax: (918) 584-4954
www.neighborsalongtheline.org

ONLINE RESOURCES

CareCalendar
www.carecalendar.org
This is an online tool that can be used with anyone experiencing an illness or surgery. 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.

Caring Bridge
www.caringbridge.org
This site provides a list of free websites that connect people experiencing a significant health challenge to family and friends,

Food pantry serves residents of northwest Tulsa, providing groceries once a month to people who meet financial guidelines. See complete listing at URGENT and BASIC NEEDS, page 220.

Osage County Nutrition Program
108 E. 7th St. • Pawhuska, OK 74056
(918) 287-2242
Offers people age 60 or older and their spouse, regardless of age, a hot, nutritionally-balanced lunch and a variety of activities. Frozen meals available in rural areas. Home-delivered meals for medically-homebound people. Monday through Friday. Transportation available. See list of nutrition sites on page 216.

Owasso Community Resources
109 N. Birch St., Ste. 109 • Owasso, OK 74055
(918) 272-4969 • www.owassohelps.org
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 220.

Supplemental Nutrition Assistance Program – SNAP
Department of Human Services
www.okdhs.org
Regular and emergency SNAP available for adults who meet financial guidelines. Contact local DHS office to apply. See location listing at INFORMATION, ASSISTANCE and REFERRAL, page 201.

Tulsa and Creek County Senior Nutrition Program
3602 E. Pine St. • Tulsa, OK 74115
(918) 835-4160 • Fax: (918) 835-1299 • www.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 216.
making each health journey easier. The websites are easy to create and use.

Lotsa Helping Hands – Caregiver Action Network (CAN)
www.can.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 the intuitive group calendar.

MyALZspot
www.myalzspot.com
Online resource offers a private space to share family memories and day-to-day life events from any distance, listen to professionals talk through real situations related to Alzheimer’s and dementia care and discover helpful tools.

Strength for Caring – A Place for Caregivers
www.strengthforcaring.com
A website for caregivers to search for ways to take care of yourself while you are caring for others, tips for daily care, share stories and find support and other information and resources.

Take Them A Meal
www.takethemameal.com
This website simplifies meal coordination so friends, family and neighbors can help provide food during any time of need. Customizable online sign-up sheets include phone numbers, driving directions, food allergies and preferences.

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.

Advanced NuMed Technologies, Ltd.
7225 S. 85th E. Ave., Ste. 200 • Tulsa, OK 74133
(918) 249-2697

American Association of Tissue Banks
8200 Greensboro Dr., Ste. 320 • McLean, VA 22102
(703) 827-9582 • Fax: (703) 356-2198 • www.aatb.org

LifeShare Transplant Donor Services of Oklahoma, Inc.
4705 N.W. Expressway • Oklahoma City, OK 73132
(888) 580-5680 toll-free • www.lifeshareoklahoma.org

Musculoskeletal Transplant Foundation (MTF)
125 May St. • Edison, NJ 08837
(732) 661-0202 • (800) 433-6576 toll-free • Fax: (732) 661-2298 www.mtf.org

Oklahoma State University
Center for Health Sciences – Body Donor Program
1111 W. 17th St. • Tulsa, OK 74107
(918) 561-8253

University of Oklahoma
College of Medicine – Willed Body Program
P.O. Box 26901 • Oklahoma City, OK 73126
(405) 271-2424

RECREATION and TRAVEL
For a comprehensive list of area SENIOR CENTERS, see page 216.

LIFE’s Vintage Newsmagazine
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
Free, award-winning, monthly newsmagazine published by LIFE Senior Services. Offers information about events and activities of interest to seniors and caregivers.

Northeast Active Timers (NEATS)
3119 S. Jamestown Ave. • Tulsa, OK 74135
(918) 743-1303 • Fax: (918) 743-1304 • www.neats.tulsa.org

Road Scholar
11 Avenue de Lafayette • Boston, MA 02111
(800) 454-5768 toll-free • www.roadscholar.org
This not-for-profit organization offers learning adventures for older adults. A worldwide leader among education and travel organizations, Road Scholar offers over 5,500 programs in all 50 states and 150 countries.

Senior Pass
U.S. Geological Survey
(888) 275-8747 toll-free • www.usgs.gov
Provides access to more than 2,000 federal recreation sites and provides discounts on some expanded amenity fees, such as camping, boat launching, swimming and guided tours. $10 fee for lifetime pass. Minimum age 62.

Silver Elite by Hillcrest
(918) 579-6060 • www.silverelite.org
Free club for ages 60+ offered by Bailey Medical Center, Hillcrest Hospital Claremore, Hillcrest Hospital South and Hillcrest Medical Center. Offers educational seminars, fun activities and in-hospital benefits.

The Center for Individuals with Physical Challenges
815 S. Utica Ave. • Tulsa, OK 74104
(918) 584-8607 • Fax: (918) 584-8646 • www.tulsacenterc.org
Offers recreational activities for people who have physical disabilities. See complete listing at DISABILITY SERVICES, page 192.

Tulsa City-County Library Outreach and Literacy Services
2901 S. Harvard Ave. • Tulsa, OK 74114
(918) 549-7480 • www.tulsalibrary.org/services
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 • 175 E. 2nd St., Ste. 860 • Tulsa, OK 74103
(918) 596-2100 • www.tulsa.gov/parks

continued
Offers activities at area recreation centers for seniors and people who have disabilities.

YMCA of Greater Tulsa
www.ymcatulsa.org
Fitness and recreational activities, including swimming, competitive sports, fitness center and more.

Locations:
Daily Family YMCA
7910 E. 134th St. S • Bixby, OK 74008
(918) 369-9622

Downtown Tulsa YMCA
418 S. Main St. • Tulsa, OK 74103
(918) 583-9622

Hutcherson Family YMCA
1120 E. Pine St. • Tulsa, OK 74106
(918) 382-9622

Owasso Family YMCA
8300 N. Owasso Expwy. • Owasso, OK 74055
(918) 272-9622

R.C. Dickenson Family YMCA
8501 S. Garnett Rd. • Broken Arrow, OK 74012
(918) 872-9622

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.ywcatulsa.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:
Midtown
1910 S. Lewis Ave. • Tulsa, OK 74104
(918) 749-2519

East Center
8145 E. 17th St. • Tulsa, OK 74112
(918) 628-1030

SOCIAL SECURITY INFORMATION

Social Security Administration
National: (800) 772-1213 toll-free • TTY: (800) 325-0778 toll-free
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 3 p.m. Closed to the public at 12 p.m. every Wednesday.

Locations:
Bartlesville • 900 Leisure Ln., 74006
(877) 836-1557 toll-free • TTY: (800) 325-0778 toll-free

Muskogee • 2401 Shawnee St., 74401
(877) 575-5195 toll-free • TTY: (918) 687-2394

Okmulgee • 308 Creek Pl., 74447
(855) 287-4791 toll-free • TTY: (918) 756-2286

Tulsa • 4750 S. Garnett Rd., 74146
(866) 931-7106 toll-free • TTY: (800) 325-0778 toll-free

Social Security Administration Online Services
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 request a proof of income, a Social Security statement or replacement Medicare card.

Social Security Fraud Hotline
Office of the Inspector General • Social Security Administration
P.O. Box 17785 • Baltimore, MD 21235
(800) 269-0271 toll-free • Fax: (410) 597-0118
TTY: (866) 501-2101 toll-free
Call to report Social Security fraud or misuse of Social Security numbers.

Social Security Fraud Hotline
2020 N. Webb Rd., Ste. 104 • Wichita, KS 67206
(877) 772-5772 toll-free • Fax: (316) 687-3572 • www.rrb.gov
continued
Facilitates enrollment in Medicare for railroad retirees and their spouses. Serves Adair, Cherokee, Craig, Creek, Delaware, Mayes, Muskogee, Nowata, Okmulgee, Osage, Ottawa, Pawnee, Rogers, Sequoyah, Tulsa, Wagoner and Washington counties.

**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 196.

**AARP Oklahoma**
126 N. Bryant Ave. • Edmond, OK 73034
(918) 446-2277 • (866) 295-7277 toll-free • www.aarp.org/ok
Information and referral to support groups in the area. Open Monday through Friday, 8:30 a.m. to 4:30 p.m.

**ALS (Lou Gehrig’s Disease) Support Group**
(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., Tulsa.

**Alzheimer’s Association, Oklahoma Chapter**
(918) 392-5000 • 24-Hour Helpline: (800) 272-3900 toll-free
www.alz.org/oklahoma

**American Cancer Society**
4110 S. 100th E. Ave., Ste. 101 • Tulsa, OK 74146
(918) 743-6767 • 24-Hour Hotline: (800) 227-2345 toll-free
www.cancer.org
Offers three support groups. Caring and Sharing Group offers general support; Look Good ... Feel Better Group addresses appearance-related issues of the disease and its treatment; and Reach to Recovery Group offers support for those battling breast cancer.

**American Diabetes Association**
6600 S. Yale Ave., Ste. 1310 • Tulsa, OK 74136
(918) 492-3839 • Information Line: (800) 342-2383 toll-free
www.diabetes.org

**American Heart Association**
2227 E. Skelly Dr. • Tulsa, OK 74105
(918) 712-4000 • www.americanheart.org

**American Lung Association**
1010 E. 8th St. • Tulsa, OK 74120
(918) 747-3441 • www.lung.org

**American Parkinson Disease Association Information and Referral Center – Oklahoma/Southern Kansas**
P.O. Box 3113 • Broken Arrow, OK 74013
(918) 747-3747 • www.okparkinsons.com

**Arthritis Foundation, South Central Region**
710 W. Wilshire Creek Blvd., Ste. 101 • Oklahoma City, OK 73116
(405) 936-3366 • (800) 627-5486 toll-free • www.arthritis.org

**Broken Arrow Seniors, Inc.**
1800 S. Main St. • Broken Arrow, OK 74012
(918) 259-8377 • www.baseniors.org
Multi-purpose senior center hosts multiple support groups.

**Celiac Support Association – Tulsa Support Group**
www.csaceliacs.org

**Family Caregiver Alliance/National Center on Caregiving**
785 Market St., Ste. 750 • San Francisco, CA 94103
(800) 445-8106 toll-free • www.caregiver.org
Online caregiver support groups.

**Leukemia and Lymphoma Society**
500 N. Broadway, Ste. 250 • Oklahoma City, OK 73102
(405) 943-8888 • (800) 955-4572 toll-free • www.lls.org

**LIFE’s Caregiver Support Services**
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
Daytime and evening support group meetings are open to all caregivers. Groups meet monthly at three locations. For times and locations, call LIFE’s SeniorLine at (918) 664-9000.

**Mary K. Chapman Center for Communication Disorders**
1870 S. Boulder Ave. • Tulsa, OK 74119
(918) 585-1213 • Fax: (918) 585-1263 • www.mhat.org
Support groups for individuals and families coping with mental health issues and concerns.

**Muskular Dystrophy Association, Eastern Oklahoma**
5840 S. Memorial Dr., Ste. 307 • Tulsa, OK 74145
(918) 749-7997 • National Office: (800) 572-1717 toll-free
www.mda.org

**Myasthenia Gravis Foundation of America, Inc., Oklahoma Chapter**
4606 E. 67th St. S, Ste. 100 • Tulsa, OK 74136
(918) 494-4951 • National Office: (800) 541-5454 toll-free
www.myasthenia.org

**National Alliance on Mental Illness – NAMI Tulsa**
700 S. Boston Ave., Ste. 219 • Tulsa, OK 74119
(918) 587-6264 • www.namitulsa.org
Contact for publications and referrals to support systems.

**National Mental Health Consumers’ Self-Help Clearinghouse**
(800) 553-4539 toll-free • www.mhselfhelp.org

**National Multiple Sclerosis Society, Oklahoma Chapter**
4606 E. 67th St., Ste. 103 • Tulsa, OK 74136
(918) 488-0882 • National Chapter: (800) 344-4867 toll-free
www.nationalmssociety.org/chapters/oke

**Northeast Active Timers (NEATS)**
3119 S. Jamestown Ave. • Tulsa, OK 74135
(918) 743-1303 • Fax: (918) 743-1304 • www.neats Tulsa.org
Offers One in the Family group support for seniors who have no living family or whose family is far away. The Adopt a Centenarian program provides support for seniors who are 100+ years old. Special events/enrichment sessions are held for those in transition and bereavement.
Nutrition sites offer hot, nutritious meals 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 each center for hours of operation, activity schedule, age requirements, fees and/or meal prices.

### Tulsa County

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
<th>Nutrition Site</th>
<th>Senior Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>Autumn Park and Tulsa Creek County Nutrition</td>
<td>(918) 364-8066</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>Broken Arrow Senior Center</td>
<td>(918) 259-8377</td>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>Cardinal Heights and Tulsa Creek County Nutrition</td>
<td>(918) 371-3730</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>Carver Senior Center and Tulsa Creek County Nutrition</td>
<td>(918) 585-3307</td>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>Cornerstone Village and Tulsa Creek County Nutrition</td>
<td>(918) 835-9544</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>Country Oaks and Tulsa Creek County Nutrition</td>
<td>(918) 446-2855</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>Jenks Senior Center</td>
<td>(918) 299-1700</td>
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### Creek County

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
<th>Nutrition Site</th>
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<tbody>
<tr>
<td>Autumn Park and Tulsa Creek County Nutrition</td>
<td>(918) 352-9407</td>
<td>Y</td>
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<tr>
<td>Broken Arrow Senior Center</td>
<td>(918) 247-6661</td>
<td>N</td>
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<tr>
<td>Cardinal Heights and Tulsa Creek County Nutrition</td>
<td>(918) 865-2124</td>
<td>Y</td>
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<tr>
<td>Carver Senior Center and Tulsa Creek County Nutrition</td>
<td>(918) 862-3616</td>
<td>Y</td>
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<tr>
<td>Jenks Senior Center</td>
<td>(918) 367-3989</td>
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### Wagoner County

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<th>Phone</th>
<th>Nutrition Site</th>
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</thead>
<tbody>
<tr>
<td>Coweta Senior Center at Carriage Crossing</td>
<td>(918) 486-4460</td>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>Okay Senior Citizens Center</td>
<td>(918) 682-0255</td>
<td>Y</td>
<td>Y</td>
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<tr>
<td>Rolling Hills Senior Citizen Center</td>
<td>(918) 266-3738</td>
<td>Y</td>
<td>Y</td>
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<tr>
<td>Stone Bluff Senior Center</td>
<td>(918) 482-1991</td>
<td>Y</td>
<td>Y</td>
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<tr>
<td>Wagoner Nutrition Site</td>
<td>(918) 485-1114</td>
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### Mayes County

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<th>Address</th>
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<th>Nutrition Site</th>
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<tbody>
<tr>
<td>Chouteau Senior Center</td>
<td>(918) 476-5228</td>
<td>Y</td>
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</tr>
<tr>
<td>Mayes County Senior Center</td>
<td>(918) 825-6220</td>
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### Osage County

<table>
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<tr>
<th>Nutrition Site</th>
<th>Address</th>
<th>Phone</th>
<th>Nutrition Site</th>
<th>Senior Center</th>
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<tbody>
<tr>
<td>Barnsdall Nutrition Site</td>
<td>416 W. Main St., Barnsdall</td>
<td>(918) 847-2376</td>
<td>Y</td>
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</tr>
<tr>
<td>Cedar Ridge Nutrition Site</td>
<td>200 Atlantic Field Rd., Pawhuska</td>
<td>(918) 287-3994</td>
<td>Y</td>
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</tr>
<tr>
<td>Fairfax Senior Citizens Center and Nutrition Site</td>
<td>600 W. Harrison, Fairfax</td>
<td>(918) 642-1271</td>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>Hominy Senior Center</td>
<td>211 E. 5th St., Hominy</td>
<td>(918) 885-2112</td>
<td>Y</td>
<td>Y</td>
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<tr>
<td>Hulah Lake Senior Citizens</td>
<td>1924 County Rd. 3575, Pawhuska</td>
<td>(918) 336-1870</td>
<td>N</td>
<td>Y</td>
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<tr>
<td>Shidler Senior Center</td>
<td>125 Cosden, Shidler</td>
<td>(918) 793-7732</td>
<td>Y</td>
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<tr>
<td>Skiatook Senior Center</td>
<td>4999 W. Rogers Blvd., Skiatook</td>
<td>(918) 396-3320</td>
<td>Y</td>
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### Pawnee County

<table>
<thead>
<tr>
<th>Nutrition Site</th>
<th>Address</th>
<th>Phone</th>
<th>Nutrition Site</th>
<th>Senior Center</th>
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</thead>
<tbody>
<tr>
<td>Cleveland Area Senior Center</td>
<td>211 E. Wichita Ave., Cleveland</td>
<td>(918) 358-5898</td>
<td>Y</td>
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</tr>
<tr>
<td>Pawnee Independent Senior Center</td>
<td>606 5th St., Pawnee</td>
<td>(918) 762-3400</td>
<td>N</td>
<td>Y</td>
</tr>
<tr>
<td>Project Heart – Pawnee Nutrition Site</td>
<td>304 Kansas Pl., Pawnee</td>
<td>(918) 762-2405</td>
<td>Y</td>
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### Rogers County

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<thead>
<tr>
<th>Nutrition Site</th>
<th>Address</th>
<th>Phone</th>
<th>Nutrition Site</th>
<th>Senior Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>CARD Senior Center</td>
<td>1302 N. Willow Dr., Claremore</td>
<td>(918) 342-0622</td>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>Claremore Senior Citizens Center</td>
<td>116 N. Missouri Ave., Claremore</td>
<td>(918) 341-4734</td>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>Inola Senior Citizen Center</td>
<td>2nd and Broadway, Inola</td>
<td>(918) 543-8513</td>
<td>Y</td>
<td>Y</td>
</tr>
</tbody>
</table>

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**KEEP PLAYING**

**LIFE’s SENIOR CENTERS**

LIFE’s two Senior Centers offer a variety of creative, social, educational and fitness activities to keep you active and socially engaged.

LIFE’s SeniorLine (918) 664-9000

www.LIFEseniorservices.org
SUPPORT GROUPS continued

Osage Nation Caregiver Program/Title VI
350 Senior Dr. • Pawhuska, OK 74056
(918) 287-5454 • (888) 883-3610 toll-free • www.osagenation-nsn.gov
Support group for family caregivers.

PFLAG Tulsa (Parents, Families and Friends of Lesbians and Gays)
P.O. Box 52800 • Tulsa, OK 74152
(918) 749-4901 • www.pflagtulsa.org
Confidential support for families of lesbian, gay, bisexual and transgendered people.

The Tristessee Grief Center
3930 E. 31st St. • Tulsa, OK 74135
(918) 587-1200 • www.thegriefcenter.org
Individual and group support. See complete listing at GRIEF RECOVERY, page 196.

TSHA, Inc. – Total Source for Hearing-loss and Access
8740 E. 11th St., Ste. A • Tulsa, OK 74112
(888) 311-3523 toll-free • Voice/TTY: (918) 832-8742
Fax: (918) 834-4329 • www.tsha.cc

Tulsa Amputee Group Support (TAGS)
(918) 584-8607
Meets the first Monday of each month at The Center for Individuals with Physical Challenges, 815 S. Utica, Tulsa, at 6:30 p.m.

Tulsa City-County Library – Tulsa Organizations & Services
http://www.tulsalibrary.org/tulsaorganizations
Maintains a list of area support groups, under Self Help Groups.

United Ostomy Associations of America
(918) 446-8542 • www.ostomyok.org
Tulsa Ostomy Association support group meets on the fourth Thursday of the month at 7 p.m. at University Village, 8555 S. Lewis Ave., Tulsa.

TAX INFORMATION

AARP Tax Aide Program
(888) 687-2277 toll-free • www.aarp.org/taxaide
Free income tax help for seniors and low to middle-income taxpayers.

County Assessors
www.oklahoma.usassessor.com
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:
Creek County Assessor
317 E. Lee Ave. • 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) 287-3220

continued
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
Private company specializes in wheelchair transportation.

American Cancer Society
4110 S. 100th E. Ave., Ste. 101 • Tulsa, OK 74146
(918) 743-6767 • (800) 227-2345 toll-free • www.cancer.org
Offers three support groups. Caring and Sharing Group offers general support; Look Good ... Feel Better Group addresses appearance-related issues of the disease and its treatment; and Reach to Recovery Group offers support for those battling breast cancer. See complete listing at HEALTH-RELATED ORGANIZATIONS, page 196.

Angel Flight, Inc.
1515 E. 71st St., Ste. 312 • Tulsa, OK 74136
(918) 749-8992 • Fax: (918) 745-0879
www.angelflight.com
See complete listing at MEDICAL SERVICES, page 206.

Broken Arrow Connection
Provided by Tulsa Transit
(918) 582-2100 • www.tulsatransit.org
See complete listing under Tulsa Transit in this section.

Cimarron Public Transit System
501 6th St. • Pawnee, OK 74058
Ride Line: (800) 789-7314 toll-free
Offers transportation within the city limits of Bartlesville, Bristow, Ponca City and Sapulpa. Senior Program in Creek County. SoonerRide. Monday through Friday, 8 a.m. to 5 p.m. Creek, Kaye, Osage and Pawnee counties only.

Additional Locations:
Bartlesville • (918) 336-2233
Ponca City • (580) 718-0456
Skiatook • (918) 396-4466

Corporate Angel Network, Inc.
Westchester County Airport
1 Loop Rd. • White Plains, NY 10604
(914) 328-1313 • www.corpangelnetwork.org
See complete listing at MEDICAL SERVICES, page 206.

EMSA (Emergency Medical Services Authority) – Membership Services
1417 N. Lansing Ave. • Tulsa, OK 74106
(918) 596-3100 • Fax: (918) 596-3177 • www.emsaonline.com
EMSA Care Line: (918) 396-2888
TotalCare
This ambulance subscription program is designed to protect people from out-of-pocket expenses for emergency transport.

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. Automatically included in the regular water bill.

Ernest Childers VA Outpatient Clinic
9322 E. 41st St. • Tulsa, OK 74145
(918) 628-2500 • (888) 398-8387 toll-free • www.va.gov
Offers daily shuttle to Jack C. Montgomery VA Medical Center in Muskogee. See complete listing at VETERANS SERVICES, page 223.

Indian Health Care Resource Center
550 S. Peoria Ave. • Tulsa, OK 74120
(918) 588-1900 • Fax: (918) 582-6405 • www.ihcrc.org
Curb-to-curb transportation to medical clinic Monday through Friday. Round trips to Claremore Indian Hospital on Mondays. Must be Native American; CDIB card or other tribal documentation required.

Koweta Indian Health Center
31870 E. State Hwy. 51 • Coweta, OK 74429
(918) 279-3200 • www.creekhealth.org
Offers some medical-related transportation services for Native Americans through Muscogee (Creek) Nation Community Health Representative (CHR) Program. Must have CDIB card. Location and eligibility guidelines apply. See complete listing at MEDICAL SERVICES, page 206.
MedSupport  
(918) 627-5111  •  Fax: (918) 627-4111  •  www.medsupport03.com  
Private company offers wheelchair and stretcher transportation to medical appointments in the Tulsa metropolitan area.

My Driver Transportation and Companion Service  
(918) 491-9929  
Private company provides transportation in Tulsa County. Lift van transportation available. Able to assist with loading for bed-bound clients. Call for rates and reservations.

Oklahoma United We Ride  
Governor’s Oklahoma United We Ride Council  
(844) OK-MY-RIDE (656-9743) toll-free  •  www.myride.ok.gov  
Provides information about transit systems statewide. One-call-one-click phone number and interactive website match riders with appropriate transit options in their area.

Osage County Nutrition Program – TRIP Program  
108 E. 7th St.  •  Pawhuska, OK 74056  
(918) 287-2242  
Provides partial reimbursement based on mileage for participant-secured volunteer drivers. Eligibility and approval guidelines apply.

Pawnee Nation of Oklahoma – Community Health Representative (CHR) PROGRAM  
400 Agency Rd.  •  Pawnee, OK 74058  
(918) 762-4641  •  www.pawnecnation.org  
Transportation provided for patients without other means of transportation, to or from an IHS or tribal hospital or clinic when necessary for routine, non-emergency problems. Includes waiting for patient to finish treatment. Must have CDIB card.

Pelivan Transit  
333 S. Oak St.  •  Big Cabin, OK 74332  
(800) PELIVAN (282-2014) toll-free  •  www.pelivantransit.org  
Offers transportation service in Craig, Delaware, Mayes, Ottawa, Rogers and northern Tulsa counties. Discounted fares available for people aged 60 or older. Discount for one-day advance reservations. Call or visit website for area dispatch numbers, fares and reservations.

Physical Disability Parking Permit  
Issued by the Department of Public Safety  
3600 N. Martin Luther King Ave.  •  Oklahoma City, OK 73111  
(405) 425-2403  •  www.dps.state.ok.us  
Applications for disability placards are available at any tag agency and are downloadable from the Department of Public Safety website. See complete listing at DISABILITY SERVICES at page 192.

SoonerRide  
(877) 404-4500 toll-free  •  TTY: (866) 288-3133 toll-free  
https://member.logisticare.com  
Non-emergency transportation for Medicaid recipients only. Requires a valid Oklahoma Medicaid card. Reservations required three days in advance. Reservations center open Monday through Friday, 7 a.m. to 6 p.m. Pick-up available Monday through Friday, 4 a.m. to 6 p.m.

Tulsa Transit  
510 S. Rockford Ave.  •  Tulsa, OK 74120  
(918) 582-2100  •  www.tulsatransit.org

Additional Services:

Broken Arrow Connection  
Fixed route. Offers some transportation to locations not on fixed route, up to 3/4 of a mile from route with advanced reservations. Reservations accepted Monday through Friday, 8:30 a.m. to 4:30 p.m. Same day reservations available. Two-hour notice minimum. Reservations available up to seven days in advance. Connects with express bus to downtown Tulsa.

Lift Program  
Curb-to-curb paratransit service for Tulsa-area residents who have a disability. Appointment required. $3.50 one way. Application required. Call Tulsa Transit or ADA Ride toll-free at (877) 232-7433. Application available online at www.adaride.com.

Night Line  
Fixed route. Offers some transportation to locations not on fixed route, up to 3/4 of a mile from route with advanced reservations. Reservations accepted Monday through Friday, 8:30 a.m. to 4:30 p.m. Same day reservations available.

Reduced Fare Program  
Half-priced fares available for people age 62 to 74 and people who have disabilities. Application and proof of age or disability required for Reduced Fare photo ID card.

Super Seniors Program  
Free fares on Tulsa Transit’s fixed-route bus system for people age 75 or older. Application and proof of age required for Super Senior photo ID card.

URGENT and BASIC NEEDS

Arms Around BA  
700 W. Ft. Worth St.  •  Broken Arrow, OK 74012  
(918) 258-7714  •  www.armaroundba.org  
Offers food pantry, clothing, referrals and utility assistance for Broken Arrow and Coweta residents. Open Monday, Wednesday, Friday, 10 a.m. to 3 p.m. See also, MEDICAL SERVICES, page 206.

Bixby Outreach Center  
77 E. Breckenridge Ave.  •  Bixby, OK 74008  
(918) 366-9226  •  Fax: (918) 366-9228  •  www.bixbyoutreach.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  •  www.bristowhelps.org  
Offers various forms of assistance, including help with clothing, utilities, prescriptions, household supplies, personal care products and food.

Broken Arrow Neighbors  
315 W. College St.  •  Broken Arrow, OK 74012  
(918) 251-7781  •  www.baneighbors.org  
Basic needs agency. Food pantry offers a three to five-day supply of food and personal care items. General medical clinic for minor

continued
illnesses. Legal clinic. No-interest loans for limited assistance with utility cut-offs, prescriptions, eviction notices and gasoline for local work travel only. Serving Broken Arrow residents.

Caring Community Friends
12 W. Burnham Ave. • Sapulpa, OK 74067
Mail: P.O. Box 1524 • Sapulpa, OK 74067
(918) 224-6464 • Fax: (918) 224-6436
www.caringcommunityfriends.org

Offers assistance to families for basic necessities, such as food and clothing and, when funds are available, help with utility bills and some prescriptions.

Catholic Charities
2450 N. Harvard Ave. • Tulsa, OK 74115
(918) 949-4673 • www.catholiccharitiestuls.org

Offers grocery, clothing, rural outreach and migration and refugee services. Some medication assistance, mental health services, general dental services and dental pain and extraction clinic. Sallisaw location offers some clothing, food and financial assistance for utilities.

Additional Location:
409 N. Adams St. • Sallisaw, OK 74955
(918) 775-6111

Community Action Resource and Development (CARD)
707 W. Lowry Rd., Ste. 103 • Claremore, OK 74017
Mail: P.O. Box 947 • Claremore, OK 74017
(918) 341-5000 • Fax: (918) 343-2492 • www.cardc.org

Deepl Fork Community Action Foundation, Inc.
223 W. 6th St. • Okmulgee, OK 74447
(918) 756-2826 • Fax: (918) 756-6829
www.deepforkcommunityaction.org

Offers emergency assistance and social services, including prescription medication assistance, Section 8 application assistance, free income tax preparation through VITA, utilities payment assistance, rent/mortgage assistance, information and referral, housing assistance and food pantry.

Disabled American Veterans
3131 E. Pine St. • Tulsa, OK 74110
(918) 834-4643 • Fax: (918) 834-5048 • www.dav.org

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.

Grace Church Community Outreach Ministry
9610 S. Garnett Rd. • Broken Arrow, OK 74012
(918) 362-5265 • www.gcstuls.com

The Storehouse is a community outreach ministry of Grace Church providing food and clothing assistance to families in need. Open Wednesdays in conjunction with evening church service. Reservations requested.

Helping Hand Ministry
700 S. Boston Ave. • Tulsa, OK 74119
(918) 582-1356

Helps disadvantaged individuals and families over a temporary crisis. Some eviction and utility assistance, prescription assistance and food assistance. Open Monday through Friday, 9 a.m. to noon.

John 3:16 Family and Youth Center
2027 Martin Luther King Jr. Blvd. • 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) 551-7024 • www.john316mission.org

Daily dinner and chapel are free and open to the public.

Additional Services:
Men's Shelter
Male guests staying overnight are offered clothing, hot showers, meals, bed, secure shelter, spiritual input, counseling and more.

Women's Recovery Day Program
Provides a structured program that offers daytime refuge and help with recovery goals. This program is open to the public on an ongoing basis. Call or stop by for more information.

Ministry Center at the Allan Davis Building
312 S. 33rd W. Ave. • Tulsa, OK 74127
(918) 585-5310 • www.ministry-center.org

Offers limited prescription assistance, clothing, food, counseling and referral services for Tulsa County residents. Appointment required. Must accept spiritual counseling. Open Monday through Thursday, 9 a.m. to 2 p.m.

Neighbor for Neighbor, Inc.
505 E. 36th St. N • Tulsa, OK 74106
(918) 425-5578 • Fax: (918) 425-6935 • 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. Open Monday through Thursday.

Neighbors Along the Line
5000 Charles Page Blvd. • Tulsa, OK 74127
(918) 584-1111 • Fax: (918) 584-4954
www.neighborsalongtheline.org

Food pantry for residents of northwest Tulsa. Offers groceries for local work travel only. Serving Broken Arrow residents.

Oase Nation Social Services
255 Senior Dr. • Pawhuska, OK 74056
(918) 287-5335 • (800) 460-4615 toll-free

Owasso Community Resources
109 N. Birch St., Ste. 109 • Owasso, OK 74055
(918) 272-4969 • www.owassohelps.com

Year-round assistance programs include food pantry, emergency rent and utility assistance and job link resource center. Seasonal assistance programs include Back-to-school Supplies Program, Angel Scholarship Activities, Thanksgiving baskets and the Holiday Giving Tree for children and seniors with disabilities. Also offers disaster relief assistance. Services available to Owasso and Collinsville residents.
Pawnee Nation Food Distribution Program
810 Morris Rd. • Pawnee, OK 74058
(918) 762-2541 • www.pawneenation.org
Distributes food and other nutrition assistance to low-income households, including seniors. Must have a CDIB card and must provide income verification, Social Security card and live in Pawnee or northeast Payne counties.

Restore Hope Ministries
2960 Charles Page Blvd. • Tulsa, OK 74127
(918) 582-5766 • Rent Assistance: (918) 878-7999
Fax: (918) 587-5449 • www.restorehope.org
Offers emergency financial assistance for rent when funds are available. Food, clothing and household items available. Eligibility requirements may apply.

Salvation Army Center of Hope
102 N. Denver Ave. • Tulsa, OK 74103
(918) 582-7201 • www.salarmytulsa.org
Operates shelter for homeless individuals and families. Public mid-day meal available daily. Evening meal available to shelter guests, daily. Other programs include Project Able Program for single persons, Project Able Permanent Housing Program for those with a substance dependency and Supportive Housing Program for families.

Sand Springs Community Services, Inc.
114 W. 4th St. • Sand Springs, OK 74063
(918) 245-5183 • www.sscsok.org
Offers temporary/emergency assistance to Sand Springs residents for basic necessities, such as food, shelter, clothing and utility payments. Must meet financial guidelines.

Skiatook Family Resource Center, Skiatook Emergency Assistance Center (SEAC)
123 S. Broadway St. • Skiatook, OK 74070
(918) 396-4108
Offers food and utility assistance, information, counseling and referral to services to residents of Avant, Skiatook and Sperry. Tuesday through Thursday, 10 a.m. to 2 p.m.

South Tulsa Community House
5780 S. Peoria Ave. • Tulsa, OK 74105
(918) 742-5597 • Fax: (918) 742-4485
Offers information and referral for people requiring basic needs, including food, clothing and bus tokens. Serving south Tulsa.

Supplemental Nutrition Assistance Program (SNAP)
Department of Human Services (DHS)
www.okdhso.org
SNAP program is available for emergency assistance. Must meet income guidelines. Contact local DHS office to apply. See complete listing of offices at INFORMATION, ASSISTANCE and REFERRAL, page 201.

Tulsa Cornerstone Assistance Network
1073 N. Owasso Ave. • Tulsa, OK 74106
(918) 583-3670 • www.tulsacan.org
Assists individuals and families by providing food, clothing, furniture, appliances and car repair through Tulsa-area churches.

Tulsa County Social Services
2401 Charles Page Blvd. • Tulsa, OK 74127
(918) 596-5560 • Fax: (918) 596-5568 • www.tulsacounty.org
Offers emergency shelter, prescription, burial and cremation assistance for residents of Tulsa County.

Tulsa Day Center for the Homeless, Inc.
415 W. Archer St. • Tulsa, OK 74103
(918) 556-6425 • Fax: (918) 583-6745 • www.tulsadaycenter.org
Day shelter for people who are homeless. Night shelter for women, men with physical and/or mental disabilities who are receiving case management and men age 55 or older. Clothing room. Showers available. On-site services for basic needs.

Tulsa Dream Center
200 W. 46th St. N • Tulsa, OK 74126
(918) 430-9984 • www.tulsadreamcenter.org
Offers a variety of services, including food pantry, clothing, legal clinic and medical clinic.

Tulsa Weather Coalition
Dial 211 or (918) 836-HELP (4357) • (877) 836-2111 toll-free
Air conditioner loan program, April through September. Must be chair-bound, bed-bound or have a serious medical condition that limits mobility. Must meet financial guidelines, reside in Tulsa County, and have medical documentation or agency referral. Pre-screening required.

United Community Action Program, Inc.
501 6th St. • Pawnee, OK 74058
(918) 762-2561 • www.ucapinc.org
Offers food, clothing and some financial assistance to prevent utility cut-offs.

Volunteers of America of Oklahoma Affordable Senior Housing
9605 E. 61st St. • Tulsa, OK 74133
(918) 307-1500 • www.voaok.org
Offers housing to people who are age 62 or older, or who have a mental or physical disability. Other requirements may apply.

Wagoner Area Neighbors
100 N.W. 8th St. • Wagoner, OK 74467
(918) 485-2309
Offers food, clothing, household items and financial assistance for utilities, rent, gasoline and prescriptions. Wagoner County residents only. Available Monday, Wednesday and Friday, from 8 a.m. to noon; Tuesday and Thursday, 1 p.m. to 3 p.m.

Western Neighbors, Inc.
4235 Southwest Blvd. • Tulsa, OK 74107
(918) 445-8840 • www.southwesttulsa.org
Offers food assistance once a month, clothing and small household items. Some utility and emergency prescription assistance. Pay back contributions requested. Open Monday through Thursday, 8 a.m. to noon.
UTILITY and TELEPHONE ASSISTANCE
See also URGENT and BASIC NEEDS, page 220.

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 column).

LifeLine Assistance and Link-up America
(888) 225-5322 toll-free • TTY: (888) 835-5322 toll-free
www.fcc.gov/lifeline

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
- YourTel America: (855) 299-9990 toll-free

For Cellular Service:
- Sprocket Wireless: (918) 686-9999
- U.S. Cellular: (800) 447-1339 toll-free
- U.S. Cellular: (866) 363-2883 toll-free

LIHEAP (Low Income Home Energy Assistance Program)
(405) 521-3444 • (866) 411-1877 toll-free • www.liheap.org
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 (page 202) for application deadlines.

Oklahoma Natural Gas Company
(800) 664-5463 toll-free
To report a natural gas leak or emergency: (800) 458-4251 toll-free
www.oklahomanaturalgas.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.

Senior Valuation Limitation – Property Tax Freeze
Tulsa County Assessor
500 S. Denver Ave., Rm. 215 • Tulsa, OK 74103
(918) 596-5100

Locks in or freezes the taxable value of your home. 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-Shoemaker 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 VA disability claims and temporary emergency financial aid for shelter, utilities and food.

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 • TTY: (866) 363-2883 toll-free
www.tricare.mil/DEERS

DEERS is a series of databases that provides information on benefits eligibility and entitlements. DEERS serves as the central source of identity, enrollment and eligibility verification for members of the uniformed services, other personnel designated by the Department of Defense and their eligible family members.

Department of Veterans Affairs – Muskogee Regional Office
125 S. Main St. • Muskogee, OK 74401
(918) 781-7600 • National: (800) 827-1000 toll-free • www.va.gov

Offers information, advice and assistance about veterans' benefits, e.g., disability, medical/healthcare (inpatient and Continued)
outpatient), in-home and community-based services, nursing home care, adult day health services, aid and attendance, home loans and education. Available to honorably discharged veterans and their eligible dependents or survivors.

Department of Veterans Affairs Behavioral Medicine Clinic
10159 E. 11th St., Ste. 100 • Tulsa, OK 74128
(918) 610-2000

24-Hour Veterans Crisis Line: (800) 273-8255, option 1, toll-free
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. Must be a veteran.

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

Department of Veterans Affairs – National Caregiver Support Line
(855) 260-3274 toll-free • www.caregiver.va.gov
Open Monday through Friday, 8 a.m. to 8 p.m., EST. Serves as a primary resource and 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 • www.dav.org
Assists veterans with matters involving the Department of Veterans Affairs and provides temporary emergency financial assistance through the Oklahoma Department of Veterans Affairs. Helps with claims and appeals. Tuesday through Thursday, 9 a.m. to 4 p.m. First come first served. Walk-ins only.

Ernest Childers VA Outpatient Clinic
9322 E. 41st St. • Tulsa, OK 74145
(918) 628-2500 • (888) 398-8387 toll-free • www.va.gov
Comprehensive medical evaluation, specialty clinics, care and treatment, including lab, radiology and pharmacy. Daily shuttle to Jack C. Montgomery VA Medical Center in Muskogee. Must meet service and financial guidelines.

Jack C. Montgomery VA Medical Center
1011 Honor Heights Dr. • Muskogee, OK 74401
(918) 577-3000 • 24-Hour: (866) 397-8387 toll-free
www.muskogee.va.gov
Offers comprehensive inpatient and outpatient healthcare, 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
(800) 444-5445 toll-free • www.humana-military.com

Veterans Administration Insurance Center
(800) 669-8477 toll-free • www.va.gov
General life insurance information for veterans.

VISION SERVICES

American Foundation for the Blind (AFB)
2 Penn Plaza, Ste. 1102 • New York, NY 10121
(212) 502-7600 • (800) 232-5463 toll-free • www.afb.org
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
Mail: P.O. Box 6085 • Louisville, KY 40206
(502) 895-2405 • (800) 223-1839 toll-free • www.aph.org
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 – Visual Services
907 S. Detroit Ave., Ste. 500 • Tulsa, OK 74120
(918) 551-4900 • TTY: (918) 551-4933 • www.okdrs.gov
For other offices, schools or facilities, call (800) 487-4042 toll-free.
Offers services to people who are visually impaired, including evaluation, counseling and guidance, assistive devices, mobility training and restorative services. Also offers training, job placement, information and referral, independent living services and limited transportation services. Some financial guidelines may apply. Older Blind Program for low-vision and legally blind people age 55 and older.

EyeCare America – Senior Eye Care Program
A program of The Foundation of the American Academy of Ophthalmology
P.O. Box 429098 • San Francisco, CA 94142
(877) 887-6327 toll-free • www.eyecareamerica.org
Makes referrals to ophthalmologists for eye examinations. Patients without insurance receive free care. Age and eligibility requirements apply.

Indian Health Care Resource Center – Vision Services
550 S. Peoria Ave. • Tulsa, OK 74120
(918) 588-1900 • Fax: (918) 582-6405 • www.ihcrc.org
Optometry Clinic: (918) 382-1263
Provides testing for vision, glaucoma and diabetic retinopathy, eyeglass prescriptions and treatment of eye infections and other eye diseases. Must be Native American or non-Native American dependent; CDIB card or other tribal documentation required. SoonerCare, Medicare, Medicaid and private insurance accepted. Patients without health insurance are provided healthcare at no personal cost.

Koweta Indian Health Center
31870 E. State Hwy. 51 • Coweta, OK 74429
(918) 279-3200 • Appointments: (918) 279-3420
www.creekhealth.org
Eye care services for Native Americans. Must have CDIB card. Eligibility guidelines apply. See complete listing at MEDICAL SERVICES, page 206.

Lesley L. Walls Vision Center
3100 E. New Orleans St. • Broken Arrow, OK 74014
(918) 449-6210 • Fax: (918) 449-6219 • www.nsuk.edu/wallscenter
A premier resource and service facility by Northeastern State continued
University’s Oklahoma College of Optometry designed to meet the needs of patients seeking to recover from decreased vision and function due to brain injury, retinal degeneration and other causes of low vision. Located on the second floor of the Education Building.

**Lighthouse International**
111 E. 59\(^{th}\) St. • New York, NY 10022
(800) 284-4422 toll-free • www.lighthouse.org
Offers advocacy, support, information, resources, referrals, audio visual materials and publications about vision impairment and blindness. Call for list of local physicians.

**Neighbor for Neighbor, Inc.**
505 E. 36\(^{st}\) St. N • Tulsa, OK 74106
(918) 425-5578 • Fax: (918) 425-6935
www.neighborforneighbor.org
Optometry clinic offers eye exams at no charge. Appointment required. See complete listing at URGENT and BASIC NEEDS, page 220.

**NewView Oklahoma Low Vision Center**
5986 S. Yale Ave. • Tulsa, OK 74135
(918) 779-7772 • (855) 811-9699 toll-free • Fax: (918) 779-7794
www.newviewoklahoma.org
Offers occupational therapy services to assist in providing optimal care to low-vision patients. Retail store for low vision and blindness products.

**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, visually impaired and their families. Offers legislative initiatives, advocacy, information and referral and social programs.

**Oklahoma Library for the Blind and Physically Handicapped**
300 N.E. 18\(^{th}\) St. • Oklahoma City, OK 73105
(405) 521-3514 • (800) 523-0288 toll-free
TTY: (405) 521-4672 • www.olbph.org
Free services for people who are visually impaired, have a learning disability or a physical limitation. Necessary equipment provided for books and magazines on digital cartridge or in Braille, also available for download. See complete listing at DISABILITY SERVICES, page 192.

**VOLUNTEER OPPORTUNITIES**

**Assistance League of Tulsa**
3408 E. 11\(^{th}\) St. • Tulsa, OK 74112
(918) 832-8832 • Fax: (918) 832-1994 • www.ATulsa.org
Volunteer opportunities available to help with retail operations in resale shop. Resale shop proceeds are donated to fund Operation School Bell, a program that helps clothe over 2,000 area children annually with new clothes, including school uniforms and winter wear.

**Creek County Literacy Program**
15 N. Poplar St. • Sapulpa, OK 74066
(918) 224-9647 • Fax: (918) 224-8358 • www.creekliteracy.org
Become a volunteer literacy tutor and help teach an adult or child to read. No prior teaching experience is required. Free training is provided.

**Hillcrest Volunteer Services**
(918) 597-2244 • www.hillcrest.com/volunteer
Flexible schedules available.

**Hospice of Green Country**
1120 S. Boston Ave., Ste. 200 • Tulsa, OK 74119
(918) 747-2273 • Fax: (918) 747-2573
www.hospiceofgreencountry.org
Visit with patients, deliver medications, supplies and food to patients, walk and care for patients’ 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 and light sewing.

**INCOG Area Agency On Aging – Ombudsman Program**
2 W. 2\(^{nd}\) St., Ste. 800 • Tulsa, OK 74103
(918) 584-7526 • Fax: (918) 583-1024 • www.in cog.org
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. 31\(^{st}\) St. • Tulsa, OK 74146
(918) 627-4103 • Fax: (918) 627-4103 • www.mealsonwheels.tulsa.org
Volunteers needed to help with delivery of meals to homebound seniors. Application available online. See complete listing at NUTRITION ASSISTANCE and SERVICES, page 211.

**Owasso Community Resources**
109 N. Birch St., Ste. 109 • Owasso, OK 74055
(918) 272-4969 • www.owassohelps.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. 31\(^{st}\) St. • Tulsa, OK 74135
(918) 294-4865 • Fax: (918) 294-4868
www.rsvptulsa.org
RSVP connects senior volunteers to meaningful community service opportunities, matching each volunteer’s skills, experience and interests with community needs. Serving Creek, Osage, Tulsa, Wagoner and Washington counties.
Senior Corps
(405) 231-5201 • www.seniorcorps.org
Nationwide not-for-profit organization that connects seniors
with volunteer opportunities. The Foster Grandparents Program
allows volunteers to serve children with exceptional needs. The
Senior Companions Program allows volunteers to offer their
services to adults in need. Volunteers should be age 55 or older.
Other restrictions may apply.

Service Corps of Retired Executives (SCORE)
907 S. Detroit Ave., Ste. 1012 • Tulsa, OK 74120
(918) 581-7462 • www.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) 746-6800 • www.tulsaschools.org
Mentoring, reading, clerical work, classroom assistants and lunch
buddies.

Volunteers of America of Oklahoma
9605 E. 61st St. • Tulsa, OK 74133
(918) 307-1500 • Fax: (918) 307-1520 • www.voaok.org

VOTER INFORMATION

Election Boards
Oklahoma State Election Board
2300 N. Lincoln Blvd., Rm. B6 • Oklahoma City, OK 73105
Mail: P.O. Box 53156 • Oklahoma City, OK 73152
(405) 521-2391 • Fax: (405) 521-6457 • www.ok.gov/elections
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.creekcountyonline.com

Okmulgee County Election Board
314 W. 7th St., Ste. 102 • 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
415 W. 1st St. • Claremore, OK 74017
(918) 341-2965 • Fax: (918) 341-4666

Tulsa County Election Board
555 N. Denver Ave. • Tulsa, OK 74103
(918) 596-5780 • Fax: (918) 596-5775
Absentee Fax: (918) 596-4536
www.tulsacounty.org

Wagoner County Election Board
208 N. Lee Ave. • Wagoner, OK 74467
(918) 485-2142 • Fax: (918) 485-8063

League of Women Voters of Metropolitan Tulsa
3336 E. 32nd St., Ste. 4 • Tulsa, OK 74135
(918) 747-7933 • www.lwvtulsa.org
Voter services, registration, information, education and advocacy.
Compiles Directory of Government Officials, available free at
any Tulsa City-County Library.
The Mental and Behavioral Health and Counseling Services section includes a variety of agencies that serve areas of northeast Oklahoma. Community Mental Health Centers are denoted with an asterisk. These centers receive special funding from the Oklahoma Department of Mental Health and Substance Abuse Services to help serve qualifying low-income clients. Not all services are offered at all locations, and some services are offered in multiple locations. Additionally, eligibility requirements may apply. For more information about a provider’s services, locations and eligibility requirements, call the number listed.

When discussing mental and behavioral health and counseling services, industry specific terms apply. Some helpful terms and definitions include:

- **Adult Crisis Unit** – An inpatient mental treatment program for adults; specifically funded by the Oklahoma Department of Mental Health and Substance Abuse.
- **Adolescent Crisis Unit** – An inpatient treatment program for youth; specifically funded by the Oklahoma Department of Mental Health and Substance Abuse.
- **Co-Occurring** – Refers to an individual who is experiencing both mental health and substance abuse problems.
- **Detox** – Refers to detoxification from alcohol and/or other drugs.
- **Geriatric Specific** – Refers to programs or services designed specifically for older adults.
- **Intensive Outpatient** – A treatment program based on need; usually three hours per day for two to five days per week.
- **PACT (Program of Assertive Community Treatment) Team** – an intensive home-based program that utilizes a multidisciplinary team of psychiatrists, nurses, therapists and case managers and offers in-home treatment up to three times per week.

### Key:

- ● Services Provided
- CD - CDIB Card
- CO - Co-Occurring
- DE - Detox
- DM - Okla. Dept. of Mental Health & Substance Abuse
- GE - Geriatric Specific
- IN - Insurance
- MC - Medicare
- MD - Medicaid
- MH - Mental Health
- PP - Private Pay
- SA - Substance Abuse
- SS - Sliding Scale
- VA - Veteran

### Mental and Behavioral Health and Counseling Services

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<th>(800) 273-TALK (8255) National Suicide Prevention Lifeline and Veterans Crisis Line</th>
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<th>2-1-1 Helpline</th>
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<td>Dial 211 or (918) 836-HELP (4357)</td>
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<td><a href="http://www.211oklahomahelpline.org">www.211oklahomahelpline.org</a></td>
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<td>6333 E. Skelly Dr. ● Tulsa, OK 74135</td>
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<td>(918) 664-4224 ● (800) 680-8979</td>
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<td>Fax: (918) 663-0203</td>
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<td><a href="http://www.12and12.org">www.12and12.org</a></td>
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*Community Mental Health Center
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- **DM** - Okla. Dept. of Mental Health & Substance Abuse
- **GE** - Geriatric Specific
- **IN** - Insurance
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- **SS** - Sliding Scale
- **VA** - Veteran

### Community Mental Health Center

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<tr>
<td>4867 S. Sheridan Dr., Ste. 705</td>
<td>Tulsa, OK 74145</td>
<td>(918) 627-9114 • Fax: (918) 627-9114</td>
<td><a href="http://www.tulsaiso.org">www.tulsaiso.org</a></td>
<td>serving Tulsa and northeast Oklahoma</td>
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| Alcoholics Anonymous | &bullet; &bullet; &bullet; | | | | | | | | | | | | | | |
| 4853 S. Sheridan Rd., Ste. 600 | Tulsa, OK 74145 | (918) 627-2224 | www.aaneok.org • www.aaoakhma.org | serving Tulsa and northeast Oklahoma |

| Alzheimer's Association, Oklahoma Chapter | &bullet; &bullet; &bullet; | | | | | | | | | | | | | | |
| 2448 E. 81st St., Ste. 3000 • Tulsa, OK 74137 | (918) 392-5000 • (800) 272-3900 toll-free | www.alz.org/oklahoma | serving Tulsa and northeast Oklahoma |

| Brookhaven Hospital | &bullet; &bullet; | | | | | | | | | | | | | | |
| 201 S. Garnett Rd. • Tulsa, OK 74128 | (918) 438-4257 • (800) 927-3974 toll-free | Fax: (918) 438-8016 | www.brookhavenhospital.com | serving northeast Oklahoma |

| Catholic Charities | &bullet; &bullet; | | | | | | | | | | | | | | |
| 2450 N. Harvard Ave. • Tulsa, OK 74115 | (918) 508-7131 • Fax: (918) 582-2123 | www.catholiccharitiesoklahoma.org | serving Tulsa and northeast Oklahoma |

| Cherokee Nation Behavioral Health | &bullet; &bullet; | | | | | | | | | | | | | | |
| 1400 S. Hensley Dr. • Tahlequah, OK 74464 | (918) 453-5000 • (800) 256-0671 toll-free | Fax: (918) 458-6167 | www.cherokee.org | serving Adair, Cherokee, Craig, Delaware, Mayes, Nowata, Rogers and Sequoyah counties |

| Cleveland Area Hospital | &bullet; | | | | | | | | | | | | | | |
| Senior Life Program | 1401 W. Pawnee St. • Cleveland, OK 74020 | (918) 358-3616 • Fax: (918) 358-3188 | www.clevelandareahospital.com | serving Creek, Osage, Pawnee, Tulsa and surrounding counties |

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<td>(918) 744-4800 • <a href="http://www.fcsok.org">www.fcsok.org</a> serving Tulsa County</td>
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<td>Counseling and Recovery Services of Oklahoma*</td>
<td>7010 S. Yale Ave., Ste. 215 • Tulsa, OK 74136</td>
<td>(918) 492-2554 • Geriatric: (918) 245-5565 Fax: (918) 494-9870 The Calm Center (24-hour) (Ages 10-17) 6126 E. 32nd Pl • Tulsa, OK 74135 (918) 394-CALM (2256) <a href="http://www.crsok.org">www.crsok.org</a> serving Tulsa County</td>
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<td>CREEKS Behavioral Health</td>
<td>4636 S. Harvard Ave. • Tulsa, OK 74135 (918) 382-7300 • Fax: (918) 382-7302 <a href="http://www.creoks.org">www.creoks.org</a> serving Creek*, Okmulgee*, Osage, Pawnee, Rogers, Tulsa, Wagoner*, Washington and surrounding counties</td>
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<td>Dayspring Behavioral Health</td>
<td>3015 E. Skelly Dr., Ste. 103 • Tulsa, OK 74105 (918) 712-0859 • Fax: (918) 388-9708 <a href="http://www.dayspringbhs.com">www.dayspringbhs.com</a> serving Tulsa and surrounding counties</td>
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<td>DVIS/Call Rape</td>
<td>4300 S. Harvard Ave., Ste 100 • Tulsa, OK 74135 24-hour Crisis Line: (918) 7HELPME or (918) 743-5763 <a href="http://www.dvis.org">www.dvis.org</a> serving Creek, Tulsa and surrounding counties</td>
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<tr>
<td>Edwin Fair Community Mental Health Center*</td>
<td>1500 N. 6th St. • Ponca City, OK 74601 (580) 762-7561 • (800) 566-1343 toll-free Fax: (580) 762-2576 <a href="http://www.edwinfair.com">www.edwinfair.com</a> serving Garfield, Grant, Kay, Noble, Osage, Pawnee and Payne counties</td>
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*Community Mental Health Center
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### Community Mental Health Center

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#### Family & Children’s Services*

650 S. Peoria Ave. • Tulsa, OK 74120  
(918) 587-9471 • Fax: (918) 560-0137  
24-Hour Crisis Care Center  
1055 S. Houston Ave. W • Tulsa, OK 74127  
(918) 744-4800  
www.fcsok.org  
**serving Tulsa County**

<table>
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#### Fortis Therapy Outpatient Services

2200 Rockport Rd. • Edmond, OK 73013  
(918) 607-9677 • (877) 777-2249 toll-free  
www.fortistherapy.com  
**serving Tulsa and surrounding counties**

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#### Grand Lake Mental Health Center, Inc.*

114 W. Delaware Rd. • Nowata, OK 74108  
(918) 273-1841 • Fax: (918) 273-1843  
www.glmhc.net  
**serving Craig, Delaware, Mayes, Nowata, Ottawa, Rogers and Washington counties**

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#### Green Country Behavioral Health Services*

619 N. Main St. • Muskogee, OK 74401  
(918) 682-8407 • Fax: (918) 687-0976  
www.gcbhs.org  
**serving McIntosh and Muskogee counties**

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#### Hillcrest Hospital Claremore

1202 N. Muskogee Pl. • Claremore, OK 74107  
(918) 341-9373 • Fax: (918) 342-7849  
www.hillcrestclaremore.com  
**serving Claremore and northeast Oklahoma**

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#### Hillcrest Hospital Henryetta Senior Focus for Behavioral Health

2401 W. Main St. • Henryetta, OK 74017  
(918) 650-1380 • Fax: (918) 650-1389  
www.hillcresthenryetta.com  
**serving Henryetta and northeast Oklahoma**

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**This Article May Be Especially Helpful:**

“Ten Facts You Need to Know About Mental Health and Aging,” page 48
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| **Improving Lives Counseling** 6216 S. Lewis Ave., Ste. 180 • Tulsa, OK 74136  
(918) 960-7852 • Fax: (539) 664-5738  
www.ImprovingLivesCounseling.com  
serving Tulsa and surrounding counties | ● ● | IN MD PP SS | CO GE MH SA | CO MH SA | CO MH SA |       |                     |                     |                     |                     |               |                         |         |
| **Indian Health Care Resource Center** 550 S. Peoria Ave. • Tulsa, OK 74120  
(918) 382-2209 • Fax: (918) 382-1242  
www.ihcrc.org  
serving Tulsa and surrounding counties | ● ● | CD IN MC MD | CO MH SA | CO MH SA | CO MH SA |       |                     |                     |                     |                     |               |                         |         |
| **Jack C. Montgomery VA Medical Center** 1011 Honor Heights Dr.  
Muskogee, OK 74401  
(918) 577-3000 • (877) 391-8387 toll-free  
Fax: (918) 577-3701  
www.muskogee.va.gov  
serving Tulsa and northeast Oklahoma | ● ● | IN MC MD VA | CO DE MH | CO MH SA | CO MH SA |       |                     |                     |                     |                     |               |                         |         |
| **Laureate Psychiatric Clinic & Hospital** 6655 S. Yale Ave. • Tulsa, OK 74136  
(918) 481-4000 • Fax: (918) 481-4059  
www.laureate.com  
serving Tulsa and northeast Oklahoma | ● ● | IN MC PP | CO DE GE MH | CO GE MH | CO MH SA |       |                     |                     |                     |                     |               |                         |         |
| **Mental Health Association Oklahoma** 1870 S. Boulder Ave. • Tulsa, OK 74119  
(918) 585-1213 • Fax: (918) 585-1263  
www.mhaok.org  
serving Tulsa and northeast Oklahoma | ● ● |       | MH |       |       |       |                     |                     |                     |                     |               |                         |         |
| **Morton Comprehensive Health Services, Behavioral Health** 1334 N. Lansing Ave. • Tulsa, OK 74106  
(918) 587-2171 • Fax: (918) 295-9389  
www.mortonhealth.org  
serving Tulsa and northeast Oklahoma | ● ● | IN MC MD PP SS | CO MH |       |       |       |                     |                     |                     |                     |               |                         |         |
| **Muscogee [Creek] Nation Behavioral Health Services** 100 W. 7th St., Ste. 102 • Okmulgee, OK 74447  
(918) 758-1910 • Fax: (918) 756-1270  
www.muscogee-nation-nsn.gov  
serving Muscogee [Creek] Nation Territory | ● ● | CD | CO MH SA |       |       |       |                     |                     |                     |                     |               |                         |         |

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| NAMI-Tulsa |
| National Alliance on Mental Illness |
| 700 S. Boston Ave., Ste. 219 • Tulsa, OK 74119 |
| (918) 587-6264 |
| [www.namitulsa.org](http://www.namitulsa.org) |
| serving Tulsa and northeast Oklahoma |

| Narcotics Anonymous |
| (918) 747-0017 |
| [www.na.org](http://www.na.org) |
| serving Tulsa and northeast Oklahoma |

| Okmulgee Medical Center HOPE Program |
| 1401 Morris Dr. • Okmulgee, OK 74447 |
| (918) 758-3308 • Fax: (918) 758-3311 |
| [www.okmulgeehospital.com](http://www.okmulgeehospital.com) |
| serving Okmulgee and northeast Oklahoma |

| OSU - Tulsa Counseling Center |
| OSU -Tulsa Main Hall 2419 |
| 700 N. Greenwood Ave. • Tulsa, OK 74106 |
| (918) 594-8568 |
| [www.okstate.edu](http://www.okstate.edu) |
| serving Tulsa and surrounding counties |

| OU Psychiatry |
| 4502 E. 41st St. • Tulsa, OK 74135 |
| (918) 619-4400 |
| [www.ou.edu/tulsa/ou_physicians](http://www.ou.edu/tulsa/ou_physicians) |
| serving Tulsa and northeast Oklahoma |

| Parkside Psychiatric Hospital & Clinic |
| 1620 E. 12th St. • Tulsa, OK 74120 |
| (918) 588-8888 • (877) 522-1959 toll-free |
| Fax: (918) 588-8859 |
| [www.parksideinc.org](http://www.parksideinc.org) |
| serving Tulsa and northeast Oklahoma |

| Shadow Mountain Behavioral Health System |
| 6262 S. Sheridan Rd. • Tulsa, OK 74133 |
| (918) 492-8200 • (800) 821-6993 toll-free |
| Fax: (918) 497-4952 |
| [www.shadowmountainbhs.com](http://www.shadowmountainbhs.com) |
| serving Tulsa and surrounding counties |

| St. John Behavioral Health Services |
| 4720 S. Harvard Ave. • Tulsa, OK 74135 |
| (918) 748-9868 • Fax: (918) 748-9835 |
| [www.stjohnhealthsystem.com](http://www.stjohnhealthsystem.com) |
| serving Tulsa and northeast Oklahoma |

*Community Mental Health Center Disclaimer: Information in this section is subject to change at any time.*
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<td>8937 S. Garnett Rd. • Broken Arrow, OK 74012</td>
<td>(918) 872-9777 • Fax: (918) 872-9779</td>
<td><a href="http://www.strengthofmind.com">www.strengthofmind.com</a></td>
<td>serving Tulsa and northeast Oklahoma</td>
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<td>4646 S. Harvard Ave., Ste. 200 • Tulsa, OK 74135</td>
<td>(918) 587-1200 • Fax: (918) 712-7399</td>
<td><a href="http://www.thegriefcenter.org">www.thegriefcenter.org</a></td>
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<td>2323 S. Harvard Ave. • Tulsa, OK 74114</td>
<td>(918) 293-2140 • Fax: (918) 293-2193</td>
<td>24-Hour Crisis Line: (918) 293-2100</td>
<td><a href="http://www.ok.gov/odmhsas">www.ok.gov/odmhsas</a></td>
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<td>10159 E. 11th St., Ste. 100 • Tulsa, OK 74128</td>
<td>(918) 610-2000 • Fax: (918) 835-5760</td>
<td><a href="http://www.va.gov">www.va.gov</a></td>
<td>serving Tulsa and surrounding counties</td>
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<td>1200 W. Cherokee St. • Wagoner, OK 74467</td>
<td>(918) 485-1316 • Fax: (918) 485-1893</td>
<td><a href="http://www.wagonerhospital.com">www.wagonerhospital.com</a></td>
<td>serving Tulsa and northeast Oklahoma</td>
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*Community Mental Health Center
Disclaimer: Information in this section is subject to change at any time.

Have Questions? Need Answers?
CALL LIFE!
LIFE’s SeniorLine is the first place to call for information and assistance.

(918) 664-9000
LIFE’s Vintage Guide - 233
Community Services Quick Reference section conveniently puts phone numbers of the entire Community Services section right at your fingertips. For a more comprehensive description of the services and programs, please utilize the page numbers to view the entire listing. Programs of LIFE Senior Services are bolded and highlighted in green.

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<td>12 &amp; 12</td>
<td>(918) 664-4224 • (800) 680-8979 toll-free</td>
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<td>(877) 846-3299 toll-free</td>
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<td>(918) 621-4480</td>
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<td>(918) 446-2277 • (866) 295-7277 toll-free</td>
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<td>(888) 687-2277 toll-free</td>
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<td>Ability Resources</td>
<td>(918) 592-1235 • (800) 722-0886 toll-free</td>
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<td>ABLE Tech at Oklahoma State University</td>
<td>(405) 744-9748 • (888) 885-5588 toll-free</td>
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<td>Adult Protective Services</td>
<td>(800) 522-3511 toll-free</td>
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<td>APS Creek County</td>
<td>(918) 746-3300 • (800) 572-6834 toll-free</td>
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<td>APS Okmulgee County</td>
<td>(918) 752-2000 • (800) 884-1582 toll-free</td>
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<td>APS Osage County</td>
<td>(918) 287-5800 • (800) 884-1573 toll-free</td>
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<td>APS Pawnee County</td>
<td>(918) 762-3606 • (800) 270-0786 toll-free</td>
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<td>(918) 283-8300 • (800) 270-0804 toll-free</td>
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<td>APS Tulsa County</td>
<td>(918) 581-2401 • (800) 734-7516 toll-free</td>
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<td>APS Wagoner County</td>
<td>(918) 614-5000 • (800) 734-7518 toll-free</td>
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<td>APS Washington County</td>
<td>(918) 338-5700 • (800) 734-7512 toll-free</td>
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<td>Advanced NuMed Technologies, Ltd.</td>
<td>(918) 249-2697</td>
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<td>(918) 933-4900 • (800) 435-4711 toll-free</td>
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<td>Pallavi Agarwal, MD ( Elite Medical Clinic)</td>
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<td>Vishal Aggarwal, MD (Elite Medical Clinic)</td>
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<td>Joanne L. Alderman, MSN, RN-BC, APRN, FNGNA</td>
<td>(918) 760-9141</td>
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<td>All City Transportation Services, Inc.</td>
<td>(918) 585-2489</td>
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<td>ALS (Lou Gehrig’s Disease) Support Group</td>
<td>(918) 749-7997</td>
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<td>Alzheimer’s Association, National Office</td>
<td>24-Hour Hotline: (800) 272-3900 toll-free TTY: (866) 403-3073 toll-free</td>
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<td>Alzheimer’s Association, Oklahoma Chapter</td>
<td>(918) 392-5000 • 24-Hour Helpline: (800) 272-3900 toll-free</td>
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<td>(800) 438-4380 toll-free</td>
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<td>American Association of Geriatric Psychiatry (AAGP)</td>
<td>(703) 556-9222</td>
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<td>(703) 827-9582</td>
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<td>(918) 743-6767 • 24-Hour Hotline: (800) 227-2345 toll-free</td>
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<td>(918) 492-3839 Information Line: (800) DIABETES (342-2383) toll-free</td>
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<td>(918) 584-4274</td>
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<td>(918) 747-3441</td>
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<td>(502) 895-2405 • (800) 223-1839 toll-free</td>
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<td>Craig, Delaware, Mayes, Nowata, Ottawa, Rogers and Washington Counties</td>
<td>(918) 783-5793 • (800) 482-4594 toll-free</td>
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<td>Choctaw, Haskell, Latimer, LeFlore, McCurtain, Pittsburg and Pushmataha</td>
<td>(918) 465-2367 • (800) 722-8180 toll-free</td>
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<td>Alfalfa, Blaine, Garfield, Grant, Kay, Kingfisher, Major, and Noble</td>
<td>(580) 234-7475</td>
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<td>Beaver, Cimarron, Dewey, Ellis, Harper, Texas, Woods and Woodward Counties</td>
<td>(580) 625-4531 • (800) 658-2844 toll-free</td>
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<td>(580) 562-4882 • (800) 627-4882 toll-free</td>
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<td>Attorney General’s Medicaid Fraud Control Unit</td>
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<td>Saad Basheer, MD (St. John Clinic Broken Arrow)</td>
<td>(918) 994-9160</td>
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<td>Better Business Bureau of Tulsa, Inc.</td>
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<td>Laura Bilbruck, MD (St. John Clinic Broken Arrow)</td>
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<td>(918) 251-7781</td>
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<td>Brookhaven Hospital</td>
<td>(918) 438-4257 • (800) 927-3974 toll-free</td>
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<td>(918) 779-7203</td>
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<td>(918) 619-4400</td>
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<td>(918) 508-7191</td>
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<td>(918) 508-7146</td>
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<td>(918) 508-7161</td>
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<td><a href="http://www.ncoa.org">www.ncoa.org</a></td>
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<td>Centers for Disease Control and Prevention (CDC)</td>
<td>(800) CDC-INFO (232-4636) toll-free</td>
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<td>(877) 267-2323 toll-free</td>
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<td>(918) 453-5000 • (800) 256-0671 toll-free</td>
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<td>Cherokee Nation Housing and Rehabilitation Department</td>
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<td>Bartlesville</td>
<td>(800) 789-7314 toll-free</td>
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<td>(918) 336-2233</td>
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<td>(580) 718-0456</td>
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<td>Terracom                                                                    (888) 716-8880 toll-free</td>
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<td>U.S. Cellular                                                               (800) 447-1339 toll-free</td>
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<td>Windstream                                                                  (800) 501-1754 toll-free</td>
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<td>YourTel America                                                             (855) 299-9990 toll-free</td>
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<td>NewView Oklahoma Low Vision Center</td>
<td>(918) 779-7772 • (855) 811-9699 toll-free</td>
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<td>Robert G. Niebergall, MD (St. John Clinic Broken Arrow)</td>
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<td>Office of Disability Concerns – Client Assistance Program</td>
<td>(800) 522-8224 toll-free</td>
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<td>Shadow Mountain Behavioral Health System</td>
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<td>University Village</td>
<td>67</td>
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<tr>
<td>University Village (Skilled Nursing and Rehabilitation)</td>
<td>121</td>
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<tr>
<td>Vandevers House</td>
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<tr>
<td>Visiting Angels of Green Country</td>
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<tr>
<td>Visiting Nurse Association of Tulsa</td>
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<tr>
<td>Warren Clinic Urgent Care</td>
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<td>West Oak Village</td>
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<td>Wisdom Keepers</td>
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<td>Yorkshire Villa</td>
<td>75</td>
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<td>Yorkshire Village</td>
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We do our best to keep up with the rapidly expanding senior service industry, but we need your help. If you know of a senior housing option, care service, hospital option or nonprofit organization that is not listed in LIFE's Vintage Guide to Housing & Services, please let us know. If you are a senior service business owner and/or operator whose services do not yet appear in the Guide, we hope you'll give us a call to discuss how a no-cost listing can help seniors and caregivers in northeast Oklahoma find you. To leave us a tip, contact Kaylee Campbell at (918) 664-9000 or kcampbell@LIFEseniorservices.org.
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