

LIFE's

Vintage

Guide

2020-2021

to Housing & Services



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Guiding You Through Life's Stages



◆◆◆

At MGM, we know that not every person or healthcare situation is the same. That's why our communities focus on truly getting to know our residents and helping them to live full and engaging lives. Whether you're active and independent, in need of rehabilitation, or simply want a little support with daily activities, we have the perfect community for you. Let us help you navigate your next stage in life's journey!

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TABLE OF CONTENTS

Navigating the Vintage Guide to Housing & Services

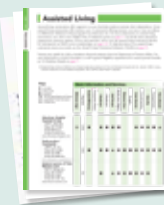
Section 1: Helpful Articles



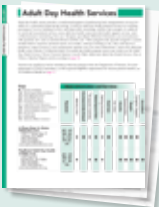
This section features 31 helpful articles, including caregiving tips, legal matters, Medicare information and useful checklists.

Section 2: Senior Housing Options

Find an extensive directory of more than 250 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 allows you to quickly find phone numbers for all of the listings in the Community Services section.

Section 1: Helpful Articles for Seniors and Caregivers

Helpful Terms and Definitions	8
10 Tips for Healthy Aging	10
Starting the Conversation Before Your Loved One Needs Assistance	12
Does My Loved One Need Help?	16
VA Healthcare Benefits	17
Helping Seniors Remain at Home With PACE	19
Caregiving Basics and the Stages of Caregiving	20
Caregiving Statistics: Did You Know?	21
Long-Distance Caregiving	22
Caregiver Stress and Strain: Tips for Taking Care of Yourself	24
Hospitalizations And Planning For Discharge	25
Legal Matters and Older Adults	27
Independent Living Evaluation Checklist	29
Adult Day Health Services: Person-Centered Daytime Care for Older Adults	31
Adult Day Health Services: How to Choose a Quality Program	32
Respite: A Caregiving Necessity	34
Assisted Living Community Evaluation Checklist	35
Home Health Agency Evaluation Checklist	37
ADvantage Program 101	39
What is Long-Term Care?	40
Finding and Paying for Nursing Home Care	41
Nursing Home Evaluation Checklist	43
Understanding Hospice Care	45
Palliative Care: Not Just for End of Life	47
Hospice Care Agency Evaluation Checklist	48
Emotional Well-Being and Older Adults	49
Abuse and Neglect of Older Adults	52
An Overview of Dementia	53
Warning Signs of Alzheimer's Disease	54
How Medicare Fraud Impacts You	55
The Basics of Medicare	56

Section 2: Senior Housing Options

Multi-Level Care Communities	60
Independent Living	66
Assisted Living	88
Residential Care	106
Nursing Facilities	108

Table of Contents Continued on Page 5

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

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TABLE OF CONTENTS

Section 3: Special Services

Adult Day Health Services	130
Home Health Agencies	132
Hospice Care Agencies	152
PACE	161
Nutrition Sites and Senior Centers	162
Personal Emergency Response Systems	164
Vehicle Adaptive Devices	165
Specialty Hospitals	166
Inpatient Rehabilitation Hospitals	167
Mental and Behavioral Health and Counseling Services	168
Funeral and Cremation Services	177

Section 4: Community Services

Abuse Information and Reporting	182
Adult Day Health Services	183
Advocacy	184
Alcohol and Substance Abuse	184
Alzheimer's Disease and Dementia Support	185
Caregiver Respite	185
Caregiver Support	186
Case Management	186
Consumer Information	188
Crisis Intervention	189
Death Benefits and Information	190
Dental Care	190
Disability Services	191
Driving Assessments and Resources	193
Employment	193
Financial Information and Referral	194
Geriatric Specialists and Assessment	195
Grandparents Raising Grandchildren	195
Grief Recovery	196
Health-Related Organizations	196
Hearing and Speech Services	198
Home Health Services	199
Housing Repair Assistance	199

Housing Services	200
Information, Assistance and Referral	201
Insurance	203
Legal Services	203
Long-Term Care and Nursing Home Information	204
Medicaid Information	204
Medical Equipment and Assistive Technology	205
Medical Services	206
Medicare Information	209
Medications	211
Mental and Behavioral Health and Counseling Services	212
Nutrition Assistance and Services	213
Online Resources	214
Organ, Tissue and Body Donation	215
Recreation and Travel	215
Senior Centers	216
Shelters	216
Sleep Disorders	217
Social Security Information	217
Support Groups	217
Tax Information	219
Transportation Resources, Ambulance Services and Handicapped Parking Permits	220
Urgent and Basic Needs	222
Utility and Telephone Assistance	225
Veteran Services	225
Vision Services	226
Volunteer Opportunities	227
Voter Information	228

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	230
Guide to Advertisers	244



Look for the Leaves!

The leaves designate programs of LIFE Senior Services.

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LIFE's Vintage Guide to Housing & Services

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- Ear, Nose and Throat
- Endocrinology
- Family Medicine
- Gastroenterology
- General Surgery
- Geriatrics
- Infectious Disease
- Internal Medicine
- Maternal/Fetal Medicine
- Mental Health
- Nephrology
- Neurology/Interventional Neurology
- Neurosurgery
- Obstetrics and Gynecology
- Oncology/Hematology
- Orthopedic Surgery
- Pain Management
- Plastic and Reconstructive Surgery
- Podiatry
- Rheumatology
- Sleep Medicine
- Sports Medicine
- Surgical Oncology
- Trauma Surgery
- Urgent Care
- Urology
- Vascular Surgery

Pediatric Specialties:

- Allergy/Immunology
- Audiology/Hearing Aids
- Critical Care
- Dermatology
- Ear, Nose and Throat
- Gastroenterology
- General Pediatrics
- General Surgery
- Neonatology
- Neurology
- Neurosurgery
- Oncology/Hematology
- Orthopedic Surgery
- Plastic and Reconstructive Surgery
- Pulmonology



To schedule an appointment with a Warren Clinic provider, please call Saint Francis HealthLink at 918-488-6688.



Visit saintfrancis.com/AtHome to schedule a virtual visit.



Helpful Terms & Definitions



Turn to the page(s) listed after definition to learn more.

Activities of Daily Living (ADLs) – Basic self-care tasks, including dressing, grooming, toileting, bathing, eating, transferring (in and out of bed, from chair to wheelchair, etc.), moving short distances (even if a cane, walker or wheelchair is used) and taking the stairs. Individuals are assessed on their performance of these activities to determine the level of care needed. **16, 17, 40**

Acute Care – Usually given in a hospital, this level of care involves inpatient or emergency care for a short period of time a patient is being treated for a severe illness or while recovering from surgery. **166**

Adult Day Health Services – Person-centered daytime care in a safe, friendly and supportive setting for frail older adults, adults with disabilities and those who are socially isolated or no longer safe alone at home. Services include health and nursing services, medication management, nutritious meals, personal care and daily activities. Also provides respite and support for family caregivers and enables working caregivers to continue working without worry. **19, 31, 32, 130-131, 183**

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*. **10, 13, 25, 27, 48**

Assisted Living – Combines housing and support services to maximize residents' self-sufficiency. Services may include housekeeping, laundry services, meals, activities, transportation, medication management and more. **22, 35, 88-105**

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, 21, 22, 24, 34, 185, 186**

Companion Room – A semi-private room or a room shared with another non-familial resident in an assisted living center. **88-105**

Conservator – A person appointed by a court to manage someone else's financial affairs when that person is no longer able and a durable power of attorney is not in place. **27**

Dementia – The loss of intellectual functions (e.g., 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 other diseases or conditions. Symptoms may also include changes in personality, mood and behavior. **10, 36, 43, 53, 54**

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. **12, 25, 45**

Durable Power of Attorney – A legal document that allows a person to act on another's behalf, even when the grantor has been deemed mentally incompetent. **12, 22, 25, 27**

Guardianship – Invoked when the court appoints an individual to be a legal guardian for a 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. **27**

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. **27**

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 anywhere a person calls home, including specialized hospitals and hospice care centers. **45, 48, 152-160**

Incapacity – Lack of physical and/or mental ability to manage one’s own personal and/or financial affairs as decided by the court. **27**

Instrumental Activities of Daily Living (IADLs) – Complex skills needed to manage finances, drive, cook and more. **14**

Living Will – See *Advance Directive*.

Long-Term Care – A variety of services that include medical and non-medical care. It can be provided in a person’s home, retirement community or in assisted living or nursing facilities. **20, 22, 40, 41, 204**

Medicaid – Government health insurance for some low-income people, families and children, pregnant women and people with disabilities. **39, 40, 41**

Medicare – Government health insurance for people age 65 or older and adults with disabilities. **39-40, 41-42, 55-59**

Memory Care – A specialized facility or designated area in an adult day health center, assisted living center or nursing facility that specifically caters to people with Alzheimer’s disease, dementia or other cognitive impairments. **36, 88-105, 106-131**

Mental Capacity and Competence – The ability, as decided by the court, to perceive, understand and appreciate all relevant facts and to make rational decisions based on those facts, as well as to understand the nature and effect of one’s actions. **27-28**

Non-Skilled Home Care Services – Assistance with ADLs and IADLs. Services may also include assistance with transportation, shopping, running errands, medication reminders, companionship and/or respite care. **39**

Nursing Facility – Provides 24-hour skilled care for residents who generally require assistance for most ADLs and IADLs. **40, 41, 43, 108-129**

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. Palliative care is also part of end-of-life hospice care. **47**

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. **31, 32, 130-131**

Personal Care Services – Help that is provided for the most personal ADLs, including eating, bathing, dressing, toileting, transferring and walking. **20, 132-151**

POLST – A Physician Orders for Life Sustaining Treatment, is completed by an individual with their physician and outlines an individual’s preference for crisis and end-of-life treatments. The POLST becomes a physician order and part of the medical record and works with an advanced directive for healthcare.

Power of Attorney – A legal document that allows a person to act on another’s behalf as long as the grantor has been deemed mentally competent at the time of signing. **12, 22, 25, 27**

Probate – The legal process in which a will is reviewed to determine whether it is valid and authentic. Also refers to the general administering of a deceased person’s will or the estate of a deceased person without a will. **27**

Respite – When a caregiver is given a temporary break from the stress and responsibilities of caring for their loved one. Respite can be provided by companion services, adult day health centers, home health agencies and assisted living or skilled nursing facilities. **20, 31, 34, 185-186**

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. **132-151**

Trust – A legal arrangement and estate planning tool which typically eliminates probate. **12, 27**

Will – A legal document that specifies how a person wishes personal assets and property to be distributed after death. A will is probated. **12, 22, 27**

10 TIPS

FOR


HEALTHY AGING

1.

LIVE AN ACTIVE LIFE

Regular exercise is one of the greatest keys to physical and mental wellbeing.


Some type of physical activity may prevent or even provide relief from many common chronic conditions, including heart disease, diabetes, depression and arthritis.

 **TIPS:** Consult your doctor and get moving! Do something you will enjoy. Try to incorporate aerobic, balance and muscle strengthening activities into your routine. Consider a membership to LIFE's Senior Centers to take advantage of dance and exercise classes. See Senior Center listings on pages 162 –163.

2.

EAT HEALTHY FOODS


The majority of adults in the U.S. consume more than double the recommended daily allowance of sodium, which can contribute to hypertension and cardiovascular disease. Most of this high sodium intake comes from pre-packaged foods and restaurants.

 **TIPS:** Eat nutrient-dense foods like fruits, vegetables and whole-grain foods. Avoid sweet, salty and highly processed foods. Each person is unique, so follow your doctor's suggestions regarding dietary restrictions.

3.

MAINTAIN YOUR BRAIN


One in 10 older adults aged 65+ in the U.S. has Alzheimer's disease. Studies have shown that cognitive stimulation through active learning slows cognitive decline.

 **TIPS:** Never stop learning and challenging your mind. Learn a new language, attend lectures at a local university, master a musical instrument or read a book. Puzzles and games also engage your brain. Find other game players at a nearby senior center. See Senior Center listings pages 162 – 163.

4.

CULTIVATE YOUR RELATIONSHIPS


Common life changes in older adulthood, such as retirement, health issues or the loss of a spouse may lead to social isolation.

 **TIPS:** Maintain communication with your family and friends, especially after a significant loss or life change. LIFE's Senior Centers are a great place to make new friends and stay engaged. See ad on page 163.

5.

GET ENOUGH SLEEP


Humans can go longer without food than without sleep. Older adults need seven to nine hours per night. Chronic health conditions make adequate sleep even more vital. Lack of sleep can cause depression, irritability, increased fall risk and memory problems.

 **TIPS:** Develop a regular bedtime routine. Keep your bedroom dark and quiet – avoid watching television or surfing the internet in bed and stay away from caffeine late in the day. Physical activity can improve the quality of your sleep, but don't exercise right before bedtime.

6.

REDUCE STRESS

As we age, our stressors change as does our ability to deal with stress. Stress causes or complicates more than 90% of illnesses. Stress may also cause depression, memory loss, fatigue and decreased ability to fight off and recover from infection.

 **TIPS:** Take care of yourself when you feel stressed by getting enough sleep, exercising and eating nutritious foods. Talk to someone about your stress, and try some relaxation techniques, such as circular breathing, yoga or meditation.

7.

PRACTICE PREVENTION

Many accidents, illnesses and common geriatric health conditions, such as falls, chronic illness, depression and frailty, are often preventable.

TIPS: Get a yearly flu vaccine, and wash your hands after using the restroom and before handling food. To prevent a fall, complete a home safety checklist, use assistive devices, wear appropriate footwear, get your vision checked, take vitamin D and calcium and get some form of exercise. Tai Chi can improve balance and help prevent falls. LIFE's Vintage Newsmagazine lists area fitness classes in its community calendar. Pick up your copy of the magazine at a Tulsa City-County Library near you.

8.

TAKE CHARGE OF YOUR HEALTH

Lifestyle choices affect most health issues. Regular visits to your primary care physician, specialists, dentist and eye doctor help identify any problems in their early stages. The more patients actively participate in their own healthcare decisions, the more satisfied they tend to be with the care they receive.

TIPS: Contact your primary care practitioner for an annual physical or whenever you have a concern about your health. Go to those appointments prepared. Bring a list of your current prescription and non-prescription medications; write down your health concerns; and, most importantly, ask questions.

9.

MAKE COMMUNITY CONNECTIONS

Older adults who engage in meaningful community activities like volunteer work report feeling healthier and less depressed.

TIPS: Share your knowledge and life skills through volunteering, traveling with friends or family, joining a book club or playing a game at your local senior center. See page 227 for volunteer opportunities at LIFE Senior Services and other area agencies.

10.

COMPLETE YOUR ADVANCE DIRECTIVE

The Patient Self-Determination Act gives you the right to participate in your own healthcare decisions, but you may not always be able to do so. By completing an advance directive, you can outline your health preferences and appoint somebody to make decisions should you become incapacitated.

TIPS: Learn more about completing your advance directive and other end-of-life documents on page 27.

Source: Dartmouth-Hitchcock Health



LIFE'S SENIOR CENTERS

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Starting The **CONVERSATION** Before Your Loved One

NEEDS ASSISTANCE

Approaching a discussion with your loved one about aging issues can be difficult. Seniors and their adult children rarely talk about aging issues, and many researchers 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, 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 and avoid making decisions in a crisis.

SETTING THE STAGE

Research and planning are vital when preparing to start a conversation about aging. Before starting the discussion, 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 a recent health crisis or a change in living situation, ask your loved one what they would choose to do under those circumstances.
- ▶ Use this article to make a checklist of the topics you and your loved one need to discuss. This will help keep the conversation on track.
- ▶ 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 and what you hope to accomplish.

- ▶ Decide when and where you will start the conversation. This is especially important if you are involving multiple people. If possible, meet in person. Choose a time and place that is comfortable and relaxing. If you can, avoid busy, high-stress times like the holidays.

STARTING THE CONVERSATION

Is there already a primary caregiver or someone who lives closest to the loved one, checks on them frequently or has access to financial accounts? If so, it may be appropriate for that person to lead the discussion since they already have a trusted role in the loved one's life.

- ▶ Consider using this article as a stimulus for starting the conversation. For example, you might say, "I read this article, and it got me thinking about what you would want to do in the event of a major illness."
- ▶ Begin by asking them what they want. Follow by asking, "What are your second and third choices?"
- ▶ You may also 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 and your loved one 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.

- ▶ Find out what your loved one values most as they consider end of life. Knowing what is most important to them can be helpful in communicating with doctors and deciding whether or not to pursue treatment.
- ▶ Remember to listen respectfully to everyone involved. Resist the urge to interrupt.
- ▶ Keep sibling arguments and bickering out of the discussion. 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.

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 and insurance cards.
- ▶ Living will/advance directive. Do they have one? If so, get a copy and know who is named as their healthcare proxy in the event they are unable to make medical treatment decisions.
- ▶ Legal designations. Is there a durable power of attorney (DPOA) for healthcare? Who has been given the ability 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 a family member?

Living Arrangements and Long-Term Care

It is important to discuss preventive 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? Is public transit available? Would they need to move closer to services and assistance? For more on assessing and discussing driving status, see page 14.

- ▶ 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 open to using in-home and community-based services? What can they afford?

Financial Planning

Ensuring that finances are in order can bring peace of mind to the entire family and provide resources 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 will have responsibility for managing finances? Is there a DPOA for financial matters?
- ▶ Who can sign into and on their bank accounts? Who will pay bills in the event of an emergency, and are they set up to do so? Does that person have the necessary access and account passwords?
- ▶ Have they completed any estate planning? Get contact information for their financial advisor.
- ▶ Where are their bank and investment accounts held? Collect copies of all important financial documents and contacts.

End-of-Life Issues

These are important issues for families to discuss before a medical crisis. 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. At what point do they want a do not resuscitate (DNR) order signed?
- ▶ 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.

continued

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 it difficult for drivers to properly evaluate their driving.

The *15 Warning Signs* on page 15 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. Start the conversation sincerely caring for the person's well-being and base it on specific incidents 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 adjustments to the car to maximize driver safety, comfort and control of the vehicle. See *Vehicle Adaptive Devices* on page 165 and *Driving Assessments and Resources* on page 193 for more information.
- ▶ Explore other methods of transportation that could prolong their independence. Options may include rides from family and friends, public transportation, paratransit services such as Tulsa Transit's Lift Program, taxis and ridesharing services like Uber or Lyft, among others. For area options, see *Transportation Resources* on page 220. It may be helpful to accompany your loved one during initial trials of alternate forms of transportation.

If proper actions are not being taken 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.

COLLECTING IMPORTANT INFORMATION

As you work your way through topics important to your family, document your loved one's plans and wishes and collect documentation as you go. Giving up control of important paperwork, legal matters, finances and the like may be very uncomfortable for your loved one. The tips below can help soothe the situation, as well as help caregivers easily locate important documents, contacts and information during a crisis. At the same time, you'll be relieved to have the necessary documentation stored in one easily accessible, 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. Simply request that they allow the primary family caregiver or legal designee to make and store copies securely in a single location.
- ▶ Respect their wishes about storing their personal 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.
- ▶ Understanding and compromise are key. If they seem hesitant, ask them why and how you can help ease their mind.

Conversations about important life issues may not be easy, but they are vital. They provide 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.



For additional explanations of the legal documents mentioned in this article, see *Legal Matters and Older Adults* on page 27.

HELPFUL RESOURCES FOR DRIVING CONVERSATIONS AND ASSESSMENT

- Family Conversations with Older Drivers is available at www.thehartford.com/mature-market-excellence/family-conversations-with-older-drivers.
- Driving Safely While Aging Gracefully is available at www.nhtsa.gov.
- 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 *Vehicle Adaptive Devices* on page 165.
- For information on local resources, see *Driving Assessments and Resources* 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, highway entrances and exit ramps.
10. Other drivers honking at you or 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. Multiple 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 *Driving Assessments and Resources* on page 193 for more information. You may also want to talk to your doctor if you are having unusual concentration or memory problems, or other physical symptoms that may be affecting your ability to drive.

Does My Loved One Need Help?

Whether mail is stacking up, food is spoiled or bills are not being paid, it's important to be aware of signs that your aging parent(s) may need help. Small changes in their physical appearance, home environment or personal habits may indicate that they need additional help in the home, or even that there is a greater health issue that needs to be addressed. Often the signs are there, but families haven't learned to recognize them. The chart below will help you recognize these signs and identify potential risks and threats to your loved one's safety and independence.



Daily Living Skills

- Do they have difficulty bathing, dressing, getting up from a chair, walking or navigating stairs?
- Can they still use the phone and get help in case of an emergency? Have they ever forgotten to hang up the phone?
- Can they shop, prepare meals, do housework and yardwork?
- Has their home become unkempt? Is this a change?
- Are they eating healthy foods? Have they lost interest in eating or their favorite foods? Does the refrigerator contain outdated food?
- Have they ever forgotten to turn off the stove, oven or faucet?



Home and Community Safety

- Does their home have safety issues? Can they navigate steps? Does it have adequate heating and cooling? Working smoke alarms? Are doorways wide enough for walkers and wheelchairs?
- Does the bathroom need handrails, an elevated toilet or a walk-in shower?
- Do they refuse to use a wheelchair, walker, hearing aids or other assistive devices?
- Do they use good judgment when they get mail, phone or door-to-door solicitations?
- Are they able to maintain the home?
- Have they ever gotten lost or been unable to find their way home?



Physical Health

- Have they been diagnosed with multiple chronic illnesses or diseases?
- Have they fallen recently or had accidents because of weakness, dizziness or the inability to get around?
- Has there been a recent change in weight, especially unexplained weight loss?



Socialization and Lifestyle

- Has your loved one stopped having frequent contact with family and friends?
- Are they reluctant to leave the house? Have they lost touch with church, work or social groups that they previously enjoyed?
- Have they lost interest in their favorite hobbies, church or senior center activities?



Mental Health

- Have they been diagnosed with Alzheimer's disease or another form of dementia?
- Have they been diagnosed with a mental health disorder such as depression or anxiety?
- Are they showing signs of confusion or disorientation? Mood swings or forgetfulness? Sadness or loneliness?



Appearance and Hygiene

- Have you seen a decline in their personal hygiene (e.g., unkempt hair or clothes, poor oral hygiene, unshaven, body or urine odor)?
- Do they wear the same clothes over and over?
- Do they have trouble with buttons or zippers?
- Are they able to make it to the bathroom in time?



Medication Use

- Are they taking five or more medications – prescriptions, over-the-counter or supplements?
- Do they take medications as directed?
- Do they ever forget to take their medicines or skip dosages to save money? Do they cut pills in half to save money?
- Can they afford their prescriptions, over-the-counter medicines and supplements?



Finances

- Does their income cover their basic needs – housing, utilities, food and medical costs?
- Are they being taken advantage of by unscrupulous charities? Have they ever been scammed?
- Are bills piling up or going unpaid? Have their utilities ever been shut off?
- Do they need personal or household help in the home, but can't afford it?



VA HEALTHCARE BENEFITS

The Department of Veterans Affairs (VA) can be an invaluable financial resource to veterans and their families needing assistance with healthcare costs. However, confirming eligibility and applying for VA healthcare benefits can get complicated.



AM I ELIGIBLE?

If you participated in active military service and were separated under any condition other than dishonorable, you may qualify for VA healthcare benefits. Current and former members of the reserves or National Guard who were called to active duty by a federal order and completed the full period for which they were called or ordered to active duty may be eligible for benefits as well.



MINIMUM DUTY REQUIREMENTS

Most veterans who enlisted after September 7, 1980, or entered active duty after October 16, 1981, must have served 24 continuous months or the full period for which they were called to active duty in order to be eligible. This minimum duty requirement may not apply to veterans who were discharged for a disability incurred or aggravated in the line of duty, for a hardship or “early out” or those who served prior to September 7, 1980. Since there are a number of other exceptions to the minimum duty requirements, the VA encourages all veterans to apply so that they may determine enrollment eligibility.



WHAT SERVICES ARE AVAILABLE?

For Americans who received an honorable or general discharge, there are two major benefit programs:



- **Free or low-cost medical care through VA hospitals and medical facilities.**
 - o The VA is required by law to provide eligible veterans with hospital care and outpatient care services that are defined as “needed.” The VA defines “needed” as care or services that will promote, preserve and restore health. This includes treatment, procedures, supplies and prescriptions.
- **Veterans and survivors eligible for a VA pension may receive additional money if special care is needed.**
 - o The Aid & Attendance (A&A) and Housebound Allowance can provide additional income to help pay for a variety of care options. See the next page for additional details.

continued



HOW DO I APPLY?

Apply Online

- Applying for VA benefits is free. Visit www.vets.gov to complete an online application.
- Complete VA Form 10-10EZ to apply for VA healthcare benefits. (To apply for Aid & Attendance, complete form 21-527EZ for a veteran or 21-534EZ for a spouse.)
- Confirmation of your enrollment application will be emailed to you, usually within five to seven business days.

Apply in Person

- You can complete form 10-10EZ in person at your local VA healthcare facility or VA regional office.
- For Aid & Attendance, you will need to provide documentation of medical need such as a doctor's report or VA Form 21-2680.
- Generally, you will receive written notification of your enrollment status in the VA healthcare system within five to seven business days.

Apply by Telephone

- Call (877) 222-8387, Monday through Friday, between 8 a.m. and 8 p.m.
- Complete the application over the phone with a VA representative.
- You will typically receive a copy of your completed VA Form 10-10EZ within three to five business days. Review, sign and return to Health Eligibility Center, 2957 Clairmont Road, Suite 200, Atlanta, GA 30329.

For Help Applying

- Call (800) 827-1000 toll-free for the VA Benefits Hotline. If you already have a VA pension and need to add Aid & Attendance, call (877) 294-6380.
- Veterans may also use a VA-accredited attorney, claims agent or Veterans Service Office to help them through the process.

See *Veteran Services* on page 225 for contact information for local, regional and national veteran-related organizations.



AID & ATTENDANCE



The Aid & Attendance (A&A) pension add-on can provide veterans, their families, or a surviving spouse a valuable financial resource if the regular attendance of another person is needed to help with activities of daily living such as eating, bathing, dressing, personal hygiene and ambulation. A&A can be used to help pay for treatment and care if the recipient is living at home, in a residential care facility, assisted living facility or is receiving hospice services.

Veterans who fail to qualify for A&A may be eligible for a Housebound Pension Allowance. Though smaller than A&A, the Housebound monthly pension add-on is for veterans who are substantially confined to their home because of permanent disability or blindness and need help with caregiving. The VA will not pay both A&A and Housebound Allowance benefits at the same time.

Veteran eligibility for A&A is based on service and financial status. The veteran must have been honorably discharged after at least 90 days of service with at least one day during a wartime period. Minimum age is 65 unless officially disabled. Financial eligibility is based on income and total assets (primary residence and car are excluded from assets). In 2020, the maximum income and asset limit for eligibility is \$129,094. In a new rule effective in 2019, the VA may review up to three years of financial information when calculating assets.

A&A enables a qualifying veteran to receive up to \$2,266 if married (\$1,911 if single) per month. A surviving spouse is eligible for \$1,228 per month. A married couple may receive a maximum of \$3,032 monthly if they are both veterans who require A&A.

HELPING SENIORS REMAIN AT HOME WITH PACE

PACE (Program of All-Inclusive Care for the Elderly) provides home and community-based care services to people age 55 or older who meet level-of-care requirements, but wish to continue living at home. Care and services are approved through the PACE interdisciplinary team based on medical necessity and the individual's goals. 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 age 55 or older;
- You live in the service area of a PACE organization;
- You meet level-of-care criteria from an assessment completed by a registered nurse; and
- Receiving PACE services would enable you to live safely in the community.

PACE Provides Comprehensive and Preventive Care

With PACE, you have a interdisciplinary team of experienced healthcare professionals overseeing your care. Since your team cares for a small number of people, they get to know you, your living situation and your care preferences. You and your family work with your team to set personal goals and develop and update your plan of care.

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 specialists and other providers in the community to ensure you get the care you need. PACE participants often 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 health programs, primary care from physicians and nurses, medications, home care, activities and occupational and physical therapy services.

PACE Provides Transportation

PACE organizations provide transportation to the PACE center for activities and medical appointments. PACE also transports to medically necessary appointments in the community on an as-needed basis.

What You Pay Depends on Your Financial Situation

PACE uses Medicare and Medicaid funds to cover your care and services that have been approved by your team. 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 PACE benefit. If you have Medicare, but don't qualify for Medicaid, you will be charged a monthly fee to cover the PACE benefit and will continue paying the premium for your existing Medicare Part D coverage for prescriptions. In PACE, however, there is never a deductible or copayment for any drug, service or care approved by the PACE team. If you do not have Medicare or Medicaid, you can also pay for PACE privately. If you currently don't have Medicaid, PACE staff can help you determine eligibility and complete the Medicaid application process.

PACE SERVICES MAY 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 • Home Care • Nutritional Counseling • Prescription Drugs • Social Services • Transportation • Meals

For a list of PACE programs in northeast Oklahoma, see page 161.

CAREGIVING BASICS

and the Stages of Caregiving

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 paying bills or managing medications?
- Providing personal care such as feeding, bathing, dressing or using the toilet?
- Perceiving your loved one as dependent on 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 for a loved one?

... 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. Nevertheless, you are a caregiver. Not all of the stages below are experienced by every caregiver, and some caregivers flow in and out of stages.

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 what types of housing options meet the needs of your family and loved one.

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

Caregiver Statistics:

DID YOU KNOW?



A caregiver is an unpaid individual (a spouse, partner, family member, friend or neighbor) involved in assisting another with activities of daily living and/or medical tasks.

These statistics offer a glimpse into the world of caregiving. They can help caregivers see they are not alone and validate the time they spend doing the important tasks associated with helping another person.

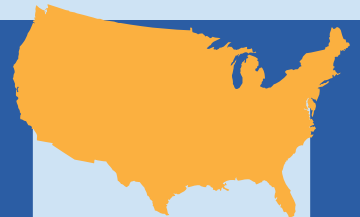
Often, caregivers need to make some minor, but important changes like making time for their own doctor visits, embracing and maintaining friendships, and continuing a hobby or other passion. Self-care can be easily managed by increasing the amount of respite time – one of the most important tools for any caregiver.

77.7 MILLION

People (29% of the population) are caregivers to someone who is ill, disabled or aged.



CAREGIVER SERVICES ARE VALUED AT \$470 BILLION PER YEAR.



The value of unpaid family caregivers will likely continue to be the largest source of long-term care services in the U.S.



75% OF CAREGIVERS ARE FEMALE



15.7 million caregivers of people with Alzheimer's disease and other dementias provided an estimated \$217.7 billion in care.



Research suggests that the number of male caregivers is increasing and will continue to rise.



49 IS THE AVERAGE AGE OF A CAREGIVER.



Female caregivers handle the most difficult caregiving tasks (e.g., bathing, toileting and dressing) compared to men, who are more likely to help with finances and other less personal tasks.



46%

of family caregivers who provide complex chronic care performed medical and nursing tasks like injections, glucose and blood pressure monitoring and wound care.



48% OF CARE RECIPIENTS live in their own home.

35% OF CARE RECIPIENTS live with their caregiver.



The close relationship between the caregiver and care recipient is a shared relationship with involved emotions, experiences and memories, placing a caregiver at higher risk for psychological and physical illness.

4 YEARS IS THE AVERAGE DURATION OF A CAREGIVER'S ROLE.

American caregivers are a diverse population with as many as 25% of workers juggling a caregiving role with a career.



75% OF CAREGIVERS LIVE WITHIN 20 MINUTES OF THE CARE RECIPIENT.



11% OF CAREGIVERS SAY THEIR HEALTH IS POOR.



61% OF CAREGIVERS HELP SOMEONE WITH DEMENTIA.



69% REPORT HAVING TO

- rearrange their work schedule
- decrease their work hours or
- take unpaid leave

TO MEET THEIR CAREGIVING RESPONSIBILITIES.



Statistics and article adapted from www.caregiver.org
www.AARP.org, www.alz.org



Long-Distance CAREGIVING

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 caregiving. Achieving this balance can be even more difficult when you live some distance away.

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

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 fresh and healthy to eat? Check expiration dates. Are they eating regular meals?
- Has the condition of the home – inside or outside – deteriorated? Is the yard maintained?
- Are there piles of unopened mail? Have bills been paid regularly and on time?
- 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 pages 14-15 for more information.
- See *Does My Loved One Need Help?* on page 16 for more signs your loved one may need assistance.



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 agencies 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 managers** – Case managers can help navigate home and community-based services that may enable an older adult or person with disabilities to remain independent. A case

manager can be your eyes and ears, help with appointments, arrange services (e.g., home-delivered meals, adult day health services and transportation) and keep you informed about changes in your loved one's health or the services that are needed.

- **Family, friends and neighbors** – Make a list of their phone numbers, email and mailing 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. Inquire about recommendations for a reliable handyman to take responsibility for yardwork and basic home repairs.
- **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 encourage regular visits, an occasional meal or social activity.
- **Home health services** – You can hire a home health agency to help with bathing, personal care, activities, meal preparation and medication management.

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 caregiving. Achieving this balance can be even more difficult when you live some distance away.

Important Documents and Information

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, corresponding conditions, pharmacy name and phone number

- Hospital preferences
- Will
- Durable powers of attorney
- Advance directive
- List of passwords and login information for managing finances

For additional explanations of legal documents, see *Legal Matters and Older Adults* on page 27.

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 encourage planning or decision making.
- Meet with neighbors, friends, property managers and 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 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, and identify situations where you want to be notified immediately.
- Call family, friends or other regular visitors and ask for their observations.
- When you visit, take time to develop a friendly, personal 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.
- Get to know the long-term care ombudsman assigned to the facility.
- Consider placing a security camera in your loved one's room so you can check on them periodically.

Caregiver Stress and Strain: Tips for Taking Care of Yourself

With an aging population, changes in healthcare and shorter hospital stays, more and more caregiving is being provided by people who aren't healthcare professionals. In fact, more than 77.7 million Americans provide care for 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 with are all normal needs. Take advantage of the many resources and programs available to help you provide care for your loved one without neglecting yourself.

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
- Sleeping too much or too little
- New or worsening health problems
- Losing interest in activities you used to enjoy
- Anxiety, depression and irritability

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 conditions 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, whereas 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.
- **Get connected.** Find out which organizations in your community offer classes on caregiving. Local hospitals and health organizations may also 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 connections.
- **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 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 may have.

Source: Mayo Clinic

Hospitalizations and Planning for **Discharge**

Hospital stays are stressful for families and caregivers – especially when the patient is a spouse or parent. As a family member, you are concerned about your loved one’s condition, often anxious about the treatment and unsure about what the future might hold. Planning for discharge is likely the last thing on your mind.

In 2014, Oklahoma’s CARE Act (Caregiver Advise, Record, Enable Act) was passed. The CARE Act recognizes that families are a vital part of discharge planning and help ensure that the patient follows through with all physician orders. As a result of the CARE Act:

- The family caregiver should be named and recognized by the hospital when a loved one is admitted.
- The hospital is required to notify the caregiver regarding when their loved one is to be discharged and whether they will be discharged to return home or to another care facility.
- The hospital is responsible for consulting with and training the caregiver for any medical tasks they may need to continue at home, such as medication management, injections, wound care and transfers.

At The Time Of Admission:

- Be sure that you or another designated person is listed as your loved one’s caregiver and that the hospital has the caregiver’s phone number.
- Present a current, signed HIPAA release to the hospital if one is not already on file. This will allow you to communicate with doctors and be in the loop regarding your loved one’s condition and treatment decisions.
- If there is a durable power of attorney for healthcare or an advance directive in place, bring those documents and make sure they are noted in hospital records.

continued



- Be sure the hospital has your loved one's complete list of medications and supplements, as well as the name of the primary care physician and preferred pharmacy.

During The Hospitalization

- Introduce yourself to doctors and nurses. Keep a list of all who are involved in the care of your loved one and the role they play in caring.
- Keep a notebook of all interactions and instructions given, as well as who gave them.
- Ask to meet your loved one's discharge planner. Make sure that you are kept in the circle of communication regarding health decisions and post-hospitalization plans.
- Ask when your loved one will be discharged and where they will go. If they aren't able to return home, make necessary decisions regarding which care facility to use.

Prior To Discharge

- Ask for written discharge instructions (that you can read and understand) and a summary of current health status. Bring this information and complete drug list to any follow-up appointments. Ask about potential problems and symptoms to watch for after discharge. Write down the name and phone number of who to call if problems arise or you have questions.
- Know about any new medications prescribed. Make sure you understand what they are for, how they should be taken, if there are any side effects and whether medications taken before the hospitalization should be

taken or discontinued. Get the name and phone number of who to call if you have questions later.

- Ask if your loved one will need any durable medical equipment or supplies after discharge. This could include walkers, elevated toilet seats, shower chairs, etc. Find out who arranges this.
- Ask if your loved one is released to do the activities below. Circle the ones you think that your loved one will need help with and tell the staff. If there are things that you will not be able to help with, who should you call for assistance?
 - Bathing, dressing, using the bathroom, climbing stairs
 - Cooking, grocery shopping, house cleaning, paying bills
 - Getting to doctor appointments, picking up prescription drugs
- Ask the staff to show you and your loved one any tasks that require special skills (changing bandages, proper use of a walker or cane, medication management, etc.) Make sure that you are comfortable with what you need to do to help your loved one. Write down the name and number of who to call if you need help.
- Ask about support groups and resources that may be helpful to both you and your loved one.
- Talk to the social worker or your health plan if you have questions about what your insurance will cover and your out-of-pocket expenses. Ask about any financial assistance that may be available.

Post-Hospitalization

- Pick up prescriptions as soon as possible.
- Make follow-up appointments promptly.
- Follow-up with your primary care physician and any other specialists included in the discharge plan.
- Bring your discharge papers and the notebook you had in the hospital with you to all follow-up appointments.

Hopefully, these tips will be helpful for you and your family as you go through a health crisis and hospitalization. Having questions post-hospitalization is common. Know who you should call with any questions or concerns and don't hesitate to call them if needed.

LEGAL MATTERS AND OLDER ADULTS



Almost everyone would prefer to have a say in who is given the authority to manage their affairs when 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 after 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. Here are explanations of some crucial planning documents.

ADVANCE DIRECTIVE FOR HEALTHCARE

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

- Receive, decline or withdraw life-sustaining medical care.
- Appoint a healthcare proxy to make medical decisions when you are no longer able.
- Donate specified organs or the entire body for transplant or research.

The advance directive is only used if your physician and

another doctor both determine you are no longer able to make medical decisions. Once your advance directive is completed, copies should be given to your family, physician, attorney, healthcare proxy and alternate healthcare proxy. It is also recommended that you keep a copy in your car and at home in case of a medical emergency. If you live in an assisted living facility or nursing home, a copy should be included in your resident file.

Your advance directive should be reviewed every few years, especially after a major, life-changing event. The advance directive can be revoked at any time and in any manner that indicates your intention to revoke. Completing a new advance directive automatically revokes the old one. All relevant parties should have a copy of the new advance directive.

An Oklahoma Advance Directive for Health Care can be downloaded free at the Oklahoma Department of Health website, the Oklahoma Bar Association website, and www.legalaidok.org.

Continued



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PSYCHIATRIC ADVANCE DIRECTIVE

A Psychiatric Advance Directive allows a person of sound mind to inform mental health providers about psychiatric treatment in the event the person is incapable of making or communicating these instructions. The PAD can include instructions about psychiatric medications and hospitalization. You may also appoint an “agent” to instruct mental health professionals on your behalf.

A PAD comes into effect once two mental health providers declare a person not competent to make treatment decisions. A PAD can be superseded by an advance directive for healthcare or a durable power of attorney if there is a conflict. Consult a lawyer to ensure all your wishes will be followed.

POWER OF ATTORNEY, DURABLE AND NON-DURABLE

A power of attorney gives another person the authority to make decisions on your behalf. Typically, a person names a trusted family member or friend as their POA. There are two types of POA: durable and non-durable. Both allow the person the exact same authority while you – the creator – are well and of sound mind and body. But when you are not well and are unable to make decisions for yourself, the durable power of attorney remains active, but the non-durable power of attorney becomes inactive.

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 durable power of attorney, it is strongly advised to consult an attorney to draft a DPOA.

If a person doesn't have a DPOA, and it is determined that the individual is incapacitated, the court will appoint a guardian – usually an adult child, spouse, sibling or other relative of the individual (now known as the ward) or an attorney, public guardian or bank – to take care of the person or their property.

The court will tailor the powers of the guardian to the needs of the ward. General guardianship gives the guardian almost complete power over the ward's property and/or person. Limited guardianship gives the guardian only the powers specified by the court,

and the ward keeps power to manage the other areas. Special guardianship is a temporary, limited guardianship during an emergency.

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 age 18 or older and of sound mind to craft a will. When a person dies without a valid will, their property is distributed through probate according to state laws, rather than a person's wishes. 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 give your property to anyone you please after your death. 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. It is highly recommended, however, that you have an attorney draft your will. A copy should be filed with the probate division of your county courthouse.

TRUST

A trust is a written document that manages your property while you are living and distributes the property according to your wishes after your death. Using a trust generally allows for easier and quicker distribution of your property and avoids probate. The downside to a trust is that it is generally more expensive than a will. A trust should be created with the help of a reliable attorney.

PAYABLE ON DEATH

These bank accounts offer one of the easiest ways to keep money out of probate. To implement a payable-on-death provision, a bank-provided form must be completed, naming the person you want to inherit the account. As long as you are alive, the person has no rights to the account. After your death, the beneficiary must show proof of your death and their identity to collect any funds in the account.

INDEPENDENT LIVING EVALUATION CHECKLIST

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 Accommodations

Is the floor plan logical and easy to follow?

Is the property compliant with the Americans with Disabilities Act?

What different sizes and types of living units are available? Are the available units an appropriate size for the resident's needs? What is the square footage?

Do living units have kitchens or kitchenettes?

Are all living units private?

Does the bathroom have grab bars and emergency call buttons?

Circle the utilities that are included:
Electric Gas Water Trash/Sewer Other

Circle the in-home amenities that are available. Is there an extra cost?
Phone TV Cable Internet Other

Are living units furnished or unfurnished?

Is there a parking fee for residents or visitors? Does the community have parking options such as carports or 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?

Does the community provide EMSA/TotalCare ambulance service membership or a medical alarm service? Is there an extra cost?

Is there an emergency generator or alternative power source?

Is there an onsite property manager? If so, when is he/she available?

Services and Amenities

What special amenities are available (e.g., on-site beauty salon, exercise facilities, library, game room, etc.)? Is there an extra cost?

What kind of laundry facilities are available?

What special services are available (e.g., housekeeping, linen/laundry services, etc.)? Is there an extra cost?

Are a variety of planned activities available? Ask for the monthly activity calendar.

Are transportation services available? Is there an extra cost or any restrictions?

Circle meals that are served daily. Is there an extra cost? Can special dietary needs be accommodated?

Breakfast Lunch Dinner Snacks

Can residents have pets? Are there any restrictions? Is there an extra cost?

Does the community offer worship services? How often? Which religions and denominations are served?

Things to Pay Attention to During Your Visit

Are the common areas clean? Does it smell clean?

Is there a resident notification area? Is there an up-to-date activity and meals calendar posted? Do the activities and meals sound appealing?

Are the grounds and landscaping well groomed and free from debris? Are the grounds accessible and secure?

Does the property offer other levels of care (e.g., assisted living) if a resident's needs change?

Do residents appear happy and engaged in life?

How do staff and residents greet each other and interact?

If residents are around, ask for their opinions about the community and staff.

Financial Obligations and Processes

Is a contract available that details all leasing fees and services?

Is the contract easy to read? Do you understand it?

Is there a buy-in fee?

How much is the monthly rent? How much is the security deposit?
Which deposits are refundable? What is the total move in cost?

How are services and utilities billed?

How are rate increases and late payments handled?

Under what conditions would a resident be asked to leave the community?
How much notice is given?

Notes

ADULT DAY HEALTH SERVICES:

Person-Centered Daytime Care for Older Adults

More than 77.7 million Americans (29 % of the population) are caregivers to someone who is ill, disabled or aged, according to the National Alliance for Caregiving and AARP. 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 provide respite for caregivers, giving them a much-needed break, allowing them to attend to personal needs, run errands, rest and relax, or continue working.

A well-run adult day health program focuses on enriching participants' lives by building on their individual interests, abilities and strengths. Most provide a full array of health support services, including health monitoring, medication management and sometimes even physical, speech and occupational therapies. Personal care services such as assisted showers, hair and foot care, and incontinence care are also available. They frequently offer specialized Alzheimer's and dementia care. Some even provide or facilitate transportation to and from the center each day.

A typical day at most adult day health centers includes lively conversation and reminiscing, exercise and fitness activities, arts and crafts, music, games, 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 an adult day health program is the right choice for you and your loved one. If you answer "yes" to even one question, 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 concerned about leaving your loved one alone while you work or run errands?
4. Has there been an incident or problem when your loved one was unsupervised?
5. Do you find yourself taking time off from work to care for them?
6. Would you feel better if you knew they were eating nutritious meals, getting exercise and assistance, and enjoying social activities during the day?
7. Does your loved one forget to take medications or have care needs that they cannot manage alone?
8. Has your relationship with your loved one become strained because of the demands of caregiving? Do you feel like you are spending too much time with each other?
9. Are they isolated from friends and activities they once enjoyed?
10. Would you like help caring for your loved one?

As a caregiver, it's vitally important to care for yourself so that you can effectively (and happily) care for someone else. For information about programs near you, see *Adult Day Health Services* on page 130.

ADULT DAY HEALTH SERVICES:

How to Choose a Quality Program

Adult day health services help older adults 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 costly in-home or residential care. A well-managed program focuses on enriching the participants' lives by building upon individual interests and abilities, and providing opportunities for socialization, stimulating activities and new friendships.

Take the following steps to select the adult day health 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.

Specific services that may be important:

Specific services that may be important:	YES	NO		YES	NO
Assistance with eating, walking, transferring and/or using the toilet			A safe, secure environment		
Nursing services – medication management, breathing treatments, insulin injections, etc.			Fun, therapeutic activities		
Physical, speech or occupational therapies			New learning opportunities		
Health monitoring – blood pressure, blood sugar, etc.			Nutritious meals and snacks		
Personal care – bathing, shaving, hair care, incontinence care, foot care, etc.			Special diets		
			Exercise		
			Mental stimulation		
			Caregiver support and education		

Step 2: Begin the Search

To begin your search, review the list of Tulsa-area providers beginning on page 130 or a statewide list at www.ok.gov/health. 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 flier or brochure. The next step in your search will be to compile questions to ask when you visit the centers you are considering. Here are some suggested questions to get you started:

Is the center a nonprofit or for-profit organization?
Who is the owner or sponsoring agency of the center?
How many years has the center been in operation?
Is the center licensed by the Oklahoma State Department of Health?

Is the center nationally accredited by CARF (Commission on the Accreditation of Rehabilitation Facilities)?
What are the days and hours of operation?
Is transportation assistance available?
Are health services available (e.g., nursing care, medication management and physical, occupational or speech therapies)?
What is the cost (hourly or daily rates)? Are there additional charges?
Is financial assistance available?
Are there any restrictions to enrollment (e.g., age, health conditions, limited mobility, memory loss, incontinence)?
Do they offer personal care (e.g., assisted showers, shaving, hair care, foot care, incontinence care)?
Does the center offer different levels of care?
Are nutritious meals provided? Can they accommodate special dietary needs?
What are the staff credentials? What is the staff-to-participant ratio?
What kind of activities do they offer? Are there both group and individual activities?
Is the location convenient to either home or work?

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. Consider staying for lunch to evaluate the food and staff/participant interaction.

Did you feel welcome?
Did someone spend time finding out what you and your loved one want and need?
Did someone clearly explain what services and activities the center provides?
Did they present information about staffing, program procedures and costs?
Is the center clean, pleasant and odor free?
Is the center compliant with the Americans with Disabilities Act?
Is the furniture sturdy and comfortable?
Is there a quiet place within the program area?
Did you see cheerful faces on staff members and participants?
Do they have volunteers who help?
Are participants involved in planning activities or making suggestions?
What kind of security features are in place?
What were participants doing during your visit? Did they appear happy and engaged?

Step 4: Check References

Talk to two or three people who have used the centers you are considering. Ask for their opinion. Check online reviews.

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 a new routine and setting. Knowing what to expect is important for both of you. If you run into any difficulty or have concerns during this transition, 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.

Respite:

A Caregiving Necessity

Caregiving is a challenging job, and all caregivers need a break. Respite is the term used when someone else helps care for a loved one temporarily. Respite may last a few hours, a couple of days or even longer.

The amount of respite depends on the family's needs and resources. Respite can take place in the family home, the home of a friend or relative, an adult day center, assisted living, memory care center or nursing facility.

Respite can be used for many things such as visiting family or friends, running errands, tending to healthcare needs, going to a movie, enjoying a hobby or even taking a vacation.

Respite care is not a luxury. It is a necessity for both the caregiver and their loved one. "The more you are a caregiver," says Donna Schempp, LCSW and program director for the Family Caregiver Alliance, "the more isolated you get and the more your world narrows. Respite helps because it distracts you from what you are doing every day. It gives you time to take a deep breath and think of other things."

The benefits of respite are many and include reducing stress on the family and improving caregiving. The benefits of respite are greater if started early in the caregiving journey.

Respite can help the caregiver by allowing him/her some much-needed rest and relaxation. The care recipient benefits from new

activities and relationships with other people.

"Taking respite is something you do for the care receiver so you can be a better caregiver," Schempp said. "It also helps the person being cared for. Having someone else come in and care for a person can be a breath of fresh air for the care recipient and bring a new perspective."

Respite is available in many different forms. In Oklahoma, one of the easiest and most affordable options is adult day health services. Facilities such as residential care homes and assisted living facilities may provide respite for an extended period of time. There are usually length-of-stay requirements for this type of respite, and each facility has its own policies. Often other family members can help by taking over caregiving duties for a period of time. Home health agencies are also available to provide respite.

How does a caregiver pay for respite? In Oklahoma, respite providers may accept some or all of the following pay options: private pay, Veteran's Administration, respite vouchers or long-term care insurance.



Respite Vouchers

Respite vouchers for Tulsa, Creek and Osage counties provided by Caregiver Respite Services are available through INCOG's Area Agency on Aging and Oxford Health Care. INCOG can be reached at (918) 584-7526 or (800) 211-2116 toll-free and Oxford Health Care is at (918) 258-1111 or (800) 316-2222 toll-free. Statewide vouchers are available through the local Area Agency on Aging. Call (800) 211-2116 to find out the agency serving your county. See *Area Agencies on Aging* on page 201.

The voucher process includes an assessment to determine needs and identify additional opportunities for helping the caregiver. The process can take several weeks, and there may be a waiting list. Vouchers can be used for adult day services or to pay someone to come into your home to care for your loved one. There is no income requirement to receive this service.

Call LIFE's SeniorLine at (918) 664-9000, ext. 1184 to learn about additional programs that may help fund respite.

ASSISTED LIVING COMMUNITY EVALUATION CHECKLIST

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 Accommodations

Is the floor plan logical and easy to follow?

Is the property compliant with the Americans with Disabilities Act?

What different sizes and types of living units are available? Are the available units an appropriate size for the resident's needs? What is the square footage?

Do any living units have kitchens or kitchenettes?

Does the bathroom have grab bars and emergency call buttons?

Circle the utilities that are included:

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 Dining 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 or garages? Is there an extra cost?

What kind of security is provided? Key or code access, gated entry, security patrols, etc?

Is smoking allowed? If so, where?

Is there an emergency generator or alternate power source?

Healthcare Services

Is there a written care plan for each resident? What role does the resident have in developing the care plan?

How is the appropriate level of care determined? What services are included for each level?

Does the community offer other levels of care (e.g., nursing care) if a resident's health changes?

Are wellness checks made regularly?

Are nursing services available for breathing treatments, diabetes monitoring, and injections or wound care? Is there an additional charge?

Are personal emergency response systems available? Does the facility provide EMSA/ TotalCare ambulance service membership or a personal medical alarm service? Is there any extra cost?

Memory Care

Does the community offer memory care with specially trained staff? Is there a dedicated memory care unit?

Are rooms private or shared?

Are there separate activities geared specifically for individuals with dementia?

What is the community's philosophy on dementia care? Does the community focus on person-centered care?

What safety and security measures are in place for residents with dementia?

Services and Amenities

What special amenities are available (e.g., on-site beauty salon, exercise facilities, computer lab, etc.)? Is there an extra cost?

What special services are available (e.g., housekeeping, laundry/linen services, etc.)? Is there an extra cost?

What kind of planned activities are available? Is there an extra cost?

Are transportation services available? Is there an extra cost or any restrictions?

Circle meals that are served daily. Is there an extra cost? Can special dietary needs be accommodated?

Breakfast Lunch Dinner Snacks

Can residents have pets? Are there any restrictions? Is there an extra cost?

Does the community offer worship services? How often? Which religions and denominations are served?

Things to Pay Attention to During Your Visit

Are the common areas clean? Does it smell clean?

Is there a resident notification area? Are there current activity and meal calendars posted? If so, do the activities and meals sound appealing?

Do residents appear happy and engaged in life? How do staff and residents greet each other and interact?

Financial Obligations and Processes

Is a contract available that details all fees, services and admission and discharge policies?

Is the contract easy to read? Do you understand it?

What levels of care are addressed in the contract?

Is there a buy-in fee?

How much is the monthly rent? How much is the security deposit? Which deposits are refundable? What is the total move in cost?

How are services and utilities billed?

How are rate increases and late payments handled?

Under what conditions would a resident be asked to leave the community? How much notice is given?

HOME HEALTH AGENCY EVALUATION CHECKLIST

Home care and home health services cover a wide range of health and 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

Will you receive a written care plan before services begin?

Will the agency work directly with you or your loved one, family members and healthcare providers? How do they communicate with your doctor?

Does the agency involve dietitians, counselors, therapists or other specialists, if needed?

Are there any limits on the types of tasks performed? What are they?

Does the agency offer personal or companion care to assist with meal preparation, shopping, errands and activities of daily living? Are these services covered by insurance?

What are the times of service? Do they come at the same time every visit?
Does the agency offer 24-hour care?

What procedures are in place for emergencies?

How will the agency or home health aide deliver services in the event of bad weather or a power outage?

Does the agency provide a list of the rights and responsibilities (i.e., patient's bill of rights) of all parties involved?

Do you need to identify a primary family caregiver? If so, what are their responsibilities?

Quality of Care

How does the agency hire and train caregivers? Is any ongoing training provided for staff?

Are the caregivers licensed and insured?

How does the agency evaluate the quality of the care provided?

Does the agency have a quality improvement program?

continued

Licensing, Staffing and History

Is the agency a nonprofit or a for-profit organization? Is it locally owned?

Is the agency accredited by a state or nationally recognized group such as the Joint Commission on Accreditation of Healthcare Organizations (JCAHO)?

Are the agency and staff bonded? Does the staff wear identification?

How long has the agency been in business? How many clients do they have?

Does the agency conduct a state and national background check on all staff?

Does the agency drug test staff members? Under what circumstances and by which methods?

Can the agency provide references from doctors, discharge planners or former clients?

Does the agency have a psychiatric nurse on staff?

Are you comfortable with the staff? Are they positive and friendly?

How many people will be providing care? Is there consistency with who will provide care?

Financial Obligations and Processes

Does the agency provide information explaining all services and fees?

Does the agency have a minimum service hour requirement? What is it?

How does the agency handle expenses and billing?

Will agency fees be covered by health insurance, Medicare, Medicaid or long-term care insurance?

What resources does the agency provide for financial assistance, if needed?

Does the agency offer a payment plan?

If considering a home health aide, what is the hourly rate?

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 (i.e., nonprofit, for-profit or government), services offered, as well as information about each home health agency's quality of care and surveys of patients who have used the agency.

Notes

101 ADvantage Program

Prior to the 1998 statewide launch of the ADvantage Program, nursing homes 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 care.

The ADvantage Program

In Oklahoma, the ADvantage Medicaid waiver program offers funding for 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 \$2,349 per individual with no more than \$2,000 in assets (not including the value of your home and car). You also must meet nursing home level-of-care guidelines to qualify for the program. Nursing home level of care means that without the services the waiver provides, you would be at risk of nursing home placement. Oklahoma's Department of Human Services (OKDHS) determines if you meet the 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 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
- ▶ Incontinence products
- ▶ Prescription drugs
- ▶ Home modifications, including installation of ramps or widening doorways
- ▶ Adult day health services
- ▶ ADvantage assisted living facility (limited availability 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, ext. 1184 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 then 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 must contact you at least monthly to ensure 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 for performing Activities of Daily Living (ADLs) such as eating, bathing, dressing, grooming, using the toilet, moving 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 require assistance with ADLs. Your illness or disability could include a physical or 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 43% of those currently receiving long-term care are between the ages of 18 and 64. About 70% of people over age 65 will 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 \$58,000 up to \$65,000 per year, depending on the location and whether you have a private or semi-private/companion room. Care in an assisted living facility averages from \$50,000 up to \$60,000 per year. Average rates for home health aides for four hours range from \$100 to \$140. Adult day health 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 31 and the listing of providers on page 130.

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 and assets. Medicare does not cover the cost of long-term care, especially non-skilled assistance with ADLs, which is a major focus of nursing facilities. It will, however, cover

the cost of skilled nursing 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 limited 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. They typically only cover skilled, short-term care as needed after a hospitalization.

There are, however, an increasing number of private payment options that help 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 for frail 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-making process 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 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 they provide care at any local nursing homes. If so, you might consider nursing homes they visit so your loved one doesn't have to change doctors.
- ▶ 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.oknursinghomeratings.com to view ratings for 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 your loved one to another community if it doesn't work out. Although moving is difficult, an extra move may be better than staying at a facility that isn't right for your loved one.
- ▶ Family involvement doesn't end when someone 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 May Not Be Your Only Option

Oklahoma's Medicaid ADvantage program provides in-home and community-based services to qualifying individuals to help delay or avoid altogether the need for nursing home placement. For more information, see *ADvantage Program 101* 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 \$60,000 for a private room and as much as \$91,000 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

continued

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 you financially qualify for Medicaid. 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 (i.e., 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 after a hospitalization. Medicare does not pay for long-term care services or personal care such as help with bathing or for general 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 nearly exhausted their personal resources. To receive Medicaid benefits, the individual must meet nursing home level-of-care guidelines 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.

2020 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 \$2,349. Individuals with a monthly income of more than \$2,349, but less than \$5,420, 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 possibly 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 \$25,728, the community spouse retains the full amount. For assets above \$25,728, 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 \$128,640 is subtracted from the couple's combined countable resources and retained by the community spouse. If the couple had double that amount (\$257,280) when one of them entered the nursing home, the remaining half of the assets, as well as any excess assets over \$257,280, 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 \$3,216 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 *Information, Assistance and Referral* on page 201.

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

Is the floor plan logical and easy to follow?

What types of rooms are offered? Private or semi-private?

Do the hallways have handrails? Do rooms/bathrooms have grab bars and call buttons?

Are there safety locks on the doors and windows? Are there security/fire safety systems?

Is there an emergency generator or alternate power source?

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

Phone TV Cable Internet Other

Healthcare Services

Is specialized memory care available for individuals with dementia or Alzheimer's?

If memory care is offered, is it provided in a separate unit with additional security and specially trained staff?

Is transportation available for visits to the resident's personal physician or special medical services such as dialysis? Is there an extra cost? Are there any restrictions?

Is physical therapy available for as long as the resident needs it?

Does the facility provide EMSA/TotalCare ambulance services membership?

Is there an extra cost?

Quality of Care and Life

What is the facility's philosophy of care? Do they focus on person-centered care?

Are care planning meetings held at times convenient for residents/family to attend?

Does the nursing home have an active family council?

Do residents have the same caregivers on a daily basis?

Does the staff knock before entering a resident's room?

Are the doors shut when a resident is being dressed or bathed?

Are there any onsite amenities? (e.g., beauty salon, chapel, library, etc.)

continued

Are residents offered choices of food? Is the food tasty and nutritious? Are snacks offered throughout the day? Is there fresh water available in the rooms?
Do residents receive assistance eating or drinking as needed?
Does the nursing home meet cultural, religious and/or language needs?
Are residents you observe participating in activities and exercise?
What is the visitation policy? Is the location convenient for family visits?
Are transportation services provided? Is there an extra cost or any restrictions?
Does the nursing home have outdoor areas for residents and staff?

Licensing, Staffing and History

Is the nursing home Medicaid certified?
Is the nursing home locally owned? Is it a nonprofit or for-profit organization?
Has the facility’s license ever been revoked? If so, when and why?
Are background checks conducted on all staff members? What is the staff turnover rate?
Does the nursing home have its own doctor(s) on staff? Can you use your own primary care physician?
How many licensed nurses are on duty at each shift? RNs: LPNs:
What is the resident-to-staff ratio? Resident-to-nurse? Resident-to-aide?

Things to Pay Attention to During Your Visit

Is the facility clean? Does it smell clean?
Is the patient’s bill of rights posted?
Is there a resident notification area? Is there an up-to-date activity and meals calendar posted? If so, do the activities and meals sound appealing?
Do residents appear well-groomed and happy? How do staff and residents greet each other and interact?
Ask residents and their families for their opinions about the facility and staff.

Financial Obligations and Processes

Is the nursing home accepting new residents? If not, is there a waiting list for admission?
Is a contract available that details all fees, services, and admission and discharge policies?
Is the contract easy to read? Do you understand it?
What levels of care are addressed in the contract?
Does the facility accept payment through Medicare or Medicaid?
Are deposits required? Are any refundable?
How are rate increases and late payments handled?
Under what conditions would a resident be asked to leave the facility? How much notice is given?

UNDERSTANDING HOSPICE CARE



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 support and comfort and are focused on improving the quality of life both for the person with an illness and their family.

WHAT IS HOSPICE?

Hospice care is considered the model for quality, compassionate care for people facing a life-limiting illness with a prognosis of six months or less. However, care does not necessarily end after six months. Hospice takes a team-oriented approach to providing expert medical care, pain and symptom management, and emotional and spiritual support tailored to the person’s needs and wishes. Support is also provided to the individual’s family.

The focus of hospice is founded on the belief that each person has the right to die pain-free, with dignity and at peace, and that their loved ones should receive the support necessary to allow them to do so. Hospice focuses on quality of life, not curing.

HOW DOES HOSPICE WORK?

Generally, hospice is recommended when the person 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 with the individual and family to assess their overall needs and wishes. Hospice consists of 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 works 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 wishes, 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 therapies as needed
- ▶ Makes short-term inpatient care available when pain or symptoms become too difficult to manage at home or the caregiver needs respite
- ▶ Provides grief support for 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 177.

WHAT IS A DO NOT RESUSCITATE (DNR) ORDER?

A DNR is a medical order that allows individuals to state their desire not to be resuscitated in the event that they stop breathing or their heart stops. It is usually made by the individual or their healthcare proxy. This gives medical personnel and family members clear instructions about how such situations should be handled so that the person's wishes can be respected. The individual or their healthcare proxy can change or revoke an advanced directive or DNR at any time by simply informing the physician or hospice staff.

WHERE ARE HOSPICE SERVICES PROVIDED?

Hospice services most often are provided in the recipient's own home, but can also be provided 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 152.

HOW IS HOSPICE PAID FOR?

In Oklahoma, besides private pay, hospice care can also be paid for by Medicare (Part A), the Veterans Administration, most private health insurance plans or the ADvantage program. If none of these payment sources are available to the patient, some hospices do provide courtesy care. Ask your healthcare provider or resource counselor which hospices provide courtesy care.

Palliative Care:

NOT JUST FOR END OF LIFE

Palliative care is a unique approach to improving life and comfort during a serious health situation. With palliative care, the individual prioritizes the care plan by deciding what values are important to them – comfort, cure, communication, quality of life, etc. It has also been described as supportive care because it targets relief of physical, social, psychological and spiritual distress.

Palliative care is a medical specialty backed by an interdisciplinary team involved in caring for a person facing a serious, possibly life-threatening illness. The palliative care team handles complex pain issues, coordinates intensive/sensitive communication exchanges and helps clarify the goals of care.

Depending on the individual's needs and desires, palliative care may include home help, transportation, emotional and spiritual support, individual and family education, decision making, psychological support and respite care for caregivers. Palliative care is compatible with all other medical treatments, and bringing in a palliative care team does not mean giving up on a cure. Palliative care is not the same as hospice, but can be brought in for pain control at the end of life.

Palliative care is holistic, looking at the challenges the disease imposes on all aspects of life – emotional, physical and practical. Some people want to focus everything on fighting for a cure, and they don't care about their current quality of life or the pain they have to endure. Others value time with family and friends and want pain managed effectively. The recipient of the care sets the priorities. However, it's not always an either/or choice. In a study of lung cancer patients, those receiving palliative care not only experienced improved quality of life, but on average lived longer.

While cure and palliative care teams can and do work effectively to treat individuals at the same time, they have different approaches and different



philosophies. In the curative model, the focus is on the body and its parts and symptoms. The care recipient's body is differentiated from the mind, and the primary goal is finding a cure. The palliative care model values the patient's entire experience. The person is viewed as a unique, complex being with physical, emotional, social and spiritual dimensions. Concerns of the individual and their family are considered, and relief of suffering is the ultimate goal.

People receiving palliative care have been shown to enjoy a higher quality of life with less depression. Lowering pain and discomfort improves outcomes and gives both care recipients and their families a boost. The palliative care team typically includes a doctor, nurse and social worker, depending on the individual's desires and needs.

Palliative care should be considered whenever a complex medical condition is causing frequent or ongoing hospitalizations, there are issues with symptom control, the treatments are burdensome or multiple care teams create fragmented communications.



For more information, ask your physician for a referral or visit <https://getpalliativecare.org> to learn more.

HOSPICE CARE AGENCY EVALUATION CHECKLIST

Hospice Name: _____

Contact Name: _____

Address: _____

Telephone: _____ **Email:** _____

Is the hospice licensed by the state?
Is the hospice a nonprofit or for-profit organization?
Is the hospice Medicare certified?
Is the hospice accredited by a state or nationally recognized group such as the Joint Commission on Accreditation of Healthcare Organizations (JCAHO)?
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 (NAHC)?
How many years has the hospice been in business?
Can the agency provide references?
What are the geographic service boundaries?
Are you allowed to retain your personal physician?
Circle medical equipment that is typically provided to a patient: Electric hospital bed Alternating pressure mattress Bedside commode Other
Will the hospice coordinate medication management?
Does the hospice require you to identify a family member or friend as a primary caregiver as a condition of admission?
What responsibilities are expected of the primary caregiver?
What special programs, in addition to routine hospice care, are available?
If pets are in the home, will the hospice assist with pet care?
Does the agency use volunteers? If so, how are volunteers screened?
Are you required to sign a do not resuscitate (DNR) order or an advance directive before being admitted?
What costs are covered by Medicare or other insurance?
Are you required to designate your chosen funeral, burial or cremation provider before being admitted?
How quickly can the hospice start services?
Are grief counseling or other support services available to family?

Sources: Oklahoma Hospice and Palliative Care Association (OHPCA), www.okhospice.org and National Hospice and Palliative Care Organization (NHPCO), www.nhpc.org.

Emotional Well-Being & Older Adults

Emotional well-being is multi-dimensional and includes the whole person – physically, emotionally, spiritually, intellectually and socially. Challenges in any of these areas can affect one or all of the other areas.

Promoting and ensuring emotional well-being involves proper nutrition, exercising your mind and body, learning and using adaptive coping skills, positive thinking, engaging in meaningful relationships and having a sense of purpose. There are many challenges – life transitions, anxiety, depression, feelings of loneliness, and alcohol or prescription drug misuse – that older adults may experience that can impact their sense of emotional well-being.

1. LIFE TRANSITIONS

Life transitions such as downsizing, a geographic move, health problems, loss of independence or the loss of a loved one or pet may serve as challenges for older adults. The older we are, the more losses we experience. Grief is a normal reaction to loss. If you are experiencing grief, it is important to know that there is no right way to grieve. The length of time it takes to process and work through grief is different for each person. Sometimes grief becomes complicated, resulting in anxiety or depression.

2. ANXIETY

Anxiety is not a normal part of aging. Roughly 20 out of 100 older adults experience anxiety, and the condition is treatable. There is a difference between the common use of the term “anxiety” and experiencing symptoms of anxiety that require professional attention. Anxiety is more serious when the number of symptoms becomes more frequent, ongoing or interfere with your daily life. Symptoms may include

excessive worry, restlessness, fatigue, irritability, muscle tension, sleep problems, difficulty concentrating or forgetfulness.

3. DEPRESSION

Growing older does not automatically lead to depression, but the National Institute of Mental Health (NIMH) reports that 7 million adults over age 65 experience depression each year. Some signs of depression include experiencing a depressed mood most of the day, loss of interest or pleasure in doing most activities, significant weight loss or gain, problems sleeping, fatigue or low energy, decrease in the ability to concentrate or make decisions, or thinking that things might be better if you were no longer living.

4. FEELINGS OF LONELINESS

Loneliness refers to feelings of being alone or without companionship, social isolation or sadness. It also includes a desire to have close and meaningful relationships with people who show mutual care and understanding. Loneliness can be brought on by things such as retirement, a geographic move, the death of a spouse or loved one, living alone, a lack of family and social support, and/or social isolation. Loneliness can impact one’s health and may trigger feelings of grief, anxiety and depression.

5. ALCOHOL MISUSE

There are 2.5 million older adults who misuse alcohol, with anywhere from six to 11% of elderly hospital admissions being the result of alcohol or drug misuse. Furthermore, nearly 50% of nursing home residents have alcohol-related problems. Drinking too much alcohol over a long period of time can

continued

“Taking time for activities you enjoy is a great way to invest in emotional well-being.”



lead to cancer, liver damage and worsen conditions like osteoporosis and diabetes, among other things. Dependence on alcohol can occur. If you have health problems or are taking certain medications, it is important to talk to your doctor about your alcohol use. Based on your prescriptions, you may need to drink less or not at all.

6. PRESCRIPTION DRUG MISUSE OR NON-MEDICAL USE OF PRESCRIPTION DRUGS

Prescription drug abuse is present in 12 to 15% of older adults who seek medical attention. Proper use includes taking prescribed medications for the purpose they are prescribed, in the correct dosage and for the correct length of time. Misuse includes taking the medication for longer than prescribed, for purposes other than prescribed, in conjunction with other medications or alcohol, skipping doses to use later or taking a higher dose than prescribed. While misuse of prescription drugs may be unintentional, tolerance and physical dependence can develop.

ADDRESSING LIFE'S CHALLENGES AND ACHIEVING EMOTIONAL WELL-BEING

- ▶ Try to think about what is positive in your life; consider making a gratitude list, and read it to yourself when you are feeling sad or lonely.
- ▶ Make sure you eat three nutritious meals a day and have nutritious snacks. Avoid eating junk food with high fat or sugar content.



- ▶ Get six to eight hours of sleep a night. We all feel better with a good night's sleep.
- ▶ Get a routine medical check-up, and exercise according to your doctor's advice. Discuss your alcohol and medication use with your doctor, so they can make sure it is appropriate for your health conditions. Avoid excessive alcohol use or use of prescription medications other than as prescribed.
- ▶ Do one thing you enjoy every day. Activities can include things like gardening, taking a cooking class, enjoying a walk, reading a book, listening to music or relaxing in a leisurely bubble bath. Taking time for activities you enjoy is a great way to invest in emotional well-being.
- ▶ Make and nurture friendships. If your friends are not available, reach out to someone else that may

Occasionally, older adults experience feelings of worthlessness, serious depression or wishing they were no longer living. Do not wait to call the doctor. Call the National Suicide Prevention Lifeline at (800) 273-8255 for help 24-hours a day.



be feeling lonely and invite them to do something. Consider getting involved in activities or classes at your local senior center. Try to schedule some type of social activity at least one day each week.

- ▶ Consider finding a support group to connect with others experiencing similar challenges.
- ▶ Do something that gives you a sense of meaning and purpose. This may involve volunteering or getting involved in your local church or religious organization.
- ▶ Let friends and loved ones know how you are feeling, and reach out and ask for help when you need to.

SEEKING PROFESSIONAL HELP

If you think you need professional help, contact your doctor's office and let them know what you are experiencing. This is an important first step because your feelings may be caused by medication or a health condition. It is important to tell the doctor about all medications you are using – including use of over-the-counter and illicit drugs – and your medication use pattern. If your doctor rules out a medical cause for your symptoms, your doctor may refer you to a specialist such as a therapist, social worker or, in some cases, a psychiatrist. For counseling resources, see *Mental and Behavioral Health and Counseling Services* on page 168.



How Lonely Are You?



INSTRUCTIONS

The following statements describe how people sometimes feel. For each statement, indicate how often you feel the way described, using the numbers below. There are no right or wrong answers.



- | | |
|---|---|
| <input type="checkbox"/> How often do you feel unhappy doing things alone? | <input type="checkbox"/> How often do you feel completely alone? |
| <input type="checkbox"/> How often do you feel you have no one to talk to? | <input type="checkbox"/> How often do you feel unable to reach out and communicate with those around you? |
| <input type="checkbox"/> How often do you feel you cannot tolerate being alone? | <input type="checkbox"/> How often do you feel starved for company? |
| <input type="checkbox"/> How often do you feel as if no one understands you? | <input type="checkbox"/> How often do you feel it is difficult for you to make friends? |
| <input type="checkbox"/> How often do you find yourself waiting for people to call, text, email or write? | <input type="checkbox"/> 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

ABUSE AND NEGLECT

— OF OLDER ADULTS —

The Centers for Disease Control and Prevention (CDC) defines elder abuse as an intentional act – or failure to act – by a caregiver or another trusted person that causes or creates a risk of harm to an older adult. The CDC reports that each year hundreds of thousands of adults age 60 and older are abused, neglected or financially exploited. Older adults may be more vulnerable to abuse or neglect due to social isolation, physical limitations, medical conditions, poor eyesight or hearing, or a mental/cognitive impairment such as depression or dementia.

WHAT DOES ABUSE AND NEGLECT LOOK LIKE?

According to the National Council on Aging, elder abuse can consist of any of the following:

- ▶ **Physical abuse** – inflicting physical pain or injury through actions like hitting, pushing and slapping.
- ▶ **Sexual abuse** – touching, fondling or any sexual activity with an older adult who is unable to understand, unwilling to consent or feels threatened or physically forced.
- ▶ **Emotional abuse** – psychological abuse that includes verbal assaults, threats of abuse, harassment or intimidation. Characterized by a caregiver saying hurtful words, yelling, threatening or repeatedly ignoring the older person. Keeping an older adult from seeing close friends and relatives is another form of emotional abuse.
- ▶ **Confinement** – restraining or isolating an older adult, other than for medical reasons.
- ▶ **Passive neglect** – the failure of a caregiver, family member or institution to provide an older adult with life's basic necessities, including, but not limited to, food, clothing, shelter or medical care. Characterized by soiled clothing, inappropriate clothing for the season, dirty or malnourished appearance or untreated physical conditions.
- ▶ **Willful deprivation** – denying an older adult medication, medical care, shelter, food, therapeutic devices, or other physical assistance, as well as

exposing that person to the risk of physical, mental or emotional harm.

- ▶ **Financial exploitation** – misuse or withholding of an older adult's resources by another. Characterized by unusual patterns of spending or withdrawals from an older adult's account, unpaid bills or a "new best friend" accepting generous gifts.
- ▶ **Abandonment** – leaving a senior alone without planning for their care.

WHERE DOES ABUSE HAPPEN AND WHO ARE THE ABUSERS?

Elder abuse tends to take place in the older adult's home. Elder abuse can also occur in institutional settings such as long-term care facilities. Abusers are often adult children or other family members such as grandchildren or spouses/partners of the older adult. In almost 60 percent of elder abuse and neglect incidents with a known perpetrator, the perpetrator is a family member. Two-thirds of perpetrators are adult children or spouses.

HOW DO I REPORT ELDER ABUSE OR NEGLECT?

The U.S. Department of Justice's Office on Violence Against Women and the National Clearinghouse for Abuse in Later Life reports that for every case of elder abuse that comes to the attention of a responsible agency, another 23 cases never come to light. In Oklahoma, all individuals are required to report elder abuse and neglect situations.

If an older adult is in life-threatening danger, call 911. If you are concerned or suspect an older adult is being mistreated, you can contact the 24-hour statewide abuse hotline at (800) 522-3511 toll-free or Oklahoma Department of Human Services Adult Protective Services at (918) 581-2401 or (800) 734-7516 toll-free. All reports are confidential. For more on *Abuse Information and Reporting*, see page 182.

AN OVERVIEW OF Dementia

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; however, it is increasingly being diagnosed in adults age 50 or younger. An estimated 5.8 million Americans of all ages have Alzheimer's disease, the most common form of dementia. One in 10 people age 65 and older has Alzheimer's dementia. Almost two-thirds of Americans with Alzheimer's are women. The number of Americans living with Alzheimer's is growing. It's projected that by 2050, the number of people age 65 and older with Alzheimer's disease may grow to 13.8 million.

What Causes Dementia?

Because dementia is a 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.
- Diseases that affect blood vessels such as a stroke, which can cause a disorder known as multi-infarct dementia.
- Toxic reactions from 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.

What are the Symptoms and Progression of Dementia?

Dementia progresses gradually. In the later stages, the person may not know what day of the week, month or year it is, 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.

For more information, see *Alzheimer's Disease and Dementia Support* on page 185.

Sources: www.mayoclinic.com and www.alz.org

Warning Signs of Alzheimer's Disease

According to the Alzheimer's Association, Alzheimer's is the most common cause of dementia. Alzheimer's disease is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time. Alzheimer's accounts for 60 to 80 % of dementia cases.

1 **Memory loss that disrupts 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, and/or relying heavily on family members or memory aids.

2 **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.

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

4 **Confusion about time or place.** Alzheimer's can cause people to lose track of dates, seasons and 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.

5 **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 not recognize their own image, thinking it is someone else.

6 **New 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").

7 **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.

8 **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.

9 **Withdrawal from work or social activities.** Someone who has Alzheimer's 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.

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

Adapted from: 10 Warning Signs of Alzheimer's Disease
© 2015 Alzheimer's Association



If you or someone you care about is experiencing any of the warning signs, 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. For more information, see *Alzheimer's Disease and Dementia Support* on page 185.

HOW MEDICARE FRAUD IMPACTS YOU

If you rely on Medicare to fund all or part of your health services, Medicare fraud is something you have a stake in preventing. Fraud is at the forefront of the “red flag” warnings for Medicare recipients.

The National Health Care Anti-Fraud Association (NHCAA) has listed a few Medicare fraud warning signs. Be on the lookout for situations in which the healthcare provider:

- Bills Medicare for services the patient never received.
 - Falsifying medical records and signing false documents to give the appearance that certain medical services were provided when they were not.
- Bills Medicare for more expensive services than the ones the patient received.
 - This is called “up coding” and consists of the healthcare professional or agency entering a billing code for a higher priced procedure than the one actually performed on the patient.
- Bills for each individual step of a procedure as if it occurred in separate sessions.
 - This is called “unbundling” and refers to a fraudulent practice in which healthcare providers break their services down so they appear as individual components versus one continuous diagnostic process or treatment plan,

resulting in a higher payment by Medicare.

- Performs services not medically necessary in an effort to pad billing.
- Prescribes medically unnecessary medications to patients.
- Misrepresents unnecessary procedures as medically necessary.

Unfortunately, the very individuals Medicare was created to serve will ultimately feel the impact of fraudulent activities. Eventually, this type of fraud increases the overall costs of providing care to Medicare recipients. The increased costs will translate into higher charges and payments passed along to the consumer. As someone who relies on Medicare, you will face higher premiums and out-of-pocket expenses, as well as reduced benefits or coverage. If the cost of providing care to Medicare patients goes up significantly, the difference will have to be made up. And the people left footing the bill for higher costs are typically the individuals receiving care.

Because of this trickle-down effect, it is more important than ever to be on the lookout and know ways to keep yourself and your loved ones

protected. This protection begins with your Medicare card and always being knowledgeable about the healthcare services you received. Utilizing these tips can help you accomplish just that:

- You should always treat your Medicare card like it’s a credit card. In other words, don’t give the number out to just anybody because there’s a chance it could be used to generate a fraudulent claim.
- Medicare also suggests that you always take the time to ask questions about your medical care and how it relates to your specific Medicare plan. Don’t be afraid to ask how much Medicare is going to be billed and what you will owe for any testing, procedures or prescriptions the doctor recommends. You have every right to know this information.
- Double-check your Medicare statements when you receive them. Compare the dates of your doctor appointments and/or medical tests with those listed on the form. Noting your medical appointments on a calendar makes this process easier because all you have to do is check one against the other. Also, double-check the diagnoses listed on the statement to ensure those are correct as well.

Performing these actions and being mindful of the services that you receive can help prevent your care from being the basis of any type of Medicare fraud.



Be an advocate for yourself and your loved ones by following the above tips and reporting suspected Medicare fraud to www.medicare.gov or calling (800) 633-4227. For more Medicare resources, see *Medicare Information* on page 209.



THE BASICS OF MEDICARE

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

Medicare Part A

- ▶ 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.

Hospital Deductible for 2020:

The Medicare beneficiary pays:

- ▶ \$1,408 deductible for a hospital stay of 1-60 days
- ▶ \$352 per day for days 61-90
- ▶ \$704 per day for days 91-150
- ▶ All costs after 150 days

Skilled Nursing Coinsurance for 2020:

The Medicare beneficiary pays:

- ▶ \$0 coinsurance for the first 20 days
- ▶ \$176 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 65. If you are under 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 65 (because you are still working, for instance), you should still sign up for Part A. You should contact Social Security three months before you turn 65. If you worked for a railroad, contact the RRB to sign up.

Medicare Part B

What is Medicare Part B?

Medicare Part B (medical insurance) is optional and helps cover medically necessary services like your doctor visits and outpatient care. It also covers some other medical services that Part A doesn't cover such as some of the costs of physical, occupational and speech therapists, some home healthcare and preventive services.

How Much Does Part B Cost?

▶ **Part B Monthly Premium** – The standard monthly premium for Medicare Part B enrollees will be \$144.60 for 2020, an increase of \$9.10 from \$135.50 in 2019. However, an estimated 2 million Medicare beneficiaries will pay less than the full Part B standard monthly

premium in 2020 due to statutory hold harmless provisions. For these enrollees, the increase in their Part B premium must be no greater than the increase in their Social Security benefits.

► **Part B Income-Related Adjustment** – Since 2007, beneficiaries with higher incomes have paid higher Part B monthly premiums. Specifically, if a beneficiary’s modified adjusted gross income as reported on their IRS tax return from two years ago is above \$87,000 (\$174,000 filing jointly) the beneficiary is responsible for a larger portion of the cost of their coverage. These premium adjustments range from \$57.80 to \$347 more per month for Medicare Part B.

► **Part B Deductible and Co-Pays** – The 2020 annual Part B deductible is \$198. After you meet the deductible, you will pay 20 percent of the Medicare-approved amount for most Part B covered services.

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 65. If you are under 65 and disabled, you automatically get Part B after receiving disability benefits for 24 months 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 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 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 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).

continued

Medicare Coverage Options

With Medicare, you can choose how you get your health and prescription drug coverage.
Your costs vary depending on your plan, coverage and the services you use.

Original Medicare Plan	Medicare Advantage Plan (like an HMO or PPO)
Part A: Hospital Insurance Part B: Medical Insurance	Part C (Includes both Part A: Hospital Insurance and Part B: Medical Insurance)
<ul style="list-style-type: none"> • Medicare provides this coverage • You have your choice of doctors • Generally, you pay deductibles and coinsurance • You pay a monthly premium for Part B • You can join a Medicare Part D prescription drug plan to add drug coverage • You can buy a Medigap (Medicare Supplement Insurance) policy – sold by private insurance companies – to help fill the gaps in Part A and Part B coverage 	<ul style="list-style-type: none"> • Private insurance companies approved by Medicare provide this coverage • In most plans, you must see plan doctors • Costs, extra benefits and rules vary by plan • You may pay a monthly premium in addition to your Part B premium • If you want drug coverage, you must get it through your plan (in most cases) • You don’t need a Medigap policy

Medicare Part C

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 65 to three months after the month you turn 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.
- ▶ During the Medicare Advantage Open Enrollment Period (OEP) from January 1 through March 31 annually, you have the option to make a one-time election to go to another Medicare Advantage plan or return to Original Medicare. If you use the OEP to make a change, you may also make a coordinating change to your Part D coverage.

Medicare Part D

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 the involuntary loss of 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 are entitled to Special Enrollment Periods during which you can change your Medicare drug plan.

Note: Between January 1 and March 31 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 2020, the income limit for a single person is \$1,615 in monthly

income and \$14,610 in assets. The amount for a married couple is \$2,175 in joint monthly income and \$29,160 in joint assets.

How Can I Get More Information About My Medicare Benefits, Medicare Advantage Plans, Medigap Plans, the Extra Help or About Medicare Part D Prescription Drug Plans?

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 at (918) 664-9000, ext. 1189 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 2020 eligibility guidelines for each can be found in the chart below:

PROGRAM BENEFITS

ELIGIBILITY GUIDELINES

Qualified Medicare Beneficiary (QMB)

Pays Medicare Part A and Part B monthly premiums
Pays other Medicare cost-sharing (like deductibles, coinsurance and copayments)

Single: monthly income less than \$1,084 and assets less than \$7,860

Married: monthly income less than \$1,457 and assets less than \$11,800

Specified Low-Income Medicare Beneficiary (SLMB)

Pays Medicare Part B monthly premium

Single: monthly income less than \$1,296 and assets less than \$7,860

Married: monthly income less than \$1,744 and assets less than \$11,800

Qualifying Individual (QI)

Pays Medicare Part B monthly premium

Single: monthly income less than \$1,456 and assets less than \$7,860

Married: monthly income less than \$1,960 and assets less than \$11,800

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

Levels of Care

Independent Living	Assisted Living	Residential	Nursing	Home Health
●	●			
●	●			
●	●		●	●
●	●			
●	●			
●			●	
●		●		
●	●		●	

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Page 63

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Page 65

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Page 97

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<p>Forest Hills Care & Rehabilitation 4300 W. Houston St. • Broken Arrow, OK 74012 (918) 254-5000 • (918) 254-5681 fax www.mgmhealthcare.com</p>	●	●		●	
<p>Franciscan Villa 17110 E. 51st St. • Broken Arrow, OK 74012 (918) 355-1596 • (918) 355-1788 fax www.franciscanvilla.com</p>		●		●	
<p>Go Ye Village Senior Living 1201 W. 4th St. • Tahlequah, OK 74464 (918) 456-4542 • (918) 458-5492 fax www.goyevillage.org</p>	●	●		●	
<p>Heartsworth House Assisted Living and Senior Suites 821 N. Foreman St. • Vinita, OK 74301 (918) 256-7856 • (918) 256-7857 fax www.HeartsworthSeniorLiving.com</p>	●	●			
<p>Heatheridge Assisted Living & Residential Care Community 2130 S. 85th E. Ave. • Tulsa, OK 74129 (918) 622-9191 • (918) 622-9205 fax www.12oaks.com</p>		●	●		
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<p>Montereau 6800 S. Granite Ave. • Tulsa, OK 74136 (918) 495-1500 • (918) 491-5265 fax www.Montereau.net</p>	●	●		●	
<p>Oklahoma Methodist Manor 4134 E. 31st St. • Tulsa, OK 74135 (918) 743-2565 • (918) 743-1174 fax www.ommtulsa.org</p>	●	●		●	

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Page 71

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Page 2

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Ad On
Page 61

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Ad On
Page 65



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(918) 496-8333 • (918) 496-8257 fax
www.zarrowpointe.org



Find This Helpful Article: 10 Tips For Healthy Aging, page 10.

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Lifetime connections begin with every day moments.



A community is more than just a place to live. It's special place where new friends are found and best friends are kept—the connections let you know you're home. At OMM, community is not just a word, it is an engaging and active way of living your life to the fullest.



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A Sagora Senior Living Community

AL 7240-7240



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 that have senior-friendly amenities, but may not be exclusively for older adults. 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 220. To help determine if an independent living community meets your specific needs, use the *Independent Living Evaluation Checklist* on page 29.



LIFE leaves denote independent housing options offered by LIFE's Vintage Housing.

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

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio Home	On-Site Healthcare	Utilities	Laundry Options	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed	Planned Activities
5400 South Apartments 4700 E. 54 th St. Tulsa, OK 74135 (918) 496-9270 (918) 491-0871 fax www.leinbach.com	55	PP		■	■	■			CF WP					▲	●
Autumn Park 8401 E. 134 th St. S Bixby, OK 74008 (918) 369-8888 www.LIFE-vintagehousing.org www.wilhoitliving.com	62	PP SV		■	■			PI	CF					▲	●
Baptist Village Honey Creek 2620 W. 13 th St. Grove, OK 74344 (918) 786-2223 (918) 786-2235 fax www.baptistvillage.org	55	PP		■	■			PI	CF WH				■		■

See Our Ad On Page 73

See Our Ad On Page 67

See Our Ad On Page 63



Affordable Housing

WHERE YOU WANT TO BE

Northeastern Oklahoma Senior Retirement Communities

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Autumn Park
8401 E. 134th St. S.
(918) 369-8888

📍 BRISTOW

Woodland Village
131 E. 9th Ave.
(918) 367-8300

📍 BROKEN ARROW

Hartford Villas
714 N. 14th Street
(918) 251-0399

Kenosha Landing
2602 W. Oakland Pl.
(918) 258-0331

Vandever House
3102 S. Juniper Ave.
(918) 451-3100

📍 COLLINSVILLE

Cardinal Heights
224 S. 19th St.
(918) 371-9116

📍 COWETA

Carriage Crossing
28530 E. 141st St.
(918) 486-4460

📍 GLENPOOL

Redbud Village
14900 S. Broadway St.
(918) 322-5100

📍 JENKS

Pioneer Village
315 S. Birch St.
(918) 298-2992

📍 OWASSO

Prairie Village
12877 E. 116th St. N.
(918) 371-3221

📍 SAND SPRINGS

Heartland Village
109 E. 38th St.
(918) 241-1200

River Ridge
5202 S. Hwy. 97
(918) 245-4131

55 and older

📍 SAPULPA

Hickory Crossing
2101 S. Hickory St.
(918) 224-5116

📍 SKIATOOK

West Oak Village
1002 S. Fairfax Ave.
(918) 396-9009

📍 TULSA

Brookhollow Landing
2910 S. 129th E. Ave.
(918) 622-2700

Cornerstone Village
1045 N. Yale Ave.
(918) 835-1300

Country Oaks
5648 S. 33rd W. Ave.
(918) 446-3400

Heritage Landing
3102 E. Apache St.
(918) 836-7070

Park Village
650 S. Memorial Dr.
(918) 834-6400



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See Our Ad On Page 63

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

See Our Ad On Page 63

Baptist Village of Cleveland
 1001 Baptist Village Dr.
 Cleveland, OK 74020
 (918) 358-2575
 (918) 358-0004 fax
 www.baptistvillage.org

See Our Ad On Page 63

Baptist Village of Miami
 2525 N. Elm St.
 Miami, OK 74354
 (918) 542-7124
 www.baptistvillage.org

See Our Ad On Page 63

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

See Our Ad On Page 63

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

55	PP	■	■	■	●			WH	▲	▲		■	■	●
55	PP	■	■				PI	CF	▲	▲		■		■
55	PP	■	■				PI	CF				■		■
55	PP	■	■	■			PI	CF LS	▲	▲		■	▲	●
55	PP	■	■	■	▲			LS WH	▲	▲		●	■	●



WELCOME TO CEDARHURST OF WOODLAND HILLS

Rest assured, we're here to help.



Our first priority continues to be protecting the health and wellbeing of our residents, families and employees.



On-site Testing Kits

To stay ahead of Coronavirus (COVID-19), we have secured on-site testing kits for our community. In addition to symptom screening residents and employees, we can administer tests if they show symptoms, with results in 24-72 hours.

Protecting Our Residents:

- **Ongoing Preventive Measures:** We are monitoring CDC and federal, state and local Coronavirus (COVID-19) guidelines for health and safety.
- **On-site Therapy Continues:** Physical, occupational and speech therapy services have been adjusted using social distancing practices.
- **Caring, Supportive Staff:** Our Cedarhurst Response Team vigilantly monitors the safety of our community around the clock.



Capable hands. Welcoming hearts.

*If you have questions, we're always here to help. **Just call for more information.***

Cedarhurst of Woodland Hills • 7345 S. 99th East Avenue • Tulsa, OK 74133 • 918-201-1540 • CedarhurstWoodlandHills.com



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Town Village Tulsa provides a distinctive lifestyle filled with friendships and life enrichment activities. Enjoy one of our many classes, hit a matinee in our auditorium or step outside and discover peaceful outdoor spaces. Town Village Tulsa isn't like home, it is home!

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(918) 493-1200
TownVillageTulsa.com



Life Lived Better!

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See Our Ad On Page 63

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

See Our Ad On Page 63

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

See Our Ad On Page 65

Bellarose Senior Living
 18001 E. 51st St.
 Tulsa, OK 74134
 (918) 355-0151
 (918) 355-5056 fax
 www.bellaroselife.com

See Our Ad On Page 97

Berryhill Apartments
 14 E. Dewey Ave.
 Sapulpa, OK 74066
 (918) 224-1106
 (918) 876-4661 fax
 www.metroplains.com

See Our Ad On Page 67

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

 **Brookhollow Landing**
 2910 S. 129th E. Ave.
 Tulsa, OK 74134
 (918) 622-2700
 www.LIFE-vintagehousing.org
 www.wilhoitliving.com

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See Our Ad On Page 67



Cardinal Heights
 224 S. 19th St.
 Collinsville, OK 74021
 (918) 371-9116
www.LIFE-vintagehousing.org
www.wilhoitliving.com

62	PP SV		■	■			PI	CF					▲	●
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See Our Ad On Page 67



Carriage Crossing
 28530 E. 141st St.
 Coweta, OK 74429
 (918) 486-4460
www.LIFE-vintagehousing.org
www.wilhoitliving.com

62	PP SV		■	■			PI	CF					▲	●
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- All bills paid
- Inside hallways
- Emergency call system
- Subsidy available
- Quiet location
- Small pets welcome



(918) 455-8400
 5001 S. Hickory • Broken Arrow, OK
 (SE of 111th St. & 161st E. Ave.)



TREETOPS
APARTMENTS

Independent Senior Living

Treetops does not discriminate against individuals with handicaps.



Welcome home.

Independent & Assisted-Living apartments
 Excellent service & worry-free living
 No buy-in fee. • Call (918) 970-4433.



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See Our Ad On Page 69

<p>Cedarhurst of Woodland Hills 7345 S. 99th E. Ave. Tulsa, OK 74133 (918) 893-6177 (918) 893-6187 fax www.cedarhurstwoodlandhills.com</p>	55	PP	■	■		▲	AI	WP	●	●	●	●	▲	●
<p>Claremore Village Senior Living Apartments 23445 S. Twin Oaks Dr. Claremore, OK 74019 (918) 283-4888 (918) 283-4898 fax</p>	62	PP SV	■	■			PI	CF WH					▲	●
<p>Colonial Manor Retirement Apartments 5015 S. Victor Ave. Tulsa, OK 74105 (918) 743-7835 (918) 512-4797 fax www.colonialmanortulsa.com</p>		PP	■	■			AI	CF LS	●	●	■	▲	▲	●
<p>Cookson Hills Hulbert Senior Living 405½ E. Main St. Hulbert, OK 74441 (918) 458-1700 (918) 458-1700 fax www.lyncoproperties.com</p>	62	HU	■				PI	CF			●	■	▲	●
<p>Cookson Hills Tahlequah Senior Housing 1350 N. Jones Ave. Tahlequah, OK 74464 (918) 458-1700 (918) 458-1700 fax www.lyncoproperties.com</p>	62	HU S8 SV	■				PI	CF			●	■	▲	●


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See Our Ad On Page 67

 Cornerstone Village 1045 N. Yale Ave. Tulsa, OK 74115 (918) 835-1300 www.LIFE-vintagehousing.org www.wilhoitliving.com	62	PP SV	■	■			PI	CF					▲	●
Country Club at Woodland Hills 6333 S. 91 st E. Ave. Tulsa, OK 74133 (918) 252-5451 (918) 254-5136 fax www.ccwh-living.com	55	PP	■	■	■	■	AI	CF LS WH	●	●	●	●	▲	●

5400 South Apartments

Senior Living At Its Best!


- ◆ 5 Unique Floor Plans
- ◆ Covered Parking
- ◆ Classic Luxury
- ◆ Oversized Balconies or Patios
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Visit us at www.leinbach.com

(918) 496-9270 ◆ 4700 E. 54TH ST. ◆ TULSA

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Sheridan Terrace

Independent Senior Living



- All bills paid
- Emergency call system

- Inside hallways
- Small pets welcome

- Quiet location
- Subsidy available

(918) 835-7072

1937 S. 68th E. Ave. | Tulsa, OK
(NE of 21st and Sheridan)



Sheridan Terrace does not discriminate against individuals with handicaps.


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See Our Ad On Page 67

 <p>Country Oaks 5648 S. 33rd W. Ave. Tulsa, OK 74107 (918) 446-3400 www.LIFE-vintagehousing.org www.wilhoitliving.com</p>	62	PP SV	■	■			PI	CF					▲	●
<p>Covenant Living at Inverness 3800 W. 71st St. Tulsa, OK 74132 (918) 481-9988 (918) 481-9989 fax www.CovLivingInverness.org</p>	55	PP	■	■	■	▲	AI	CF LS WH WP	●	■	●	●	●	●
<p>Covenant Living of Bixby 7300 E. 121st Pl. S Bixby, OK 74008 (918) 970-4433 (918) 364-8853 fax www.CovLivingBixby.org</p>	62	PP	■	■			AI	LS WP	●	●	●	■	▲	●
<p>Coweta Senior Villas 11154 S. 262nd E. Ave. Coweta, OK 74429 (918) 279-6910 (918) 279-7128 fax www.hrmservices.org/locations</p>	62	PP S8 SV		■			PI	WP					▲	■
<p>Creek Nation Elderly Housing 2710 N. Miami Ave. Okmulgee, OK 74447 (918) 756-2920 (918) 756-2633 fax</p>	62	SF	■				PI	CF			●	■	▲	■
<p>Crestview Senior Duplexes 3535 N. Martin Luther King Jr. Blvd. Tulsa, OK 74106 (918) 430-0030 (918) 430-0102 fax</p>	55	PP SV	■	■			PI	WH					▲	●

See Our Ad On Page 71

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<p>Disciples Village 9014 E. 31st St. Tulsa, OK 74145 (918) 622-9318 (918) 622-2175 fax</p>	62	HU S8 SF	■				PI	CF			●		▲	
<p>Edgewood at Gable Hills 7702 W. Parkway Blvd. Tulsa, OK 74127 (918) 245-8505 (918) 245-8700 fax</p>	62	PP S8 SV	■	■	■		PI	CF WH					▲	■
<p>El Dorado Apartments 3221 E. 30th Pl. Tulsa, OK 74114 (918) 712-5005 (918) 764-8970 fax</p>		PP	■	■			AI	CF					▲	
<p>Forest Hills Assisted & Independent Living 4304 W. Houston St. Broken Arrow, OK 74012 (918) 250-1700 (918) 294-8376 fax www.mgmhealthcare.com</p>	55	PP	■	■			AI	CF LS	●	●	●	●	▲	●

See Our Ad On Page 2



Ryan P. Conley, D.O. | Mary Anne Ahluwalia, D.O.
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 Corneal Transplants | KAMRA® Inlay | LipiFlow® | LenSx® Laser-Assisted Cataract Surgery | Glaucoma Care

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Garnett Village Senior Housing 3254 S. 120 th E. Pl. Tulsa, OK 74146 (918) 622-2888 (918) 622-9209 fax	62	HU	■					AI	CF			●		▲	■
Gilcrease Hills Estates 1143 N. 24 th W. Ave. Tulsa, OK 74127 (918) 582-0220 (918) 582-0221 fax www.metroplains.com	62	HA PP SV		■	■			PI	CF					▲	
Glenwood Senior Living 10221 E. 34 th St. Tulsa, OK 74146 (918) 663-7797 (918) 664-1855 fax	62	HU S8	■	■				AI	CF			●		▲	●
Go Ye Village Senior Living 1201 W. 4 th St. Tahlequah, OK 74464 (918) 456-4542 (918) 458-5492 fax www.goyevillage.org	55	PP	■	■	■	■	▲	AI	CF LS WH	●	■	●	●		●
Golden Age Housing Authority 200 Farrow Dr. Mannford, OK 74044 (918) 865-2849	62	PP SV		■	■			PI	CF WP					▲	●
Hartford Villas 714 N. 14 th St. Broken Arrow, OK 74012 (918) 251-0399 (918) 251-0398 fax www.wilhoitliving.com	62	PP SV		■	■			PI	WP				▲	▲	●

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 Heartland Village 109 E. 38 th St. Sand Springs, OK 74063 (918) 241-1200 www.LIFE-vintagehousing.org www.wilhoitliving.com	62	PP SV		■	■			PI	CF					▲	●
Heartsworth House Assisted Living and Senior Suites 821 N. Foreman St. Vinita, OK 74301 (918) 256-7856 (918) 256-7857 fax www.HeartsworthSeniorLiving.com	65	PP	■	■	■			AI	WH	▲	▲	●	■		●

See Our Ad On Page 67



LIFE EDU

LIFE Senior Services offers a variety of free caregiver and senior education programs throughout the Tulsa Metro area, as well as virtual classes online. For more information about upcoming classes, call LIFE's SeniorLine or visit LIFE's website.

(918) 664-9000

www.LIFEseniorservices.org



Southern Hills
Independent Living & Memory Care




Replace your worries with good friends, great times and comfortable living.

At Southern Hills Independent Living, our dedicated team of professionals understands the pressures of moving. Enjoy a tailored experience that eliminates your worries and settle into your new home with ease.

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- Monthly Utilities
- Phone, Cable & Internet
- Courtesy Transportation
- Individual Heat & Air
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- Social Activities
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- Hair Salon Services
- Free Dining

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Tulsa, OK 74135

 (918) 496-8968
Fax: (918) 496-0774



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Basic Information and Services

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio Home	On-Site Healthcare	Utilities	Laundry Options	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed	Planned Activities	
Heatherwood Apartments 3002 E. 51 st St. Tulsa, OK 74105 (918) 749-2566 (918) 749-2567 fax www.HeatherwoodTulsa.com	55	PP	■	■					CF WP			■		▲	●	
 Heritage Landing 3102 E. Apache St. Tulsa, OK 74110 (918) 836-7070 www.LIFE-vintagehousing.org www.wilhoitliving.com	62	PP SV		■	■			PI	CF						▲	●
Hewgley Terrace 420 S. Lawton Ave. Tulsa, OK 74127 (918) 584-0063 (918) 584-0064 fax www.TulsaHousing.org	50	HA PP	■	■				AI	CF						▲	●
 Hickory Crossing 2101 S. Hickory St. Sapulpa, OK 74066 (918) 224-5116 www.LIFE-vintagehousing.org www.wilhoitliving.com	62	PP SV		■	■			PI	CF						▲	●
Hudson Villas Apartments 727 S. Hudson Ave. Tulsa, OK 74112 (918) 921-3900 (918) 921-3999 fax www.hudsonvillas.org		HA PP S8 SV	■	■				AI	CF		▲	●				●
Inhofe Plaza 6565 S. Newport Ave. Tulsa, OK 74136 (918) 743-3337 (918) 743-3056 fax www.TulsaHousing.org	62	HA HU SF		■				AI	CF						▲	■
J.B. Milam Apartments 1302 N. Willow Dr. Claremore, OK 74017 (918) 341-3780 (918) 341-7784 fax	62	HU		■				AI	CF						▲	■


See Our Ad On Page 67

See Our Ad On Page 67

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

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio Home	On-Site Healthcare	Utilities	Laundry Options	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed	Planned Activities
Jay Senior Housing 1301 W. Washbourne St. Jay, OK 74346 (918) 253-8100 (918) 253-8101 fax	62	PP S8 SF SV		■	■			PI	CF			●		▲	●
Jordan Plaza III Apartments 775 E. Pine St. Tulsa, OK 74106 (918) 582-8940 (918) 582-4807 fax	62	SF		■				PI	CF			●	●	▲	●
Jordan Plaza, Inc. 630 E. Oklahoma St. Tulsa, OK 74106 (918) 584-8939 (918) 592-0442 fax	18	SF	■	■				PI	CF			●	●	▲	●
 Kenosha Landing 2602 W. Oakland Pl. Broken Arrow, OK 74012 (918) 258-0331 www.LIFE-vintagehousing.org www.wilhoitliving.com	62	PP SV		■	■			PI	CF					▲	●
Kirkwood Senior Complex 400 E. 6 th St. Sand Springs, OK 74063 (918) 241-8622 (918) 245-0764 fax www.monroegroup.com	62	HU PP SF		■	■			AI	CF					▲	●
LaFortune Tower 1725 Southwest Blvd. Tulsa, OK 74107 (918) 583-0784 (918) 583-5457 fax www.TulsaHousing.org	50	HA	■	■				AI	CF			●		▲	■
Legacy Park Midtown 3140 S. Louisville Ave. Tulsa, OK 74135 (918) 282-9875 www.legacypropertiesok.net	62	PP		■	■			AI	WP	▲		■		▲	

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Our
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Page
67

Key:

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- PP - Private Pay
- S8 - Section 8
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- 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



	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio Home	On-Site Healthcare	Utilities	Laundry Options	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed	Planned Activities
<p>Linwood Village 530 S. Linwood Ave. Cushing, OK 74023 (918) 225-2220 (918) 225-3480 fax</p>		PP	■	■				AI	LS	●	●	■		▲	●
<p>Lucile Page Manor 253-9A E. 41st St. Sand Springs, OK 74063 (918) 245-3288 (918) 245-3289 fax www.lucillepagemanor.com</p>	62	HU		■				PI	CF			■		▲	■
<p>Lynx Crossing 619 Division St. Sapulpa, OK 74066 (918) 224-8306 (918) 227-4878 fax www.lyncoproperties.com</p>	18	HU S8		■				PI	CF				■	▲	■
<p>Mayor Wallis Manor Venture Villa I & II 901 S.E. 9th St. Pryor, OK 74361 (918) 825-1250 (918) 825-0843 fax www.lyncoproperties.com</p>	62	HU S8 SF	■	■					CF				■	▲	●
<p>Montereau 6800 S. Granite Ave. Tulsa, OK 74136 (918) 495-1500 (918) 491-5265 fax www.Montereau.net</p>	55	PP		■	■	■	▲	PI	LS WP	●	●	●	●	▲	●
<p>Murdock Villa 828 S. Wheeling Ave. Tulsa, OK 74104 (918) 583-2666 (918) 583-2149 fax www.TulsaHousing.org</p>	18	HA SF		■	■			AI	CF			●		▲	●

See Our Ad On Page 61

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

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio Home	On-Site Healthcare	Utilities	Laundry Options	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed	Planned Activities
<p>Northwind Estates 3355 N. Martin Luther King Jr. Blvd. Tulsa, OK 74106 (918) 933-6983 (918) 728-7593 fax</p>	62	PP SV		■	■			PI	WP			●			
<p>Oklahoma Methodist Manor 4134 E. 31st St. Tulsa, OK 74135 (918) 574-2590 (918) 743-1174 fax www.ommtulsa.org</p>	62	PP	■	■	■	■	▲	AI	LS WP	●	■	●	■	▲	●
<p> Park Village 650 S. Memorial Dr. Tulsa, OK 74112 (918) 834-6400 www.LIFE-vintagehousing.org www.wilhoitliving.com</p>	62	PP SV		■	■			PI	CF					▲	●
<p>Pioneer Plaza 901 N. Elgin Ave. Tulsa, OK 74106 (918) 584-2554 (918) 584-2553 fax www.TulsaHousing.org</p>	50	HA		■	■			AI	CF					▲	●
<p> Pioneer Village 315 S. Birch St. Jenks, OK 74037 (918) 298-2992 www.LIFE-vintagehousing.org www.wilhoitliving.com</p>	62	PP SV		■	■			PI	CF					▲	●
<p>Prairie Rose Gracious Retirement Living 7401 Riverside Pkwy. Tulsa, OK 74136 (918) 495-3600 (918) 495-3615 fax www.prairie-rose.us</p>	55	PP	■	■	■		▲	AI	CF	●	●	●	●	▲	●

See Our Ad On Page 65

See Our Ad On Page 67

See Our Ad On Page 67



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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio Home	On-Site Healthcare	Utilities	Laundry Options	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed	Planned Activities
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See Our Ad On Page 67

 Prairie Village 12877 E. 116 th St. N Owasso, OK 74021 (918) 371-3221 www.LIFE-vintagehousing.org www.wilhoitliving.com	62	PP SV	■	■			PI	CF					▲	●
Pythian Manor West 1700 Riverside Dr. Tulsa, OK 74119 (918) 583-4401 (918) 583-3829 fax	62	PP S8 SF	■				PI	CF			●		▲	●
Quail Creek Villa 7334 S. Memorial Dr. Tulsa, OK 74133 (918) 252-1602 (918) 286-2592 fax www.quailcreekvilla.com	62	HU	■				PI	CF			●		▲	
Quiet Harbor Apartments 1522 W. 4 th St. Skiatook, OK 74070 (918) 396-3661 (918) 396-3681 fax	55	PP SV	■	■			PI	WH					▲	●
 Redbud Village 14900 S. Broadway St. Glenpool, OK 74033 (918) 322-5100 www.LIFE-vintagehousing.org www.wilhoitliving.com	62	PP SV	■	■			PI	CF					▲	●
River Ridge Apartments 1309 S. Jackson Ave. Tulsa, OK 74127 (918) 744-7463 (918) 764-8970 fax		PP		■			PI	CF					▲	
River Ridge Senior Apartments 5202 S. Hwy. 97 Sand Springs, OK 74063 (918) 245-4131 (918) 245-3352 fax www.wilhoitliving.com	55	PP SV	■	■			PI	CF WP				▲	▲	●

See Our Ad On Page 67

See Our Ad On Page 67

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
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- 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

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio Home	On-Site Healthcare	Utilities	Laundry Options	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed	Planned Activities
<p>Sarah's House 1571 E. 53rd St. N Tulsa, OK 74126 (918) 951-2443</p>		PP		■				AI	CF LS	●	●	●	■		■
<p>Scandia Retirement Community 3510 E. 32nd St. Tulsa, OK 74135 (918) 899-5252 www.scandiatulsa.com</p>	55	PP		■	■			AI	LS	●	■	■	●	▲	●
<p>Senior Star at Burgundy Place 8887 S. Lewis Ave. Tulsa, OK 74137 (918) 518-0153 (918) 299-0846 fax www.seniorstar.com/ burgundyplace</p>	55	PP		■	■	■		AI	CF LS	●	●	●	●	▲	●
<p>Senior Star at Woodland Terrace 9524 E. 71st St. Tulsa, OK 74133 (918) 379-9052 (918) 254-9049 fax www.seniorstar.com/ woodlandterrace</p>	55	PP		■	■	■		AI	CF LS	●	●	●	●	▲	●
<p>Sequoyah Creek Apartments 2750 S. Ash Ct. Broken Arrow, OK 74012 (918) 451-7912 (918) 451-7913 fax</p>	62	HU PP		■				AI	CF					▲	
<p>Shadybrook Apartments 4203 S. 109th E. Ave. Tulsa, OK 74146 (918) 663-6013 (918) 663-0640 fax www.ccinvest.com</p>		HU PP		■				PI	CF			■		▲	■

See Our Ad On Page 1

See Our Ad On Page 1

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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio Home	On-Site Healthcare	Utilities	Laundry Options	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed	Planned Activities
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See Our Ad On Page 73

<p>Sheridan Terrace 1937 S. 68th E. Ave. Tulsa, OK 74112 (918) 835-7072 (918) 835-7365 fax</p>	62	SF	■	■			AI	CF			●		▲	●	
<p>Silver Arrow Estates 2601 S. Elm Pl. Broken Arrow, OK 74012 (918) 451-0383 (918) 451-8029 fax www.silverarrowestates.com</p>	55	PP	■	■	■	■	■	AI	CF	●	●	●	●	▲	●
<p>Skiatook Retirement Community 1504 W. 5th St. Skiatook, OK 74070 (918) 396-3661 (918) 396-3681 fax</p>	62	HU PP SV		■			PI	CF WH					▲	●	
<p>Southern Hills Retirement Community 4515 E. 53rd St. Tulsa, OK 74135 (918) 496-3963 (918) 496-0774 fax www.shrctulsa.com</p>	55	PP	■	■	■	■	AI	CF LS	●	●	●	●	■	●	
<p>St. Teresa of Avila Villa 632 N. 19th St. Collinsville, OK 74021 (918) 371-7771 (918) 371-7783 fax www.lyncoproperties.com</p>	62	HU		■			PI	CF					▲	●	
<p>Stilwell Senior Housing 400 N. 8th St. Stilwell, OK 74960 (918) 696-3050 (918) 696-3055 fax</p>	62	HU PP S8 SF SV		■	■		PI	CF			●		▲	●	

See Our Ad On Page 77

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

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio Home	On-Site Healthcare	Utilities	Laundry Options	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed	Planned Activities
<p>Sunset Village Apartments 701 S. McNabb Dr. Mounds, OK 74047 (918) 827-6686 (918) 827-5278 fax www.lyncoproperties.com</p>	18	HU	■	■					CF					▲	●
<p>Tallgrass Estates 2633 Mission Dr. SE Bartlesville, OK 74006 (918) 331-5251 (918) 331-3504 fax www.holidaytouch.com</p>	55	PP	■	■	■		■	AI	CF	●	●	●	●	▲	●
<p>The Broadmoor Retirement Community 8205 E. 22nd St. Tulsa, OK 74129 (918) 622-2151 (918) 622-2233 fax www.12oaks.com</p>	55	PP	■	■	■		■	AI	CF LS	●	●	●	●	▲	●
<p>The Villas Senior Living 402 S. Cedar Ave. Broken Arrow, OK 74012 (918) 221-8351 (918) 398-5172 fax www.thevillasba.com</p>	55	PP		■	■			AI	WP				●	▲	
<p>Town Village 8222 S. Yale Ave. Tulsa, OK 74137 (918) 493-1200 (918) 493-1201 fax www.townvillagetulsa.com</p>	55	PP	■	■	■		■	AI	CF LS	●	●	●	●	■	●
<p>Treetops Apartments 5001 S. Hickory Ave. Broken Arrow, OK 74011 (918) 455-8400 (918) 451-2066 fax</p>	62	SF		■				AI	CF					▲	●


See Our Ad On Page 69

See Our Ad On Page 71

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

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio Home	On-Site Healthcare	Utilities	Laundry Options	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed	Planned Activities
Tulsa Pythian Manor 6568 E. 21 st Pl. Tulsa, OK 74129 (918) 836-2710 (918) 836-8946 fax	62	SF	■	■				AI	CF			●		▲	■
University Village Retirement Community 8555 S. Lewis Ave. Tulsa, OK 74137 (918) 299-2661 (918) 298-3270 fax www.uvrc.com	55	PP	■	■	■	■	▲	AI	CF LS WH WP	●	●	●	●	▲	●
 Vandever House 3102 S. Juniper Ave. Broken Arrow, OK 74012 (918) 451-3100 www.LIFE-vintagehousing.org www.wilhoitliving.com	62	PP SV		■	■			PI	CF					▲	●
Versailles Apartments 4816 S. Sheridan Rd. Tulsa, OK 74145 (918) 627-6116	55	PP	■	■	■			AI	CF					▲	■
Walnut Park Manor 1000 W. Teel Rd. Sapulpa, OK 74066 (918) 224-8900 (918) 224-8912 fax www.fairwaymanagement.com	62	PP SV		■	■				WP			■		▲	●
Wells Building Apartments 208 E. Dewey Ave. Sapulpa, OK 74066 (918) 224-3200 (918) 224-3208 fax www.metroplains.com	62	PP SV		■	■			PI	CF			●	■	▲	■
West Edison Plaza 570 N. 39 th W. Ave. Tulsa, OK 74127 (918) 584-4224 (918) 587-5514 fax	62	HU SF		■				AI	CF					▲	●

See Our Ad On Page 115

See Our Ad On Page 67



Key:

- - Included
- ▲ - Extra Cost
- - Available
- HA - Tulsa Housing Authority
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- S8 - Section 8
- SF - Project-Based S8
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- PI - Partially Included
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Basic Information and Services

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio Home	On-Site Healthcare	Utilities	Laundry Options	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed	Planned Activities
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See Our Ad On Page 67

 West Oak Village 1002 S. Fairfax Ave. Skiatook, OK 74070 (918) 396-9009 www.LIFE-vintagehousing.org www.wilhoitliving.com	62	PP SV	■	■			PI	CF					▲	●
Will Rogers Lofts 524 W. Will Rogers Blvd. Claremore, OK 74017 (918) 343-0045 (918) 876-4550 fax www.metroplains.com		PP SV	■	■			PI	CF					▲	
Wisdom Keepers 1286 W. 4 th St. Tahlequah, OK 74464 (918) 453-9900 (918) 453-9902 fax	62	HU PP SV	■	■			PI	CF		●	●		▲	●
Woodland Manor 8641 E. 61 st St. Tulsa, OK 74133 (918) 461-1929 (918) 250-7056 fax www.woodlandmanortulsa.com	55	PP	■	■			PI	CF WH				●	▲	■
 Woodland Village 131 E. 9 th St. Bristow, OK 74010 (918) 367-8300 www.LIFE-vintagehousing.org www.wilhoitliving.com	62	PP SV	■	■			PI	CF					▲	●
Yorkshire Retirement Village 2200 W. Wellington St. Wagoner, OK 74467 (918) 485-8094 (918) 485-8685 fax	62	PP SF SV	■	■			PI	CF		■			▲	●
Zarrow Pointe 2025 E. 71 st St. Tulsa, OK 74136 (918) 496-8333 (918) 496-8257 fax www.zarrowpointe.org		PP	■	■	■	▲	PI	CF LS WH WP	●	●	●	●	▲	●

See Our Ad On Page 67

Assisted Living

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 8. 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 220. To help determine if an assisted living community meets your needs, use the *Assisted Living Community Evaluation Checklist* on page 35.

Veterans may qualify for Aid & Attendance financial assistance from the Department of Veterans Affairs. For more information on Aid & Attendance, as well as general eligibility requirements for veterans pension benefits, see *VA Healthcare Benefits* on page 17.

▶ 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 - ADvantage Medicaid Waiver
- LC - Long-Term Care Insurance
- PP - Private Pay

Basic Information and Services

	Minimum Age	Payment	Studio/Efficiency	Companion Room	1 Bedroom	2 Bedroom	2nd Person	Medication Mgmt.	Memory Care	Respite	Linen Service	Housekeeping	Security	Transportation	Pets Allowed
Aberdeen Heights Assisted Living 7220 S. Yale Ave. Tulsa, OK 74136 (918) 496-0123 (918) 879-8180 fax www.aberdeenheights.com	55	LC PP	■	■	■	■	■	■			●	●	●	■	▲
Aberdeen Memory Care 7210 S. Yale Ave. Tulsa, OK 74136 (918) 591-2525 (918) 591-2526 fax www.aberdeenmc.com		LC PP	■	■			▲	●	●	■	●	●	●	●	
Autumn Leaves of Tulsa Memory Care 7807 S. Mingo Rd. Tulsa, OK 74133 (918) 249-1300 (918) 249-1301 fax www.autumnleaves.com		LC PP		■	■		▲	●	●	■	●	●	●		

See Our Ad On Page 103

See Our Ad On Page 105



7821 E 76th St
Tulsa, OK 74133



www.TheParke.net
918-249-1262

Unique Location.
Nurturing Staff. Locally Owned.

- Single Story
- Large Apartments
- Pet Friendly
- Upscale Dining
- Full Kitchens
- Private Courtyards

Come to The Parke Assisted Living - the BEST Assisted Living in Tulsa!

See for yourself the secret of our success. Two words:

“Residents First.”



Key:

- - Included
- ▲ - Extra Cost
- - Available
- AD - ADvantage Medicaid Waiver
- LC - Long-Term Care Insurance
- PP - Private Pay

Basic Information and Services

	Minimum Age	Payment	Studio/Efficiency	Companion Room	1 Bedroom	2 Bedroom	2nd Person	Medication Mgmt.	Memory Care	Respite	Linen Service	Housekeeping	Security	Transportation	Pets Allowed
<p>Avondale Cottage of Pryor 1300 Damon Dr. Pryor, OK 74361 (918) 824-4566 (918) 824-4566 fax</p>	65	PP			■		▲	●			●	●			
<p>Baptist Village of Broken Arrow - The Neighborhoods 2801 N. Birch Ave. Broken Arrow, OK 74012 (918) 355-0099 (918) 893-4177 fax www.baptistvillage.org</p>	55	LC PP	■		■	■	▲	●	●		●	●		■	
<p>Baptist Village of Okmulgee 1500 W. 6th St. Okmulgee, OK 74447 (918) 756-5377 (918) 756-2680 fax www.baptistvillage.org</p>	55	LC PP	■		■		▲	●			●	●		■	
<p>Baptist Village of Owasso 7310 N. 127th E. Ave. Owasso, OK 74055 (918) 272-2281 (918) 272-7682 fax www.baptistvillage.org</p>	55	LC PP	■		■		▲	●	■		●	●		●	
<p>BeeHive Homes of Broken Arrow 3200 W. Washington St. Broken Arrow, OK 74012 (918) 505-9995 www.beehivehomes.com</p>		LC PP	■				▲	●	●	■	●	●	●		▲
<p>Bellarose Senior Living 18001 E. 51st St. Tulsa, OK 74134 (918) 355-0151 (918) 355-5056 fax www.bellaroselife.com</p>	55	LC PP	■		■	■	■	■	■		●	●	●	●	▲

See Our Ad On Page 63

See Our Ad On Page 63

See Our Ad On Page 63

See Our Ad On Page 65

☆ A HELPING HAND ☆

"I knew that this was where I needed to be. This was the ideal place."

*- Marie,
Senior Star
resident*

Great
Place
To
Work.

Certified
JUN 2018 - JUN 2019
USA

Searching for assisted living, and have questions? We want to help you find answers. Our #1 goal is to help your family and loved one find the right fit.

Contact Us Today About Coming Home to Senior Star!

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seniorstar.com/plantationhouse

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- - Available
- AD - ADvantage Medicaid Waiver
- LC - Long-Term Care Insurance
- PP - Private Pay

Basic Information and Services

	Minimum Age	Payment	Studio/Efficiency	Companion Room	1 Bedroom	2 Bedroom	2nd Person	Medication Mgmt.	Memory Care	Respite	Linen Service	Housekeeping	Security	Transportation	Pets Allowed
<p>Brookdale Bartlesville North 5420 S.E. Adams Blvd. Bartlesville, OK 74006 (918) 333-9400 (918) 333-9422 fax www.brookdale.com</p>		LC PP	■	■	■	■	▲	▲	■	■	●	●	●	■	■
<p>Brookdale Bartlesville South 3737 S.E. Camelot Dr. Bartlesville, OK 74006 (918) 331-9409 (918) 331-9503 fax www.brookdale.com</p>		LC PP	■	■	■	■	▲	●	■	■	●	●	●	■	■
<p>Brookdale Broken Arrow 4001 S. Aspen Ave. Broken Arrow, OK 74011 (918) 451-1987 (918) 455-7480 fax www.brookdale.com</p>		LC PP	■	■	■	■	▲	▲	■	■	●	●	●	▲	▲
<p>Brookdale Cedar Ridge 10107 S. Garnett Rd. Broken Arrow, OK 74011 (918) 252-0590 (918) 252-0591 fax www.brookdale.com</p>	55	LC PP	■	■	■	■	▲	■	■	■	●	●	■	●	▲
<p>Brookdale Claremore 1605 N. Hwy. 88 Claremore, OK 74017 (918) 343-3300 (918) 343-2990 fax www.brookdale.com</p>		LC PP	■	■	■	■	▲	●	■	■	●	●	●	■	▲
<p>Brookdale Muskogee Alzheimer's and Memory Care 3211 Chandler Rd. Muskogee, OK 74403 (918) 683-8388 (918) 681-4984 fax www.brookdale.com</p>	55	LC PP	■	■	■	■	▲	■	●	■	●	●	●	●	▲

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See Our Ad On Page 97

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See Our Ad On Page 97

See Our Ad On Page 103

<p>Brookdale Owasso 12807 E. 86th Pl. N Owasso, OK 74055 (918) 272-0202 (918) 272-0462 fax www.brookdale.com</p>	65	LC PP	■	■	■	▲	▲	■	■	●	●	●	▲	●
<p>Brookdale Tahlequah Heritage 1380 N. Heritage Ln. Tahlequah, OK 74464 (918) 456-7117 (918) 456-7960 fax www.brookdale.com</p>	55	LC PP	■	■	■	▲	■	●	■	●	●	●	●	▲
<p>Brookdale Tulsa 71st and Sheridan Alzheimer's and Memory Care 6022 E. 71st St. Tulsa, OK 74136 (918) 494-4011 (918) 494-4750 fax www.brookdale.com</p>		LC PP	■	■	■	▲	●	●	■	●	●	●	●	▲
<p>Brookdale Tulsa Midtown 5211 S. Lewis Ave. Tulsa, OK 74105 (918) 743-2700 (918) 743-4343 fax www.brookdale.com</p>	65	LC PP	■	■	■	■	▲	▲	●	■	●	●	●	▲
<p>Brookdale Tulsa South 8231 S. Mingo Rd. Tulsa, OK 74133 (918) 461-1100 (918) 461-9612 fax www.brookdale.com</p>	55	LC PP	■	■	■	▲	▲	▲	■	●	●	●	■	▲
<p>Canoe Brook Assisted Living – Broken Arrow 2621 S. Elm Pl. Broken Arrow, OK 74012 (918) 451-9626 (918) 451-2417 fax www.canoebrookseniorcommunities.com</p>	55	LC PP	■		■	■	▲	●	■	●	●	●	■	▲



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Basic Information and Services

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<p>Canoe Brook Assisted Living & Memory Care – Catoosa 20102 E. Admiral Pl. Catoosa, OK 74015 (918) 739-4700 (918) 739-4153 fax www.canoebrookseniorcommunities.com</p>	55	AD LC PP	■	■		▲	●	●	■	●	●	●	■	▲	
<p>Comprehensive Community Assisted Living for Brain Injuries 10018 E. 29th St. Tulsa, OK 74129 (918) 488-6165 (918) 488-8021 fax</p>	18	PP		■			●		■	●	●	●	●		
<p>Country Gardens Assisted Living Community 611 S. Country Club Rd. Muskogee, OK 74403 (918) 686-8100 (918) 686-7370 fax www.countrygardensbytutera.com</p>		LC PP	■	■	■	■	▲	▲	■	●	●		●	▲	
<p>Covenant Living at Inverness 3800 W. 71st St. Tulsa, OK 74132 (918) 481-9988 (918) 481-9989 fax www.CovLivingInverness.org</p>	55	LC PP	■	■	■		▲	●	▲		●	●	●	■	●
<p>Covenant Living of Bixby 7300 E. 121st Pl. S Bixby, OK 74008 (918) 970-4433 (918) 364-8854 fax www.CovLivingBixby.org</p>	62	LC PP			■	■	▲	●		■	●	●	●	●	▲
<p>Forest Hills Assisted & Independent Living 4304 W. Houston St. Broken Arrow, OK 74012 (918) 250-1700 (918) 294-8376 fax www.mgmhealthcare.com</p>		LC PP	■	■	■		▲	●		■	●	●	●	●	▲

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Create
joy one
moment
at a time.

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Ada, OK 74006
(580) 421-9800

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Assisted Living
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Bartlesville, OK 74006
(918) 333-9400

Brookdale Bartlesville South

Assisted Living
3737 South East Camelot Drive
Bartlesville, OK 74006
(918) 331-9409

Brookdale Broken Arrow

Assisted Living
Alzheimer's & Dementia Care
4001 South Aspen Ave.
Broken Arrow, OK 74011
(918) 451-1987

Brookdale Cedar Ridge

Independent Living
Assisted Living
Alzheimer's & Dementia Care
10107 South Garnett Road
Broken Arrow, OK 74011
(918) 252-0590

Brookdale Claremore

Assisted Living
Alzheimer's & Dementia Care
1605 North Highway 88
Claremore, OK 74017
(918) 343-3300

Brookdale Durant

Assisted Living
1500 North 19th Ave.
Durant, OK 74701
(580) 931-0600

Brookdale Muskogee

Assisted Living
Alzheimer's & Dementia Care
3211 Chandler Road
Muskogee, OK 74403
(918) 683-8388

Brookdale Owasso

Assisted Living
12807 East 86th Place North
North Owasso, OK 74055
(918) 272-0202

Brookdale Shawnee

Assisted Living
3947 North Kickapoo Ave.
Shawnee, OK 74804
(405) 275-7747

Brookdale Stillwater

Assisted Living
1616 East McElroy Road
Stillwater, OK 74075
(405) 624-1616

Brookdale Tahlequah Heritage

Assisted Living
1380 North Heritage Lane
Tahlequah, OK 74464
(918) 456-7117

Brookdale Tulsa 71st and Sheridan

Alzheimer's & Dementia Care
6022 East 71st Street
Tulsa, OK 74136
(918) 494-4011

Brookdale Tulsa Midtown

Assisted Living
Alzheimer's & Dementia Care
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Tulsa, OK 74105
(918) 743-2700

Brookdale Tulsa South

Assisted Living
8231 South Mingo Road
Tulsa, OK 74133
(918) 461-1100

► For more information, call a community near you.

330042 RP

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Basic Information and Services

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<p>Franciscan Villa 17110 E. 51st St. Broken Arrow, OK 74012 (918) 355-1596 (918) 355-0547 fax www.franciscanvilla.com</p>	65	AD LC PP	■	■	■	▲	●			●	●		■	
<p>Go Ye Village Senior Living 1201 W. 4th St. Tahlequah, OK 74464 (918) 456-4542 (918) 458-5492 fax www.goyevillage.org</p>	55	LC PP	■	■	■	▲	●	■	■	●	●	●	●	
<p>Green Tree Assisted Living & Memory Care 4402 S. 129th W. Ave. Sand Springs, OK 74063 (918) 246-8733 (918) 241-2303 fax www.LegendSeniorLiving.com</p>		LC PP	■	■	■	▲	▲	■	■	●	●	●	●	▲
<p>Heartsworth House Assisted Living and Senior Suites 821 N. Foreman St. Vinita, OK 74301 (918) 256-7856 (918) 256-7857 fax www.HeartsworthSeniorLiving.com</p>	65	AD LC PP	■	■		▲	●			●	●	●	■	
<p>Heatheridge Assisted Living & Residential Care Community 2130 S. 85th E. Ave. Tulsa, OK 74129 (918) 622-9191 (918) 622-9205 fax www.12oaks.com</p>	55	LC PP	■	■	■	▲	●		■	●	●	●	●	▲
<p>Heritage Point of Tulsa 9494 E. 101st St. S Tulsa, OK 74133 (918) 940-1800 (918) 940-1801 fax www.HeritagePointTulsa.com</p>		LC PP	■			▲	●	●	■	●	●	●	■	▲

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Innovative Memory Care In Owasso!



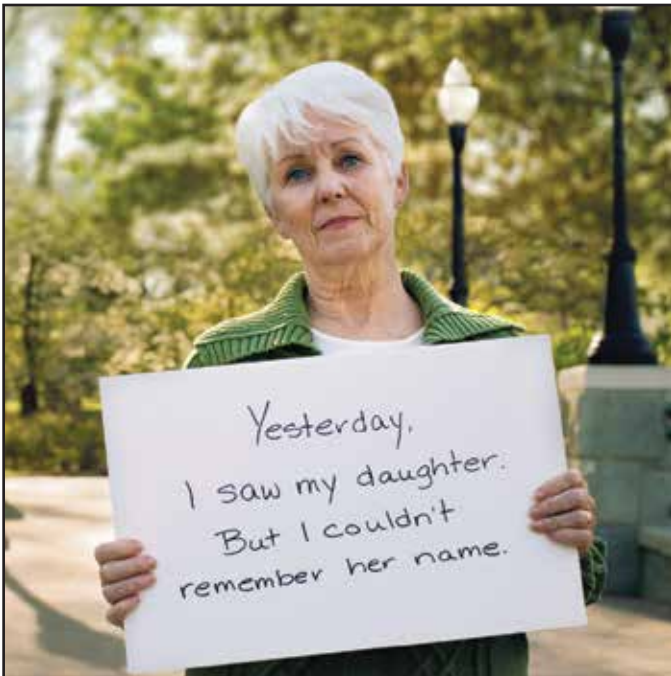
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- Secured community
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alzheimer's association



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2018 and 2019

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Rather than focusing on what our residents have forgotten, we focus on what they remember....like baseball, gardening, fishing, sewing... **the things that bring us joy** and make us smile.

We are **re-inventing Alzheimer's care** and what life should be like. Our focus is getting to know our residents...who they are and what they love to do... and then finding **activities that have meaning and purpose.**

We offer a smaller, **home environment** that promotes dignity, respect and love. Our experienced and caring staff become family.

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<p>Homestead of Owasso 14701 E. 86th St. N Owasso, OK 74055 (918) 376-2226 (918) 376-2227 fax www.midwest-health.com</p>		LC PP	■	■	■	■	▲	●	●	■	●	●	●	●	▲
<p>Legend at Mingo Road 7902 S. Mingo Rd. Tulsa, OK 74133 (918) 893-3500 (918) 286-8967 fax www.LegendSeniorLiving.com</p>	62	LC PP	■		■	■	▲	▲	■	■	●	●	●	●	▲
<p>Legend at Tulsa Hills 701 W. 71st St. S Tulsa, OK 74132 (918) 588-3600 (918) 949-6557 fax www.LegendSeniorLiving.com</p>		LC PP	■		■	■	▲	▲	■	■	●	●	●	●	▲
<p>Living Rose Christian Assisted Living Home 1108 N. Fern Ave. Broken Arrow, OK 74012 (918) 851-7906</p>	60	LC PP		■	■		■	●	■		●	●	●	●	●
<p>Montereau 6800 S. Granite Ave. Tulsa, OK 74136 (918) 491-5250 (918) 491-5235 fax www.Montereau.net</p>	55	LC PP	■	■	■	■	▲	●	●	■	●	●	●	●	▲
<p>North County Assisted Living 523 N. 22nd St. Collinsville, OK 74021 (918) 371-1919 (918) 371-1405 fax www.northcountyseniorliving.com</p>	55	AD LC PP	■		■		▲	●			●	●	●	●	

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See Our Ad On Page 103

See Our Ad On Page 61

Key:

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Basic Information and Services

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<p>Oklahoma Methodist Manor 4134 E. 31st St. Tulsa, OK 74135 (918) 346-6630 (918) 346-6609 fax www.ommtulsa.org</p>	LC	■		■	■	▲	●			●	●	●	●	■
	PP													
<p>Oxford Glen Memory Care at Owasso 11113 E. 103rd St. N Owasso, OK 74055 (918) 376-4810 (918) 928-4218 fax www.OxfordatOwasso.com</p>	LC	■	■			▲	●	●	■	●	●	●	●	
	PP													

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FOR FAMILIES CONCERNED ABOUT THE ONGOING CARE OF A LOVED ONE...

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In collaboration with St. John Broken Arrow

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See Our Ad On Page 101

<p>Prairie House Assisted Living and Memory Care 2450 N. Stone Ridge Dr. Broken Arrow, OK 74012 (918) 940-5200 (918) 940-2598 fax www.prairiehouseseniorliving.com</p>	65	LC PP	■	■	■	■	●	●	■	●	●	●	●	▲
<p>Prairie Pointe at Stroud 701 W. Olive St. Stroud, OK 74079 (918) 987-1130 (918) 987-1135 fax www.prairiepointe.org</p>	55	LC PP	■	■		▲	■		■	●	●	■	●	▲
<p>Rainbow Assisted Living Community 601 S. Main St. Bristow, OK 74010 (918) 367-2246 (918) 367-5326 fax www.mgmhealthcare.com</p>	55	LC PP	■	■		▲	●		■	●	●	●	●	▲
<p>Saint Simeon's 3701 N. Martin Luther King Jr. Blvd. Tulsa, OK 74106 (918) 425-3583 (918) 425-6368 fax www.saintsimeons.org</p>	62	LC PP	■	■		▲	●	▲	■	●	●	●	▲	
<p>Sand Plum Assisted Living Community 9999 E. 121st St. S Bixby, OK 74008 (918) 369-7100 (918) 369-7110 fax www.sandplumok.com</p>	55	LC PP		■	■	▲	●		■	●	●	●	●	▲

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Close to Home*



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A Sagora Senior Living Community AL 7201-7201 Pet Friendly



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ASSISTED LIVING WAS
JUST AN IDEA. OURS.**

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4402 S 129th W Ave • Sand Springs

Legend at Mingo Road
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7902 S Mingo Rd • Tulsa

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701 W 71st St S • Tulsa

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NEW *Adventures*
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Call today to
learn about
our move-in
specials!



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MEMORY CARE - CATOOSA

CANOE BROOK ASSISTED LIVING
BROKEN ARROW

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CanoeBrookAL.com

2621 S. Elm Place, Broken Arrow OK 74012
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<p>Senior Star at Plantation House 1001 S. Belmont Ave. Okmulgee, OK 74447 (918) 756-1253 (918) 756-2764 fax www.seniorstar.com/plantationhouse</p>	55	LC PP	■	■	■	▲	●		■	●	●	●	●	▲
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<p>Senior Star at The Arbors 10201 S. Yale Ave. Tulsa, OK 74137 (918) 298-7799 (918) 298-7307 fax www.seniorstar.com/thearbors</p>	55	LC PP		■		▲	●		■	●	●	●	●	▲
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See Our Ad On Page 111

<p>The Courtyards at Claremore Memory Care & Assisted Living 915 E. 16th St. Claremore, OK 74017 (918) 343-3850 (918) 343-3859 fax</p>	55	PP	■	■		▲	●	▲	■	●	●		▲	▲
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See Our Ad On Page 111

<p>The Courtyards at the Ambassador Memory Care and Assisted Living 1380 E. 61st St. Tulsa, OK 74136 (918) 743-7887 (918) 293-3050 fax</p>	55	PP	■	■	■	▲	●	▲	■	●	●		▲	▲
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See Our Ad On Page 93

<p>The Linden at Stonehaven Square 10802 E. 81st St. Tulsa, OK 74133 (918) 203-0210 (855) 864-2509 fax www.lindenseniorking.com</p>		LC PP	■	■	■	■	▲	▲	■	■	●	●	●	●
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Find This Helpful Checklist: Assisted Living Community Evaluation Checklist, Page 35.

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The Parke Assisted Living

7821 E. 76th St.
Tulsa, OK 74133
(918) 249-1262
(918) 250-9666 fax
www.theparke.net

55	LC PP			■	■	▲	▲			●	●	●	●	▲
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The Villages at Southern Hills

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

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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

62	LC PP	■		■	■	▲	●			●	●	●	●	▲
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Zarrow Pointe

2025 E. 71st St.
Tulsa, OK 74136
(918) 496-8333
(918) 496-8257 fax
www.zarrowpointe.org

	LC PP			■	■	▲	●			●	●	●	●	▲
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He's got the right idea...

Fatty fish, such as salmon and trout, contain brain-boosting omega-3 fatty acids that help fight against Alzheimer's disease.



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AL7258-7258



Residential Care

Residential care communities strive to maximize residents' individual 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 8. 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 220.

Veterans may qualify for Aid & Attendance financial assistance from the Department of Veterans Affairs. For more information on Aid & Attendance, as well as general eligibility requirements for veterans pension benefits, see *VA Healthcare Benefits* on page 17.

► 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.

Basic Information and Services

Key:

- - Included
- ▲ - Extra Cost
- - Available
- LC - Long-Term Care Insurance
- PP - Private Pay

Minimum Age	Payment	Semi-Private	1 Bedroom	2 Bedroom	2nd Person	Medication Mgmt.	Memory Care	Respite	Linen Service	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed
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A Place for an Angel Tulsa, OK (918) 902-7069	55	LC PP	■	■	▲	●	▲	■	●	●	●	●	●	
Bethesda Residential Care Home 5527 S. 74 th E. Ave. Tulsa, OK 74145 (918) 645-9688		PP		■	▲	●	●	■	●	●	●	●	●	▲
Country Club at Woodland Hills 6333 S. 91 st E. Ave. Tulsa, OK 74133 (918) 252-5451 (918) 254-5136 fax www.ccwh-living.com	55	LC PP		■	■	▲	●		■	●	●	●	●	
Covenant Care Home – Salina 213 N. Grace St. Salina, OK 74365 (918) 605-5104		PP	■	■	▲	●	●	■	●	●	●	●		

Basic Information and Services

Key:

- - Included
- ▲ - Extra Cost
- - Available
- LC - Long-Term Care Insurance
- PP - Private Pay

	Minimum Age	Payment	Semi-Private	1 Bedroom	2 Bedroom	2nd Person	Medication Mgmt.	Memory Care	Respite	Linen Service	Housekeeping	Meal Plan	Security	Transportation	Pets Allowed	
Heatheridge Assisted Living & Residential Care Community 2130 S. 85 th E. Ave. Tulsa, OK 74129 (918) 622-9191 (918) 622-9205 fax www.12oaks.com	55	LC PP	■	■	■	▲	●		■	●	●	●	●	●	●	▲
Marsha's Place Residential Care 305 S. Fir Ave. Broken Arrow, OK 74012 (918) 706-5686 (918) 259-0780 fax www.marshasplace.xyz		LC PP	■	■	■	▲	●	●	■	●	●	●	●	■	■	▲
Sarah's Residential Living Home, Inc. 1571 E. 53 rd St. N Tulsa, OK 74126 (918) 951-2443		LC PP	■	■	■	▲	■		■	●	●	●	●	■	■	
Woodland Park Home, ICF/IID <i>for adults with intellectual disabilities</i> 5707 S. Memorial Dr. Tulsa, OK 74145 (918) 252-2521 (918) 254-0726 fax	18	LC PP	■	■	■		●			●	●	●	●	●	●	



Find This Helpful Article: Does My Loved One Need Help, page 16.

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 memberships may also be available. For information on EMSA service memberships, see page 220. To help determine if a nursing facility meets your needs, use the *Nursing Home Evaluation Checklist* on page 43.

Some facilities may offer memory care. A memory care environment is designed for individuals with a level of cognitive impairment that makes it unsafe for them to continue living at home. A facility offering memory care may or may not adhere to Oklahoma's Alzheimer's Disease Special Care Disclosure Act.

Veterans may qualify for Aid & Attendance financial assistance from the Department of Veterans Affairs. For more information on Aid & Attendance, as well as general eligibility requirements for veterans pension benefits, see *VA Healthcare Benefits* on page 17.

- ▶ 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 Affairs Contract
- WC - Workers' Compensation

Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
Arbor Village Nursing & Rehabilitation 310 W. Taft St. Sapulpa, OK 74066 (918) 224-6012 (800) 231-9032 fax www.ArborVillageNursing.com	65	IN LC MC MD OT PP VA WC	■	■	■	■			●	■	●	●	●
Aspen Health & Rehabilitation 1251 W. Houston St. Broken Arrow, OK 74012 (539) 367-4500 (539) 367-4510 fax	65	IN LC MC MD PP	■	■	■	■			●	■	●	●	●

See Our Ad On Page 115

Phoenix Healthcare

Skilled Services and Long Term Care



Phoenix Healthcare Communities:

The Gardens

1165 S. Brenner Rd.
Sapulpa, OK
918-224-0600



GREEN COUNTRY
CARE CENTER
3601 N. Columbia Ave.,
Tulsa, OK
918-428-3600

The Lakes

5701 W. Britton Rd.
Oklahoma City, OK
405-773-8900



SOUTH PARK EAST
225 SW 35th
Oklahoma City, OK
405-631-7444

SOUTHERN OAKS CARE CENTER

1401 4th St.
Pawnee, OK
918-762-2515

Grove Nursing Center

1503 W. Har-ber Rd.
Grove, OK
918-786-3223

- IV Therapy
- Tube Feedings
- Suctioning
- Wound Care
- Post-Operative Care
- Physician Oversight
- 24-Hour Care Provided by Licensed RNs, LPNs and CNAs
- Pharmacy/Dietary Consultation
- Licensed Alzheimer's Care (Green Country Care Center and South Park East)
- Coordination of Benefits – Medicare/ Medicaid/Managed Care/ Private Insurance
- Physical Therapy, Speech Therapy and Occupational Therapy Available
- Orthopedics
- Stroke Rehab
- Pain Management
- Sports Injuries
- Balance and Vestibular Therapy
- Spinal Injuries
- Neurological Conditions
- Dysphagia Therapy
- Speech Language Therapy
- Osteoporosis & Arthritis Programs
- Other Patient- Specific Conditions

www.PhoenixHealthcareLLC.com • 918-592-7012 • 1021 Charles Page Blvd. • Tulsa, OK

Key:

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- OT - Other
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Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
Baptist Village Owasso - Evergreen Health Center 12600 E. 73 rd St. N Owasso, OK 74055 (918) 272-8007 (918) 272-7520 fax www.baptistvillage.org		IN LC MC MD PP	■	■	■	■						■	▲
Barnsdall Nursing Home 411 S. 4 th St. Barnsdall, OK 74002 (918) 847-2572 (918) 847-2347 fax		IN LC MC MD PP		■	■	■				■	●	■	■
Beacon Ridge - Senior Mental Health 102 E. Line Ave. Sapulpa, OK 74066 (918) 216-1811 (918) 514-6709 fax www.BeaconRidgeOK.com	55	MC MD PP	■	■	■	■			●	■	●	●	●
Brentwood Extended Care & Rehab 841 N. 38 th St. Muskogee, OK 74401 (918) 683-8070 (918) 683-8234 fax		IN LC MC MD OT PP WC	■	■	■	■			●	■	●	●	●
Broken Arrow Nursing Home 424 N. Date Ave. Broken Arrow, OK 74012 (918) 251-5343 (918) 258-9942 fax	65	IN LC MC MD OT PP	■	■	■	■				■	●		
Cedarcrest Care Center 1306 E. College St. Broken Arrow, OK 74012 (918) 251-3200 (918) 251-9865 fax www.cedarcrestcarecenter.com		IN LC MC MD PP		■	■	■	●			■	●		●

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Page
63

HELPING OKLAHOMANS THRIVE

IN THEIR OWN HOMETOWN



Skilled Nursing & Therapy

Licensed and certified staff available 24/7. Physical, occupational and speech language therapy on-site, restorative nursing and wound care.

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Memory Care Skilled Nursing / Memory Care Assisted Living

Licensed and certified staff available 24/7. Ongoing staff education in care for individuals with dementia. Daily activities to engage residents and improve cognition in a secure environment addressing all stages of Alzheimer's and other forms of dementia.

10 Locations in NE Oklahoma

CLAREMORE

Claremore

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920 E 16th Street
918-341-4857
ClaremoreOKLA.com

The Courtyards at Claremore

Assisted Living Memory Care
915 E 16th Street
918-343-3850
AL.ClaremoreOKLA.com

GLENPOOL

Glenwood

Skilled Nursing & Therapy
1700 E 141st Street
918-291-4230
GlenwoodOK.com

JENKS

Grace

Skilled Nursing & Therapy
711 N 5th Street
918-299-8508
GraceJenks.com

MUSKOGEE

The Springs

Skilled Nursing & Therapy
5800 W Okmulgee Avenue
918-683-2914
SpringsOK.com

OKMULGEE

Woodlands

Skilled Nursing & Therapy
1701 E 6th Street
918-756-1967
WoodlandsOK.com

TAHLEQUAH

Sequoyah Pointe

Skilled Nursing & Therapy
614 E Cherrie Street
918-456-2573
SequoyahOK.com

TAHLEQUAH

University Park

Memory Care
Skilled Nursing & Therapy
1201 N Vinita Avenue
918-456-6181
UniversityParkOK.com

TULSA

The Ambassador

Skilled Nursing & Therapy
1340 E 61st Street
918-743-8978
AmbassadorOK.com

The Courtyards at The Ambassador

Memory Care Assisted Living
1380 E 61st Street
918-743-7887
AL.AmbassadorOK.com

Specialty Care

Includes:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- IV Medications
- Wound Care
- Tracheostomy Care
- Noninvasive Ventilator
- Wearable Defibrillator

Key:

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Basic Information and Services

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Cimarron Pointe Care Center 404 E. Cimarron Ave. Mannford, OK 74044 (918) 328-2273 (918) 865-7792 fax		IN LC MC MD OT PP	■	■	■	■				■	●	●	●
Claremore Skilled Nursing and Therapy 920 E. 16 th St. Claremore, OK 74017 (918) 341-4857 (918) 341-9199 fax	65	IN LC MC MD PP	■	■	■				■	■	●	■	
Claremore Veterans Center 3001 W. Blue Starr Dr. Claremore, OK 74017 (918) 342-5432 (918) 342-0835 fax www.ok.gov/odva		LC PP VA	■	■		■	●		●	■	●	●	●
Cleveland Area Hospital 1401 W. Pawnee St. Cleveland, OK 74020 (918) 358-2501 (918) 358-2590 fax www.clevelandareahospital.com		IN MC MD OT WC	■	■	■			■		■	●		
Cleveland Manor Nursing & Rehab 900 N. Division St. Cleveland, OK 74020 (918) 358-3135 (918) 358-5536 fax www.cleveland-manor.com		IN LC MC MD OT PP WC	■	■	■	■			■	■	●	●	●
Colonial Manor Nursing Home 1815 E. Skelly Dr. Tulsa, OK 74105 (918) 743-7838 (918) 748-5970 fax www.colonialmanortulsa.com		IN LC MC MD PP	■	■	■	■			▲	■	●	●	●

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MEDICAL RESORTS

ADAMS PARC

NE Oklahoma's TOP choice for Exceptional Care and Post Hospital Rehabilitation

Get Your Spark Back

After a planned surgery or bout of illness, Ignite's dedicated team of in house therapists will customize a rehabilitation plan to get you back on your feet and back to the things you love.

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Onsite MD Services • Cardiac Care and Recovery Program • Orthopedic Rehabilitation
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Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
Colonial Terrace Care Center 1320 N.E. 1 st Pl. Pryor, OK 74361 (918) 825-5311 (918) 825-4439 fax	55	IN LC MC MD OT PP	■	■	■	■			■	■	●	●	●
Countryside Health Services 750 Hwy. 64 E Warner, OK 74469 (918) 463-5143 (918) 463-5144 fax		MC MD PP		■	■	■	■			■	●	●	●
Covenant Living at Inverness 3800 W. 71 st St. Tulsa, OK 74132 (918) 481-9988 (918) 388-4271 fax www.CovLivingInverness.org	55	IN LC MC PP WC	■		■	■	▲		▲	■	●	▲	▲
Coweta Manor Nursing Home 30049 E. 151 st St. S Coweta, OK 74429 (918) 486-2166 (918) 486-6308 fax		IN LC MC MD PP WC	■	■	■	■	■			■	●	●	●
Emerald Care Center Claremore – Memory Care Center at Emerald 2800 N. Hickory St. Claremore, OK 74017 (918) 341-4365 (918) 341-7218 fax www.emeraldclaremore.com	55	IN LC MC MD PP	■	■	■	■	●		●	■	●	●	●
Emerald Care Center of Tulsa 2425 S. Memorial Dr. Tulsa, OK 74129 (918) 628-0932 (918) 622-2060 fax www.emeraldtulsa.com	18	IN MC MD OT PP	■	■	■	■				■	●		■

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Spacious Rooms & Suites

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- Therapy 6 Days A Week
- Home Evaluations By Therapy
- Diabetic Care
- Wound Care/Wound Vacs
- IV Therapy
- Pain Management
- On-Site Physician



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We Offer

- Rehabilitation
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- Occupational Therapy
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Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
Fairfax Manor 282 County Rd. 6300 Fairfax, OK 74637 (918) 642-3234 (918) 642-5233 fax www.fairfaxmanorllc.com		IN LC MC MD OT PP VA WC	■	■	■	■				■	●	●	●
Forest Hills Care and Rehabilitation Center 4300 W. Houston St. Broken Arrow, OK 74012 (918) 254-5000 (918) 340-6439 fax www.mgmhealthcare.com		IN LC MC MD PP WC	■	■	■	■		●		■	●	●	●
Franciscan Villa 17110 E. 51 st St. Broken Arrow, OK 74012 (918) 355-1596 (918) 355-3201 fax www.franciscanvilla.com		IN LC MC MD OT PP VA WC	■	■	■	■		●		■		■	●
Glenwood Skilled Nursing and Therapy 1700 E. 141 st St. Glenpool, OK 74033 (918) 291-4230 (918) 291-2429 fax		IN LC MC MD OT PP WC	■	■	■	■		●		■	●	●	■
Go Ye Village Senior Living 1201 W. 4 th St. Tahlequah, OK 74464 (918) 456-4542 (918) 458-5492 fax www.goyevillage.org	55	LC PP	■	■			■		●		●	●	●
Grace Skilled Nursing and Therapy 711 N. 5 th St. Jenks, OK 74037 (918) 299-8508 (918) 296-5612 fax		IN LC MC MD PP VA WC	■	■	■			●		■	●	●	

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The Road To Recovery Starts Here.

Conveniently located inside OSU Medical Center, our Skilled Nursing Facility is loaded with state-of-the-art amenities, spacious private rooms, and 24-hour care from a dedicated medical team, all so you can stay close to the care you need and start your road to recovery at a place where you matter more.

Call 918-599-4646 for more information.

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MEDICAL CENTER

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Rehab to Home



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SURGERY RECOVERY**

It's our priority to make the resident feel comfortable while providing the best possible care.

**SPECIALIZED
THERAPY SERVICES**
Physical, Occupational, and Speech Therapy



**SHORT-TERM
PRIVATE SUITES**
Our staff is dedicated to providing love and attention to each resident allowing them to maintain their freedom and be a part of a community and family.

We accept Medicare/Managed Care, Medicaid, Medicaid Pending and Private Pay.

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- MD - Medicaid
- OT - Other
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Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
<p>Green Country Licensed Alzheimer's Care Center 3601 N. Columbia Ave. Tulsa, OK 74110 (918) 428-3600 (918) 428-2259 fax www.greencountrycarecenter.com</p>		IN LC MC MD OT PP		■	■	■	●		●	■	●	●	●
<p>Grove Nursing Center 1503 W. Harbor Rd. Grove, OK 74344 (918) 786-3223 (918) 787-4247 fax www.grovenursingcenter.com</p>		IN LC MC MD PP	■	■	■	■			●	■	●	●	●
<p>Heritage Villa Nursing & Rehabilitation Center 1244 Woodland Loop Bartlesville, OK 74006 (918) 335-3222 (918) 333-5111 fax www.heritagevillanursing.net</p>		IN LC MC MD PP	■	■	■	■			●	■	●	●	●
<p>Highland Park Healthcare 1307 RD Miller Dr. Okmulgee, OK 74447 (918) 756-5611 (918) 756-5651 fax www.highlandparkhealthcare.com</p>		IN LC MC MD OT PP WC	■	■	■	■		■		■	●		●
<p>IGNITE Medical Resorts – Adams PARC 6006 S.E. Adams Blvd. Bartlesville, OK 74006 (918) 331-0550 (918) 331-0585 fax www.adamsparc.com</p>		IN MC PP WC	■	■	■				●	■	●	●	
<p>Inola Health Rehabilitation 400 N. Broadway Ave. Inola, OK 74036 (918) 543-8800 (918) 543-8801 fax</p>		IN LC MC MD PP	■	■	■	■		●		■			●

See Our Ad On Page 109

See Our Ad On Page 109

See Our Ad On Page 113

Key:

- - Included
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- OT - Other
- PP - Private Pay
- VA - Veterans Affairs Contract
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Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
<p>Lake Drive Care & Rehabilitation <i>for adults with intellectual disabilities</i> 600 Lake Rd. Henryetta, OK 74437 (918) 652-8101 (918) 652-0253 fax www.mgmhealthcare.com</p>		MD PP		■					●	■	●	●	
<p>Leisure Village Health Care Community 2154 S. 85th E. Ave. Tulsa, OK 74129 (918) 622-4747 (918) 622-0304 fax www.mgmhealthcare.com</p>		IN LC MC MD OT PP WC	■	■	■	■	●		●	■	●	●	●

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We know that experience matters to you ...and it matters to us! Our experienced therapy team offers patients a partner and a roadmap for the most advanced care available in Tulsa.

- Short-term Rehabilitation & Long-term care
 - Private Skills Rooms
- Physical, Occupational, & Speech Therapy
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- Stroke Recovery Care & Therapy
- Orthopedic Rehab & Pulmonary Services
- Wound Care, HIV Care, Dialysis
 - Isolations Rooms Available
- Pain Management
- Respite Care
- Hospice Care
- Van Transportation
- Music and Pet Therapy
- Lifetime Wellness Programs
- On-site Beauty/Barber Salon
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 10912 E 14th St, Tulsa, OK 74128
 918.904.3453 Admissions

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Key:

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Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
Linwood Village 530 S. Linwood Ave. Cushing, OK 74023 (918) 225-2220 (918) 225-3480 fax		LC MC MD PP	■	■	■	■				■	●	■	■
Maplewood Care Center 6202 E. 61 st St. Tulsa, OK 74136 (918) 494-8830 (918) 494-8837 fax www.maplewoodok.com		IN LC MC MD OT PP WC	■	■	■	■			●	■	●	●	●
Meadowbrook Nursing Center 113 E. Jones St. Chouteau, OK 74337 (918) 476-8918 (918) 476-8960 fax		IN LC MC MD PP	■	■	■	■				■	●		●
Miami Nursing Center, LLC 1100 "E" St. NE Miami, OK 74354 (918) 542-3335 (918) 542-8159 fax www.miaminursingcenter.com		IN LC MC MD OT PP WC	■	■	■	■	●		●	■	●	●	●
Montereau - Chateau 6800 S. Granite Ave. Tulsa, OK 74136 (918) 491-5250 (918) 491-5235 fax www.Montereau.net	55	IN LC MC PP WC	■		■	■	●		●	■	●	●	■
Muscogee (Creek) Nation Physical Rehabilitation Center 900 E. Airport Rd. Okmulgee, OK 74447 (918) 756-9211 (918) 756-9452 fax www.creekhealth.org	18	IN LC MC MD OT PP WC		■	■	■			●		●	●	

See Our Ad On Page 117

See Our Ad On Page 61

Rev. Dr. E.H. Eckel and
Emily Eckel, Founders



Providing Exceptional **SENIOR LIVING** For 60 Years.

Nestled on 50 secluded acres just outside downtown, Saint Simeon's has been exceeding expectations in senior care and living since 1960. Residents love the state-of-the-art wellness center, therapeutic indoor pool and spending time with friends. Their families enjoy the park-like grounds, feeding the peacocks and watching the grandkids on the playground. But the real difference is our outstanding care. With Saint Simeon's, families have peace of mind.

- » Assisted Living
- » Wellness Center
- » Skilled Nursing
- » Memory Center
- » Rehabilitation
- » Parkinson's Care



Saint Simeon's

SENIOR LIVING COMMUNITY

Call Donna at 918-794-1902 for your free tour today.

Saint Simeon's is a mission of the Episcopal Diocese of Oklahoma

SaintSimeons.org



Included Amenities

- Serene, 50-acre wooded campus minutes from downtown Tulsa
- Comprehensive Wellness Center with a heated indoor saline pool, adaptive exercise equipment, exercise classes, and tailored wellness programs
- State-of-the-art therapy gym
- Indoor and outdoor walking paths
- Courtyards with beautifully landscaped gardens, patios, a Kol pond, a gazebo, and our famous peacocks
- Visits with Simone, our friendly golden retriever (if desired)
- Beautiful indoor aquariums and aviaries
- Chapel of Saint Anna, a full-time chaplain, and regular worship services and bible studies
- Ice cream parlor
- Easily-accessible lookout areas with panoramic views of downtown Tulsa and the Osage Hills
- Private dining room
- Resident library with over 2,500 volumes
- Personal business support (copier, fax, computer, internet, and mail service)
- Billiards table
- Scheduled transportation in the Tulsa area 5 days a week
- Weekly musical entertainment
- Weekly cocktail hour
- Outings to special points of interest such as museums, baseball games, restaurants, and more
- Monthly resident council meetings

Included Services

- 24-hour nursing care—RN and/or LPN on duty 24/7
- Gated entrance and full-time security
- Emergency call lights in resident room
- Three meals daily
- Laundry, housekeeping, maintenance and landscaping services

Additional Amenities and Services

In addition to all the included benefits of living at Saint Simeon's, we also offer a number of conveniences for an additional fee.

- Beauty salon and barber shop
- Manicures and pedicures
- Massage therapy
- Podiatry
- Physical, occupational, and speech therapy
- X-ray and laboratory service
- Pharmacy service
- Guest meals and catering
- Gift shop

Call Donna at 918-794-1902 for your free tour today.

Key:

- - Included
- ▲ - Extra Cost
- - Available
- IN - Insurance
- LC - Long-Term Care Insurance
- MC - Medicare
- MD - Medicaid
- OT - Other
- PP - Private Pay
- VA - Veterans Affairs Contract
- WC - Workers' Compensation

Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
North County Nursing & Rehabilitation 2300 W. Broadway St. Collinsville, OK 74021 (918) 371-2545 (918) 770-0212 fax www.northcountyseniorliving.com	55	IN LC MC MD OT PP VA WC	■	■	■	■			●	■	●	●	●
Oklahoma Methodist Manor - Health Center 4134 E. 31 st St. Tulsa, OK 74135 (918) 346-6623 (918) 743-1174 fax www.ommtulsa.org		IN LC MC PP	■	■	■	■	▲		▲	■	●	▲	●

See Our Ad On Page 65

2 PREMIER FACILITIES ON 1 CAMPUS!

★★★★★

- *Skilled Care
- *Rehab
- *Respite
- *Long Term Care
- *Dementia/Alz Care
- *Private Rooms Available
- *All insurance considered

EMERALD
Claremore

Phone: 918.341.4365 FAX: 918.341.7218
 2800 N. Hickory St, Claremore, OK 74017 www.emeraldclaremore.com

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Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
Oklahoma State University Medical Center – Skilled Nursing 744 W. 9 th St. Tulsa, OK 74127 (918) 599-4646 (918) 599-4655 fax www.osumc.com		IN MC MD	■		■				●		●	■	■
Rainbow Health Care Community 111 E. Washington St. Bristow, OK 74010 (918) 367-2246 (918) 367-5326 fax www.mgmhealthcare.com		IN LC MC MD OT PP WC	■	■	■	■	●		●	■	●	●	●
Ranch Terrace Nursing Home 1310 E. Cleveland Ave. Sapulpa, OK 74066 (918) 224-2578 (918) 227-2907 fax		IN LC MC MD PP	■	■	■	■			●	■	●	●	●
Rolling Hills Care Center 801 N. 193 rd E. Ave. Catoosa, OK 74015 (918) 612-2273 (918) 266-7600 fax	65	IN LC MC MD PP WC	■	■	■	■	●		■	■	●	●	●
Saint Simeon's Health Care Center 3701 N. Martin Luther King Jr. Blvd. Tulsa, OK 74106 (918) 425-3583 (918) 425-6368 fax www.saintsimeons.org	62	LC MC PP VA	■	■	■	■	●		▲	■	●	▲	▲
Saint Simeon's Memory Care 3701 N. Martin Luther King Jr. Blvd. Tulsa, OK 74106 (918) 425-3583 (918) 425-6368 fax www.saintsimeons.org	62	LC MC PP VA	■	■	■	■	●		▲	■	●	▲	▲

See Our Ad On Page 2

See Our Ad On Page 121-122

See Our Ad On Page 121-122

Key:

- - Included
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Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
Sand Springs Nursing, Rehab & Memory Care 1025 N. Adams Rd. Sand Springs, OK 74063 (918) 467-2273 (918) 245-3079 fax www.sandsprings.us		IN LC MC MD PP	■	■	■	■	■		■	■	●	●	●
Senior Suites 3501 W. Washington St. Broken Arrow, OK 74012 (918) 250-5405 (918) 455-3566 fax www.senior-suites.com	60	IN LC MC MD OT PP WC	■	■	■	■			●	■	●	●	●
Sequoyah Pointe Living Center 8515 N. 123 rd E. Ave. Owasso, OK 74055 (918) 578-2273 (918) 272-9177 fax	65	IN LC MC MD PP	■	■	■	■		■	■		●	●	●
Sequoyah Pointe Skilled Nursing and Therapy 614 E. Cherrie St. Tahlequah, OK 74464 (918) 456-2573 (918) 456-6323 fax	65	IN LC MC MD PP WC	■	■	■	■		■	■			■	■

See Our Ad On The Back Cover

See Our Ad On Page 111



STOP ABUSE | 24/7 MONITORING & NEGLECT | OF YOUR LOVED ONES.

GIVING A VOICE TO EVERY PATIENT.

Nothing is more important than knowing that your loved one is being cared for as promised. FamilyWatch, LLC helps to provide this comfort. Using state of the art video and audio equipment, we monitor the activity and care of your family member directly in their room. All nursing homes promise great care; FamilyWatch, LLC helps to ensure that they deliver on this promise!

- ✔ Surveillance of caretaking. (Video and Audio monitoring)
- ✔ Personal consultations and weekly reports.
- ✔ Available for any nursing home in Oklahoma.
- ✔ Personnel is experienced in nursing home care issues.

SCHEDULE A CONSULTATION TODAY: **330.749.1221 | FamilyWatchOK.com**

Key:

- - Included
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Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
<p>Shady Rest Care Center 210 S. Adair St. Pryor, OK 74361 (918) 825-4455 (918) 825-8493 fax</p>		IN LC MC MD PP	■	■	■	■			■	■	●	●	●
<p>Sherwood Manor 2416 W. 51st St. S Tulsa, OK 74107 (918) 446-4284 (918) 445-8811 fax</p>		IN LC MC MD PP WC	■	■	■	■			■	■	●	●	●
<p>Skiatook Nursing Home, LLC 318 S. Cherry St. Skiatook, OK 74070 (918) 396-2149 (918) 396-4256 fax www.SkiatookNursingHome.com</p>		IN LC MC MD PP WC	■	■	■	■			■	●	■	■	■
<p>Southern Hills Rehabilitation Center 5170 S. Vandalia Ave. Tulsa, OK 74135 (918) 496-3963 (918) 496-0774 fax www.shrctulsa.com</p>		IN LC MC MD PP	■	■	■	■	■		●	■	●	●	●
<p>Southern Oaks Care Center 1401 4th St. Pawnee, OK 74058 (918) 762-2515 (918) 762-3704 fax www.southernoakspawnee.com</p>		IN LC MC MD PP WC	■	■	■	■			■	●	■	■	●
<p>The Ambassador Skilled Nursing and Therapy 1340 E. 61st St. Tulsa, OK 74136 (918) 743-8978 (918) 712-5006 fax</p>		IN LC MC MD OT PP VA WC	■	■	■	■	■	■	■	■	●	■	■

See Our Ad On Page 127

See Our Ad On Page 109

See Our Ad On Page 111

Key:

- - Included
- ▲ - Extra Cost
- - Available
- IN - Insurance
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- PP - Private Pay
- VA - Veterans Affairs Contract
- WC - Workers' Compensation

Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
<p>The Cottage at Woodland Hills 7707 S. Memorial Dr. Tulsa, OK 74133 (918) 250-8571 (918) 250-8573 fax www.cottagehealthcare.com</p>	55	IN LC MC MD OT PP	■	■	■	■			■	■	●	●	■
<p>The Gardens 1165 S. Brenner Rd. Sapulpa, OK 74066 (918) 224-0600 (918) 224-6287 fax www.gardenstulsa.com</p>	55	IN LC MC MD OT PP WC	■	■	■	■		●	■	●	■	■	

See Our Ad On Page 250

See Our Ad On Page 109



Are You Caring For An Older Adult And Don't Know Where To Turn?

LIFE'S ADULT DAY HEALTH CAN HELP!

LIFE's Adult Day Health provides care for older adults in a safe, friendly and supportive setting. Whether you're looking for a full day, a half day or just a few hours – LIFE's Adult Day Health is the ideal care solution.

FREE VISIT DAYS AVAILABLE

Learn more about LIFE's Adult Day Health on LIFE's website and download a coupon for three free visit days!*

Call LIFE's SeniorLine
(918) 664-9000

or visit www.LIFEseniorservices.org



*Available to prospective participants.



Southern Hills Rehabilitation Center

Skilled Nursing and Long-Term Care Community

Our Mission

At Southern Hills we strive to make your stay rewarding and comfortable.

Our dedicated team of professionals and clinicians are committed to providing the best possible care for you and your loved one in our warm and friendly environment, making this your home away from home.

Our Services

- Skilled Nursing
- Long-Term Care
- Wound Care Team
- IV Therapies
- Physical and Occupational Therapy
- Speech and Language Therapy
- In-House Therapy

5170 S. Vandalia Ave.
Tulsa, OK 74135

(918) 496-3963
Fax: (918) 496-0774

Conveniently located in South Tulsa at 51st and Yale and only one mile from Saint Francis Hospital.



Key:

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Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
<p>The Highlands at Owasso 10098 N. 123rd E. Ave. Owasso, OK 74055 (918) 928-4800 (918) 928-4851 fax www.thehighlandsatowasso.com</p>	58	IN LC MC MD PP	■	■	■	■			●	■	●	●	●
<p>The Springs Skilled Nursing and Therapy 5800 W. Okmulgee Ave. Muskogee, OK 74401 (918) 683-2914 (918) 683-3167 fax</p>		IN LC MC MD OT PP WC	■		■	■			●	■	●	●	●
<p>The Village Health Care Center 1709 S. Main St. Broken Arrow, OK 74012 (918) 251-2626 (918) 258-4736 fax</p>	65	LC MC MD PP		■	■	■					●	▲	●
<p>The Villages at Southern Hills 5721 S. Lewis Ave. Tulsa, OK 74105 (918) 447-6447 (918) 236-4207 fax www.villagesatsouthernhills.com</p>		IN LC MC OT PP	■	■	■	■			●	■	●	●	●
<p>Tulsa Nursing Center 10912 E. 14th St. Tulsa, OK 74128 (918) 438-2440 (918) 437-3375 fax www.tulsanc.com</p>		IN LC MC MD OT PP	■	■	■	■			●	■	●	●	●
<p>University Park Memory Care and Therapy 1201 N. Vinita Ave. Tahlequah, OK 74464 (918) 456-6181 (918) 456-1512 fax</p>		IN LC MC MD PP VA	■	■	■	■	■		■	■	●		●

See Our Ad On The Inside Back Cover

See Our Ad On Page 111

See Our Ad On Page 95

See Our Ad On Page 119

See Our Ad On Page 111

Key:

- - Included
- ▲ - Extra Cost
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- VA - Veterans Affairs Contract
- WC - Workers' Compensation

Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-Term Care/ Rehab	Long-Term Acute Care	Memory Care	Ventilator Care	Dialysis Transportation	Respite	Security	Transportation	Shopping/Errands
<p>University Village Retirement Community 8555 S. Lewis Ave. Tulsa, OK 74137 (918) 299-2661 (918) 298-3691 fax www.uvrc.com</p>	62	IN LC MC PP	■	■	■	■			●	■	●	●	●
<p>Wagoner Health & Rehab 205 N. Lincoln Ave. Wagoner, OK 74467 (918) 485-2203 (918) 485-6673 fax</p>		IN LC MC MD PP	■	■	■				●	■	●	●	●
<p>Wildwood Care Center 3333 E. 28th St. Tulsa, OK 74114 (918) 747-8008 (918) 747-7580 fax</p>	55	IN LC MC MD PP	■	■	■	■			▲	■	●	●	■
<p>Woodlands Skilled Nursing and Therapy 1701 E. 6th St. Okmulgee, OK 74447 (918) 756-1967 (918) 756-4271 fax</p>		IN LC MC MD OT PP	■	■	■	■			●	■	●	■	■
<p>York Manor Nursing Center 500 S. York St. Muskogee, OK 74403 (918) 682-6724 (918) 682-8090 fax</p>		LC MC MD PP	■	■	■	■			●	■	●	■	■
<p>Zarrow Pointe 2025 E. 71st St. Tulsa, OK 74136 (918) 496-8333 (918) 496-8257 fax www.zarrowpointe.org</p>	55	IN LC MC PP	■	■	■	■	●			■	●	▲	

See Our Ad On Page 115

See Our Ad On Page 111

Adult Day Health Services

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 incontinence. These programs also provide caregivers a much-needed break to attend to personal needs, run errands, continue working or rest. Days and hours of operation, scope of services, cost 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, use 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 31.

Veterans may qualify for Aid & Attendance financial assistance from the Department of Veterans. For more information on Aid & Attendance, as well as general eligibility requirements for veterans pension benefits, see *VA Healthcare Benefits* on page 17.



LIFE leaves denote adult day health options offered by LIFE Senior Services.

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 Affairs Contract


Basic Information and Services

	Payment	Memory Care	Developmentally Delayed	Therapeutic Activities	Meals/Special Diets	Bathing Assistance	Foot Care	Hair Salon	Security	Transportation	Respite	Caregiver Support	CARF-Accredited Center
Elder Care's DayBreak 1223 Swan Dr. Bartlesville, OK 74006 (918) 336-8500 (918) 766-0360 fax www.abouteldercare.org	AD AS DH FA LC PP VA	●		●	●	●			●	●	●	●	●
LIFE's Adult Day Health - 31st & Sheridan 5950 E. 31 st St. Tulsa, OK 74135 (918) 664-9000, ext. 1170 (918) 665-0830 fax www.LIFEseniorservices.org	AD AS DH LC OG OV PP VA	●	●	●	●	●	●	●	●	●	●	●	●
LIFE's Adult Day Health - Broken Arrow 3106 S. Juniper Ave. Broken Arrow, OK 74012 (918) 664-9000, ext. 1500 (918) 455-1161 fax www.LIFEseniorservices.org	AD AS DH FA LC OG OV PP VA	●	●	●	●	●	●	●	●	●	●	●	●

Key:

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- 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 Affairs Contract

Basic Information and Services												
Payment	Memory Care	Developmentally Delayed	Therapeutic Activities	Meals/Special Diets	Bathing Assistance	Foot Care	Hair Salon	Security	Transportation	Respite	Caregiver Support	CARF-Accredited Center

 <p>LIFE's Adult Day Health – Pine & Lansing 902 E. Pine St. Tulsa, OK 74106 (918) 664-9000, ext. 1300 (918) 585-9266 fax www.LIFEseniorservices.org</p>	AD DH OG PP	AS LC OV VA	●	●	●	●	●	●	●	●	●	●
<p>OASIS Adult Day Services 410 E. Lee Ave. Sapulpa, OK 74066 (918) 224-0410 (918) 224-3230 fax www.oasisads.org</p>	PP		●	●	●	●	●	●			●	
<p>Rogers County Adult Day Center 2223 N. Hwy. 88 Claremore, OK 74017 (918) 341-7588 (918) 341-4055 fax www.rogerscountyadultdaycarecenter.org</p>	AD DH OV	AS LC PP	●	●	●	●	●	●	●	●	●	



LIFE'S ADULT DAY HEALTH

3 Locations in Tulsa and Broken Arrow

LIFE's Adult Day Health provides services to older adults who need assistance during the day. Programming includes group exercise, nutritious meals, social activities and more. Family caregivers are able to work, attend to personal matters, or take a much needed break without worry, knowing their loved ones are safe and having a good time.

Call LIFE's SeniorLine
(918) 664-9000

or visit www.LIFEseniorservices.org





FREE VISIT DAYS AVAILABLE!
BRING THIS COUPON IN FOR 3 FREE VISIT DAYS AT ANY LOCATION!

Home Health Agencies

Home health and home care agencies encompass a wide range of health and 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 hospital stay and are 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 some, home health services are an alternative to institutional care. To help determine if a home health agency meets your needs, use the *Home Health Agency Evaluation Checklist* on page 37.

It is important to note that home health agencies usually serve a specific geographical area defined by a service mile radius or by county. Agencies with multiple offices may cover a larger area. For information on service areas, services and more, contact the agency directly.

Veterans may qualify for Aid & Attendance financial assistance from the Department of Veterans Affairs. For more information on Aid & Attendance, as well as general eligibility requirements for veterans pension benefits, see *VA Healthcare Benefits* on page 17.

- ▶ 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
- AD - ADvantage Medicaid Waiver
- IN - Insurance
- LC - Long-Term Care Insurance
- MC - Medicare
- MD - Medicaid
- PP - Private Pay
- WC - Workers' Compensation

Basic Information and Services

	Minimum Age	Payment	Companion Care	Personal Care	Skilled Care	Accredited	Bonded and Insured	Nonprofit	Minimum Service Hours	Additional Locations in Oklahoma
1st Aid Home Healthcare 4815 S. Sheridan Rd., Ste. 113 Tulsa, OK 74145 (918) 992-2766 (918) 236-8056 fax www.1staidhomehealthcare.com			●	●	●	●	●			
Aall Care Home Health 8310 E. 73 rd St. Tulsa, OK 74133 (918) 994-4849 (918) 994-4850 fax www.aallcare.net			●	●	●		●		4	



Find This Helpful Article: Home Health Agency Evaluation Checklist, page 37.

Do you need help **CARING** for a loved one?



Right at Home® offers in-home caregiving services that allow your loved one to enjoy life in the comfort of a familiar environment. We tailor 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

Wellness

- Medication management, meal planning and preparation

Hygiene

- Bathing and other personal care services

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 specific special situations and when a loved one is affected by disease of disorders such as:

- Alzheimer's and other related dementia
- Hypertension/stroke recovery
- Heart disease
- Cancer Recovery
- Hospice/palliative support



Accredited by
**The Joint
Commission**

Accreditation by The Joint Commission is considered **the gold standard in health care.**

These standards focus on important resident, patient, or individual care, and organization functions that are essential to providing safe, high quality care.

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



918.289.0000 rightathome.net/tulsa-east-west

SERVING TULSA AND THE SURROUNDING AREA

Key:

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- LC - Long-Term Care Insurance
- MC - Medicare
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- PP - Private Pay
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Basic Information and Services

	Minimum Age	Payment	Companion Care	Personal Care	Skilled Care	Accredited	Bonded and Insured	Nonprofit	Minimum Service Hours	Additional Locations in Oklahoma
Accentra Home Health 4150 100 th E. Ave., Ste. 109 Tulsa, OK 74146 (918) 281-8200 (918) 270-1059 fax www.accentrahealthcare.com		IN MC PP	●	●	●	●	●			●
All Ways Caring Homecare 3952 S. Houston Ave. Tulsa, OK 74135 (918) 828-7359 (918) 828-7381 fax		AD IN MD PP WC	●	●	●	●	●			●
Alliance Oklahoma Home Health 235 Woodlawn Ave. Tahlequah, OK 74464 (918) 824-7744 (918) 824-6319 fax www.allianceokhomehealth.com		IN MC PP WC			●	●	●			●
Allied Home Health 500 N. Poplar Ave. Broken Arrow, OK 74012 (918) 742-4269 (918) 742-4493 fax www.alliedhomehealth.org		IN MC PP WC			●	●	●			●
Alpha HealthCare Services 9717 E. 42 nd St., Ste. 134 Tulsa, OK 74146 (918) 508-2792 (918) 508-2797 fax www.alphahcsinc.com	18	IN MC MD PP			●	●	●			
Amada Senior Care Oklahoma 4845 S. Sheridan Rd., Ste. 516 Tulsa, OK 74145 (918) 615-9191 (918) 221-8193 fax www.amadatulsa.com		IN LC PP WC	●	●		●	●			●

See Our Ad On The Inside Front Cover



Making life work is our life's work.

- > Skilled nursing
- > Physical therapy
- > Occupational therapy
- > Speech therapy

- > Medical social work
- > Transportation
- > Home-health management
- > Personal care, hygiene

- > Companionship
- > Assistance with errands

Free consultations, call 918.392.3838

Key:

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- MC - Medicare
- MD - Medicaid
- PP - Private Pay
- WC - Workers' Compensation

Basic Information and Services

	Minimum Age	Payment	Companion Care	Personal Care	Skilled Care	Accredited	Bonded and Insured	Nonprofit	Minimum Service Hours	Additional Locations in Oklahoma
Amedisys Home Health of Tulsa 10108 E. 79 th St., Ste. A Tulsa, OK 74133 (918) 294-3902 (918) 294-3432 fax www.amedisys.com	18	IN MC MD PP WC		●	●	●	●			●
Amerita Specialty Pharmacy <i>infusion nurses; infusion suites</i> 12515 E. 55 th St., Ste. 101 Tulsa, OK 74146 (918) 493-2727 (918) 493-2990 fax www.ameritaiv.com		IN MC MD PP WC								
Angels Care Home Health 751 N. Aspen Ave. Broken Arrow, OK 74012 (918) 251-0952 (918) 251-0954 fax www.angelscarehealth.com	18	IN MC			●	●	●			●
Asbury Home Services 3800 W. 71 st St. Tulsa, OK 74132 (918) 388-3131 (918) 481-9989 fax www.asburyhomeservices.org		LC PP	●	●			●	●	4	
Ascension at Home St. John 4720 S. Harvard Ave., Ste. 202 Tulsa, OK 74135 (918) 747-7901 (918) 724-7540 fax www.ahah.net	18	AD IN MC MD PP			●	●	●	●		
Barnes Home Health Care 10820 E. 45 th St., Ste. 301 Tulsa, OK 74146 (918) 610-0089 (918) 610-0198 fax	18	IN MC PP WC		●	●	●	●			


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Basic Information and Services

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<p>Bios Health 309 E. Dewey Ave. Sapulpa, OK 74066 (918) 392-3838 (918) 392-3839 fax www.bios-care.com</p>		AD LC MD PP	●	●			●		3	●
<p>Bios Home Health Care 121 S. Broadway St. Cleveland, OK 74020 (918) 358-2483 (918) 358-2641 fax www.bios-care.com</p>	18	IN MC		●	●		●			●
<p>Bonny Crest Home Healthcare, Inc. 3105 E. Skelly Dr., Ste. 205 Tulsa, OK 74105 (918) 949-4555 (918) 933-5352 fax www.bonnycrest.com</p>		AD IN MC MD PP WC		●	●	●	●			
<p>BrightStar Care of Tulsa 5110 S. Yale Ave., Ste. 530 Tulsa, OK 74135 (918) 392-9949 (918) 392-9950 fax www.brightstarcare.com/tulsa</p>		LC PP WC	●	●	●	●	●			●
<p>Brookdale Home Health 1621 S. Eucalyptus Ave., Ste. 102 Broken Arrow, OK 74012 (918) 298-0275 (918) 298-4838 fax www.brookdale.com</p>	18	IN MC PP		●	●	●	●			●
<p>Care Plus Home Health Care, Inc. 8030 S. Memorial Dr., Ste. D-1 Tulsa, OK 74133 (918) 294-9760 (918) 294-9763 fax</p>	18	MC			●		●			

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Basic Information and Services

	Minimum Age	Payment	Companion Care	Personal Care	Skilled Care	Accredited	Bonded and Insured	Nonprofit	Minimum Service Hours	Additional Locations in Oklahoma
Caring Nurses Association 5424 S. Memorial Dr., Ste. C-3 Tulsa, OK 74145 (918) 992-6266 (918) 992-6271 fax www.cnatulsa.com		IN LC PP	●	●	●	●	●		3	●
Carter Healthcare & Hospice 2846 E. 101 st St. S Tulsa, OK 74137 (918) 425-4000 (888) 622-4329 fax www.carterhealthcare.com		IN MC			●	●	●			●
Comfort Keepers 10810 E. 45 th St., Ste. 310 Tulsa, OK 74146 (918) 493-2100 (918) 488-9588 fax www.ComfortKeepers.com/Tulsa-ok		PP	●	●	●		●			●
Community Home Health 2000 W. Blue Starr Dr. Claremore, OK 74017 (918) 342-3621 (918) 342-4824 fax www.chhok.com		IN LC MC MD PP WC		●	●		●			●
Community Resource Associates 6440 S. Lewis Ave., Ste. 2500 Tulsa, OK 74136 (918) 396-1340 (918) 579-5164 fax	18	PP	●	●		●	●		3	
Elder Care 1223 Swan Dr. Bartlesville, OK 74006 (918) 336-8500 (918) 336-8519 fax www.abouteldercare.org	60	AD IN LC MC PP WC	●	●			●	●		
Encompass Health 1913 W. Tacoma St., Ste. G-H Broken Arrow, OK 74012 (918) 524-1100 (918) 524-1101 fax www.encompasshealth.com	18	IN MC MD PP WC		●	●		●			●

See Our Ad On Page 145

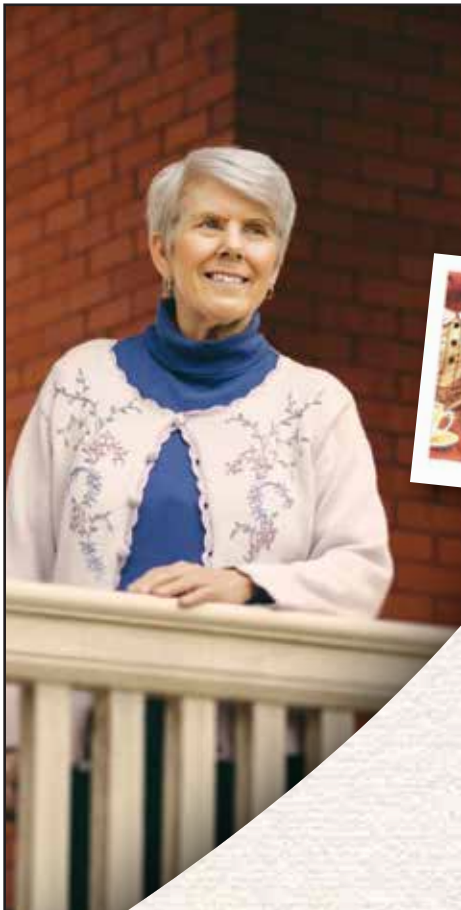
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Basic Information and Services

Minimum Age	Payment	Companion Care	Personal Care	Skilled Care	Accredited	Bonded and Insured	Nonprofit	Minimum Service Hours	Additional Locations in Oklahoma
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<p>Encompass Health Owasso 403 W. 2nd Ave., Ste. 100 Owasso, OK 74055 (918) 609-6568 (918) 609-6593 fax www.encompasshealth.com</p>	18	IN MC MD PP WC	●	●		●			●
<p>Entrusted Hearts by Baptist Village Owasso 7410 N. 127th E. Ave. Owasso, OK 74055 (918) 272-4694 (918) 272-2267 fax www.baptistvillage.org</p>		AD IN LC MC MD PP WC	●	●	●	●	●	3	●
<p>Essential Companion Care 8906 E. Skelly Dr. Tulsa, OK 74129 (918) 301-0210 (918) 217-1325 fax www.essentialcompanion.com</p>	55	PP	●	●		●		4	
<p>Essential Healthcare Services 8906 E. Skelly Dr. Tulsa, OK 74129 (918) 301-0210 (918) 217-1325 fax www.esshealthcare.com</p>	18	LC MC MD PP	●	●	●	●		4	
<p>Eton Home Care <i>serving individuals with developmental disabilities</i> 4706 W. Urbana St. Broken Arrow, OK 74012 (918) 459-9640 (918) 459-9644 fax</p>	18	AD IN MC MD PP WC	●	●	●	●			
<p>Eton Home Health 4706 W. Urbana St. Broken Arrow, OK 74012 (918) 459-9640 (918) 459-9644 fax www.etonhomehealth.com</p>	18	AD IN MC MD PP WC	●	●	●	●			
<p>Evergreen Home Health 9902 E. 43rd St., Ste. B Tulsa, OK 74146 (918) 250-5555 (918) 252-0796 fax www.evergreenhomehealth.net</p>	18	IN MC PP WC		●	●	●			

See Our Ad On Page 63

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Basic Information and Services

Minimum Age	Payment	Companion Care	Personal Care	Skilled Care	Accredited	Bonded and Insured	Nonprofit	Minimum Service Hours	Additional Locations in Oklahoma
Faith Home Care Services 2530-H E. 71 st St. Tulsa, OK 74136 (918) 621-4454 (918) 622-9117 fax www.faithhomecare.net	AD IN MC MD PP		●	●	●	●			●
First Call of Tulsa 4125 S. Sheridan Rd. Tulsa, OK 74145 (918) 665-1011 (918) 665-3538 fax www.My-FirstCall.com	IN LC PP WC	●	●	●		●		4	●

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Golden Care Home Health <i>servicing individuals with developmental disabilities</i> 3840 S. 103 rd E. Ave., Ste. 117 Tulsa, OK 74146 (918) 221-5979 (918) 221-6835 fax www.goldencarehc.com		IN MC PP	●	●	●		●			
Green Country Home Health Care, Inc. 318 N. Missouri Ave. Claremore, OK 74017 (918) 343-5720 (918) 343-5760 fax www.gchhc.com		IN LC MC MD PP WC		●	●	●	●			
Griswold Home Care 1843 E. 15 th St. Tulsa, OK 74104 (918) 921-8875 (918) 512-4292 fax www.griswoldhomecare.com	18	LC PP WC	●	●			●			
Home Helpers & Direct Link of South Tulsa 5840 S. Memorial Dr., Ste. 204 Tulsa, OK 74145 (918) 884-6022 (918) 505-1403 fax www.homehelpershomecare.com		IN LC PP	●	●			●			
Home Instead Senior Care 4148 E. 51 st St. Tulsa, OK 74135 (918) 384-0980 (918) 384-0981 fax www.homeinstead.com/399		LC PP WC	●	●			●		4	●
Interim HealthCare of Tulsa 2828 E. 51 st St., Ste. 102 Tulsa, OK 74105 (918) 749-9933 (918) 747-9315 fax www.interimhealthcare.com/tulsa-ok		IN LC MC MD PP WC		●	●		●		4	
Magna Health Care 4271 W. Albany St. Broken Arrow, OK 74012 (918) 459-5073 (918) 459-5075 fax www.magnahealthcare.com		AD IN MC MD PP	●	●	●	●	●			

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	AD IN MC MD PP		●	●	●	●			
18	AD IN MC MD PP WC	●	●	●		●			

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 (918) 994-4481 fax
 www.maranathahh.com

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 (918) 245-3347 fax
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Mays Housecall Home Health 8205 E. Regal Ct., Ste. 108 Tulsa, OK 74133 (918) 437-0620 (918) 437-8789 fax www.mayshomecare.com		AD IN MC MD PP WC		●	●		●			●
Mays Plus, Inc. 110 N. Grand Ave. Okmulgee, OK 74447 (918) 752-0291 (918) 752-0293 fax www.mayshomecare.com		AD IN LC MC MD PP WC		●	●		●			●
Med-Corp Home Health and Med-Corp Plus 1340 W. Shawnee St. Muskogee, OK 74401 (918) 686-6842 (918) 683-5951 fax		AD MC MD		●	●	●	●	●		●
Millennium Home Health Care & Hospice 12129 E. Skelly Dr. Tulsa, OK 74129 (918) 493-6555 (918) 488-8825 fax www.millenniumhhc.com		MC		●	●	●	●			●
My Choice In-Home Senior Services 3939 S. Harvard Ave. Tulsa, OK 74135 (918) 728-6085 (918) 728-6385 fax www.mychoiceok.com		IN LC PP WC	●	●		●	●			
Nurse Next Door Home Care & Home Healthcare 1175 S. Aspen Ave. Broken Arrow, OK 74012 (918) 616-2067 (918) 994-6308 fax		LC PP	●	●	●		●		3	●

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Page
145

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<p>Outreach Home Health 2303 S. York St. Muskogee, OK 74403 (918) 682-6400 (918) 682-6402 fax</p>		IN MC MD PP	●	●		●			
<p>Oxford HealthCare 3040 N. Hemlock Cir. Broken Arrow, OK 74012 (918) 258-1111 (918) 806-0253 fax www.oxford-healthcare.com</p>	18	LC MC PP WC	●	●	●	●			
<p>Oxford HealthCare - Community Care Grant 3040 N. Hemlock Cir. Broken Arrow, OK 74012 (918) 258-1111 (918) 806-0253 fax www.oxford-healthcare.com</p>	60		●	●		●			
<p>Oxford HealthCare - Long-Term Care Program 3040 N. Hemlock Cir. Broken Arrow, OK 74012 (918) 258-1111 (918) 258-1114 fax www.oxford-healthcare.com</p>		AD MD	●	●		●			

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Basic Information and Services

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Oxford HealthCare - Medicare Home Health 3040 N. Hemlock Cir. Broken Arrow, OK 74012 (918) 258-1111 (918) 728-6425 fax www.oxford-healthcare.com		IN MC		●	●	●	●			
Oxford Healthcare - Private Duty 3040 N. Hemlock Cir. Broken Arrow, OK 74012 (918) 258-1111 (918) 806-0253 fax www.oxford-healthcare.com	18	LC PP WC	●	●	●	●	●			
Patriot Homecare 7136 S. Yale Ave., Ste. 300 Tulsa, OK 74136 (918) 994-6232 (918) 994-6231 fax www.patriothomecare.us		LC PP	●	●			●			●
Peters Agency Home Health, Hospice & Palliative Care Services 926 E. Cherokee Ave. Sallisaw, OK 74955 (918) 775-6555 (918) 775-6587 fax www.petersagency.com		AD IN LC MC MD PP WC		●	●	●	●			●
Physician Housecalls (405) 896-8058 (844) 223-1999 fax www.housecallsok.com	18	IN MC MD PP			●		●			●
Providence Excel Home Care 8666 E. 101 st Pl. Tulsa, OK 74133 (918) 625-4797 (918) 970-6508 fax		LC PP WC	●	●		●	●		4	
Rapha Caregivers 8906 E. Skelly Dr. Tulsa, OK 74129 (918) 629-9003 www.raphacaregivers.com		IN PP	●	●			●		4	

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<p>Restore Home Healthcare of Oklahoma 4700 W. Urbana St., Ste. 200 Broken Arrow, OK 74012 (918) 747-1320 (918) 745-9907 fax www.restorehomehealth.com</p>		IN LC MC MD PP WC	●	●		●			●
<p>Right at Home In Home Care & Assistance 9719 E. 42nd St., Ste. 101 Tulsa, OK 74146 (918) 289-0000 (918) 289-0202 fax www.rightathome.net/tulsa-east-west</p>	18	LC PP WC	●	●	●	●		4	●
<p>SAFE HOMECARE 7941 E. 51st St. Tulsa, OK 74145 (918) 770-4300 (918) 791-0031 fax www.SAFEHOMECARE.com</p>		LC PP	●	●		●			
<p>Saint Francis Home Health 6600 S. Yale Ave., Ste. 200 Tulsa, OK 74136 (918) 488-6888 (918) 481-4659 fax www.saintfrancis.com</p>	18	IN MC MD PP		●	●	●	●		
<p>Scissortail Healthcare 4520 S. Harvard Ave., Ste. 200 Tulsa, OK 74135 (918) 508-7333 (918) 551-6113 fax www.scissortailhealthcare.com</p>	18	IN LC MC PP WC			●	●	●		
<p>Secure Home Care 305 S. Main St. Eufaula, OK 74432 (918) 618-4248 (918) 618-4473 fax</p>		IN LC MC PP WC		●	●	●			
<p>Senior Helpers Tulsa 8988 S. Sheridan Rd., Ste. C Tulsa, OK 74133 (918) 574-2273 (918) 994-7832 fax www.seniorhelpers.com/tulsa</p>		LC PP WC	●	●		●		4	●

See Our Ad On Page 133

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Dr. Robert Gray, Medical Director, visits with a participant at the LIFE PACE/Adult Day Health Center.



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In a world where healthcare has become increasingly complicated, the LIFE PACE program is unique in its simplicity and common-sense approach. LIFE PACE brings together a coordinated team of medical and social service providers who make it possible for older adults to live at home and age with dignity.



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Simplifi Home Health 6312 E. 101 st St. Tulsa, OK 74137 (918) 701-2606 (918) 701-2607 fax www.simplifihomehealth.com		IN MC			●	●	●			
Sooner Home Health Care 111 E. Lee Ave. Sapulpa, OK 74066 (918) 224-4500 (918) 224-4507 fax www.soonerhs.com		IN MC MD PP			●		●		½	●
S-Q Home Care Specialties, Inc. 2400 N. Hemlock Cir. Broken Arrow, OK 74012 (918) 251-0070 (918) 258-9229 fax www.sqhomecare.com		MC MD		●	●	●	●			
Stay Home Services 103 N. 37 th St. Muskogee, OK 74401 (918) 682-3688 (918) 682-3698 fax www.stayhomeservices.net		IN LC PP	●				●		4	●
Traditions Home Care, Inc. 100 S. 3 rd St. McAlester, OK 74501 (877) 426-0983 (918) 426-7673 fax www.traditionshomecare.net		IN MC PP		●	●		●			●
Visiting Angels of Tulsa 1532 S. Peoria Ave. Tulsa, OK 74120 (918) 609-5600 (866) 578-2012 fax www.visitingangels.com/tulsa	18	LC PP WC	●	●		●	●		4	●

See Our Ad On Page 139

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, use the *Hospice Care Agency Evaluation Checklist* on page 48.

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 serve a specific geographical area defined by a service mile radius or by county. Agencies with multiple offices may cover a larger area. For information on service areas, services and more, contact the agency directly.

Veterans may qualify for Aid & Attendance financial assistance from the Department of Veterans Affairs. For more information on Aid & Attendance, as well as general eligibility requirements for veterans pension benefits, see *VA Healthcare Benefits* on page 17.

► 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.

Basic Information and Services

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	Minimum Age	Payment	Therapeutic Touch/ Massage	24-Hour On-Call Staff	Continuous Care	Pet Care	Respite	Accredited	Nonprofit	Additional Locations in Oklahoma
A-Vow Hospice 2400 N. Hemlock Cir. Broken Arrow, OK 74012 (918) 259-0049 (918) 259-0311 fax www.a-vowhospice.com		MC		●	●		●	●		
Allied Hospice 500 N. Poplar Ave. Broken Arrow, OK 74012 (918) 742-4269 (918) 236-5670 fax		MC PP		●	●		●	●		
Ascension at Home St. John Hospice 4720 S. Harvard Ave., Ste. 202 Tulsa, OK 74135 (918) 747-7901 (844) 726-0687 fax www.ahah.net	18	IN MC PP		●	●		●	●		
Carter Healthcare & Hospice 2846 E. 101 st St. S Tulsa, OK 74137 (918) 425-4000 (888) 622-4329 fax www.carterhealthcare.com		IN MC		●			●	●		●



{ Someone to stand by you. }

For the needs of our patients. For the concerns of their families.
We're here to help during a difficult time. Our mission is *knowledgeable, quality care* emphasizing patient and family needs – first and always.
We are compassionate guardians of comfort and dignity.



A non-profit serving Tulsa and northeast Oklahoma since 1987.
Visit us online at HospiceofGreenCountry.org | 918.747.2273

Basic Information and Services

Key:

- - Services Provided
- AD - ADvantage Medicaid Waiver
- IN - Insurance
- MC - Medicare
- PP - Private Pay

Minimum Age	Payment	Therapeutic Touch/ Massage	24-Hour On-Call Staff	Continuous Care	Pet Care	Respite	Accredited	Nonprofit	Additional Locations in Oklahoma
<p>Clarehouse end-of-life care home 7617 S. Mingo Rd. Tulsa, OK 74133 (918) 893-6150 (918) 893-6152 fax www.clarehouse.org</p>		●	●	●		●		●	
<p>Compassus Hospice & Palliative Care 1325 E. 15th St., Ste. 205 Tulsa, OK 74120 (918) 770-7687 (918) 592-4110 fax www.compassus.com</p>	AD IN MC PP		●	●		●			●
<p>Complete Hospice Care 5705 E. 71st St., Ste. 150 Tulsa, OK 74136 (918) 933-5093 (918) 592-0522 fax www.okhospice.com</p>	18 IN MC PP		●	●		●	●		●
<p>Cornerstone Hospice 501 W. 5th St., Ste. A Bartlesville, OK 74003 (918) 213-4973 (918) 213-4989 fax www.cornerstonehospicellc.com</p>	IN MC PP		●	●		●			
<p>Cura - HPC Hospice & Palliative Care 4510 E. 31st St. Tulsa, OK 74135 (918) 994-4807 (918) 994-4808 fax www.cura-hpc.com</p>	18 AD IN MC PP		●	●		●			●
<p>Elara Caring Hospice 4815 S. Harvard Ave., Ste. 400 Tulsa, OK 74135 (918) 683-9400 (918) 516-0700 fax www.elara.com</p>	16 AD IN MC PP	●	●	●		●			●
<p>Emerald Hospice 120 S. Yorkshire Blvd. Wagoner, OK 74467 (855) 225-9876 (918) 485-0017 fax www.emeraldhospice.com</p>	AD IN MC PP	●	●	●		●	●		●

See
Our
Ad On
Page
157



When a loved one requires hospice care, look to the skilled and compassionate team at **Saint Francis Hospice**. Under the direction of board-certified physicians, Saint Francis Hospice provides high-quality care to comfortably manage the medical, spiritual and emotional needs of patients and families.

For more information, contact us at **918-494-6465** or visit **saintfrancis.com**.

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

Your CHOICE

Our mission is to assist patients and their families with the inevitable symptoms of a life-limiting illness.

When medical science can add no more days to your life, Physician's Choice Hospice concentrates on adding more life to each day.

Making Moments Matter



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CHOICE
Hospice

phone 888.819.2119 fax 844.936.9435
physicianschoicetehospice.com

*Edmond (Corporate Office) • Norman • Chandler • Tulsa
Pryor, Grove and Tahlequah*

Basic Information and Services

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- AD - ADvantage Medicaid Waiver
- IN - Insurance
- MC - Medicare
- PP - Private Pay

	Minimum Age	Payment	Therapeutic Touch/ Massage	24-Hour On-Call Staff	Continuous Care	Pet Care	Respite	Accredited	Nonprofit	Additional Locations in Oklahoma
Evergreen Hospice 9902 E. 43 rd St., Ste. A Tulsa, OK 74146 (918) 250-5555 (918) 252-0796 fax www.evergreenhospice.net	18	IN MC PP		●	●		●	●		
Good Shepherd Hospice 4343 S. 118 th E. Ave., Ste. 160 Tulsa, OK 74146 (918) 743-5067 (918) 743-9376 fax www.goodshepherdhospice.com		AD IN MC PP		●	●	●	●	●		●
Grace Hospice of Oklahoma 6218 S. Lewis Ave., Ste. 1000 Tulsa, OK 74136 (918) 744-7223 (918) 744-5784 fax www.gracehospice.com	18	AD IN MC		●	●		●	●		
Heritage Hospice, LLC 114 S. 4 th St. Henryetta, OK 74437 (918) 652-3919 (918) 652-2619 fax www.heritagehospicellc.com	25	AD IN MC PP		●	●		●			
Hometown Hospice 804 S. Main St. Broken Arrow, OK 74012 (918) 251-6441 (918) 251-6602 fax www.hometownhospice.com	18	AD IN MC		●	●		●			●
Hospice of Green Country, Inc. 1120 S. Boston Ave., Ste. 200 Tulsa, OK 74119 (918) 747-2273 (918) 747-2573 fax www.hospiceofgreencountry.org	18	AD IN MC PP	●	●	●	●	●	●	●	●
Interim HealthCare Hospice of Tulsa 2828 E. 51 st St., Ste. 102 Tulsa, OK 74105 (918) 749-9933 (918) 516-3752 fax www.interimhealthcare.com/tulsa-ok/home		IN MC PP		●	●		●			

See Our Ad On Page 157

See Our Ad On Page 153

YOUR HOME IS WHERE OUR HEART IS

There's no place more comfortable than your own home. That's why Cura-HPC specializes in quality home hospice services. We bring hospice services to our patients so they can be as comfortable as possible.

If you know someone in need of hospice services, call us at **1 (800) 797-3839** or visit **www.cura-hpc.com/home**



918.994.4807
4510 E. 31st Street
Tulsa, Oklahoma 74135
www.Cura-HPC.com

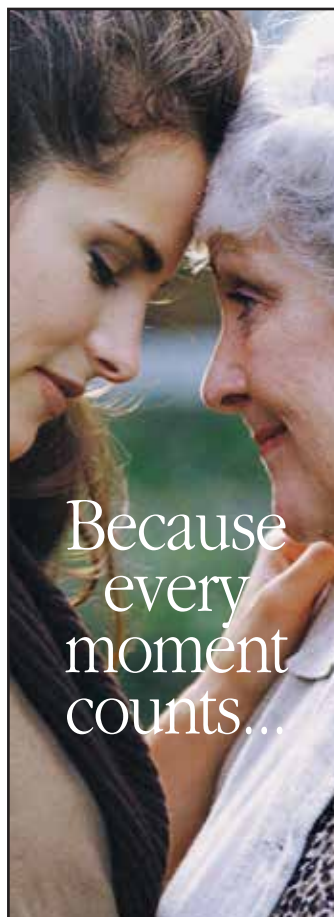


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LIFE

FOLLOW US ON

(918) 664-9000

www.LIFEseniorservices.org



Because every moment counts...

Grace Hospice helps you embrace every moment. We provide expert medical care and counseling services to our patients including:

- Nursing services 24 hours/7 days a week
- Medications related to the terminal illness
- Pain and symptom management
- Emotional, spiritual and bereavement counseling
- Family support services for friends and family

Grace Hospice serves Northeastern Oklahoma. Please call 918-744-7223 to learn how we can help you and your family.



GRACE
HOSPICE

Phone (918) 744-7223
Toll Free (800) 659-0307
www.gracehospice.com

Not affiliated with Grace Living Centers

Basic Information and Services

Key:

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- IN - Insurance
- MC - Medicare
- PP - Private Pay

	Minimum Age	Payment	Therapeutic Touch/ Massage	24-Hour On-Call Staff	Continuous Care	Pet Care	Respite	Accredited	Nonprofit	Additional Locations in Oklahoma
Magna Home Health & Hospice 4271 W. Albany St. Broken Arrow, OK 74012 (918) 806-0281 (918) 806-0282 fax www.magnahealthcare.com		IN MC		●	●		●	●		
Millenium Hospice, Inc. 12129 E. Skelly Dr. Tulsa, OK 74129 (918) 493-6555 (918) 488-8825 fax www.milleniumhhc.com		IN MC PP		●	●		●	●		
Miller Hospice 6950 S. Utica Ave. Tulsa, OK 74136 (918) 742-6415 (918) 742-6413 fax www.millerhospicetulsa.com		AD IN MC PP	●	●	●		●		●	
New Century Hospice 4111 S. Darlington Ave., Ste. 650 Tulsa, OK 74135 (918) 493-4930 (918) 346-6400 fax www.newcenturyhospice.com		IN MC PP	●	●	●		●	●		●
Physician's Choice Hospice 2221 E. Skelly Dr. Tulsa, OK 74105 (888) 819-2119 (405) 238-5858 fax www.physicianschoicetulsa.com		AD IN MC PP	●	●	●		●	●		●

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Our
Ad On
Page
155



Compassionate In-Home Care
 Over 20 years experience
 More than 10,000 families served
 Non-profit organization
 Covers all end-of-life care



To everything there is a season and a time to every purpose under heaven. -Ecclesiastes 3:1

SeasonsHospice.com | 918-745-0222



LIFE's Case Management

Working with family caregivers, we connect at-risk seniors to the services and support needed to live safely at home.

For more information, call LIFE's SeniorLine (918) 664-9000 —www.LIFEseniorservices.org—



WHO DO YOU HAVE?



In the end, it's not *what* you have that matters...
It's **WHO** you have.

Our hospice specialists focus on meeting the individual needs of each patient and family, delivering **pain** and **symptom management**, **emotional** and **spiritual support**, and the freedom and empowerment to **receive this care wherever they call home**.

Take our "Is Hospice the Answer?" Quiz at amedisys.com to learn if you or your loved one might be eligible for hospice care.



Tulsa, OK
P (918) 236-4866
F (918) 236-4867

amedisys.com

Basic Information and Services

Key:

- - Services Provided
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Minimum Age	Payment	Therapeutic Touch/ Massage	24-Hour On-Call Staff	Continuous Care	Pet Care	Respite	Accredited	Nonprofit	Additional Locations in Oklahoma
		●	●	●	●	●		●	
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			●	●				●	
18	AD IN MC PP	●	●	●	●	●			

Porta Caeli House
end-of-life care home
2440 N. Harvard Ave.
Tulsa, OK 74115
(918) 935-2600
(918) 935-2625 fax
www.portacaeli.org

Rivercross Hospice
9920 E. 42nd St., Ste. 201
Tulsa, OK 74146
(918) 622-9281
(918) 270-2867 fax
www.rivercrosshospice.com

**RoseRock Healthcare –
an Amedisys Company**
2865 E. Skelly Dr., Ste. 100
Tulsa, OK 74105
(918) 236-4866
(918) 236-4867 fax
www.Amedisys.com

Saint Francis Hospice
6600 S. Yale Ave., Ste. 350
Tulsa, OK 74136
(918) 494-6465
(918) 491-5899 fax
www.saintfrancis.com

Seasons Hospice
6532 E. 71st St., Ste. 101
Tulsa, OK 74133
(918) 745-0222
(918) 745-9652 fax
www.seasonshospice.com

The Journey Home
end-of-life care home
900 N.E. Washington Blvd.
Bartlesville, OK 74006
(918) 876-4184
(918) 876-4183 fax
www.thejourneyhomeok.com

**Transitions LifeCare
Hospice**
6310 E. 102nd St.
Tulsa, OK 74137
(918) 551-6879
(918) 551-6890 fax
www.TransitionsLC.com

See
Our
Ad On
Page
159

See
Our
Ad On
Page
155

See
Our
Ad On
Page
158

PACE (Program of All-Inclusive Care for the Elderly) provides comprehensive medical care and community-based services for people age 55 or older who wish to continue living in their homes and who meet a certain level of care as determined by a registered nurse's assessment. For more information on PACE, see the *Helping Seniors Remain at Home With PACE* article on page 19.

Veterans may qualify for additional financial assistance from the Department of Veterans Affairs in the form of benefits, including Veterans Administration Aid & Attendance. For more information on Veterans Aid & Attendance, as well as general eligibility requirements for Veterans Pension benefits, see *VA Healthcare Benefits* on page 17.

Cherokee Elder Care – PACE

1387 W. 4th St. • Tahlequah, OK 74464
(918) 453-5554
(918) 431-4112 fax
<http://eldercare.cherokee.org>

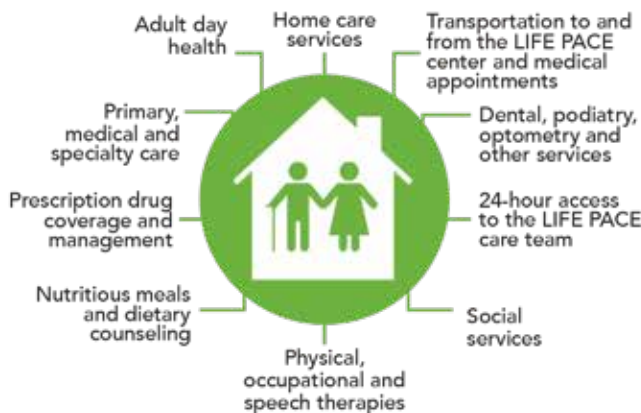
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Our
Ads
On
Pages
150,
161

LIFE PACE

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

HEALTHY AT HOME WITH LIFE PACE

LIFE PACE is a medical and social services program for seniors who want to continue living in their own home. LIFE PACE provides individualized care plans specific to the participants needs which may include:



To learn more, call LIFE PACE at
(918) 949-9969 or visit www.LIFEPACE.org.

Dial 711 or (800) 722-0353 to
connect to a TTY Operator

Recognized as a Medicare & Medicaid program.

Nutrition Sites and Senior Centers

Nutrition sites offer hot, nutritious meals at public locations. Some may offer delivery to home-bound seniors. Senior centers offer planned activities, with or without participation in the nutrition program. Contact each center for hours of operation, activity schedules, age requirements, fees and/or meal prices.



LIFE leaves denote senior center programs or Vintage Housing Communities offered by LIFE Senior Services.

Creek County	Address	Phone	Nutrition Site	Senior Center
Drumright Senior Center and Creek County Nutrition	510 S. Ohio Ave., Drumright	(918) 352-9407	Y	Y
Kellyville Senior Center	410 E. Buffalo St., Kellyville	(918) 247-6661	N	Y
Mannford Senior Center and Creek County Nutrition	169 Greenwood Ave., Mannford	(918) 865-2124	Y	Y
Oilton Senior Center and Creek County Nutrition	301 S. "A" St., Oilton	(918) 862-3616	Y	Y
Sapulpa Senior Citizens Center	515 E. Dewey Ave., Sapulpa	(918) 224-3300	N	Y
Woodland Village and Creek County Nutrition	131 E. 9 th Ave., Bristow	(918) 367-3989	Y	N

Mayes County	Address	Phone	Nutrition Site	Senior Center
Chouteau Senior Center and CARD Nutrition Site	111 N. McCracken St., Chouteau	(918) 476-5228	Y	Y
Pryor Senior Center and CARD Nutrition Site	851 S.E. 9 th St., Pryor	(918) 825-6220	Y	Y

Muskogee County	Address	Phone	Nutrition Site	Senior Center
Douglas Senior Center and SAC Nutrition Site	602 Indianapolis St., Muskogee	(918) 683-7282	Y	Y
Fort Gibson Senior Center and SAC Nutrition Site	201 S.E. Railroad St., Fort Gibson	(918) 478-2097	Y	Y
HH Towers SAC Nutrition Site	300 N. 40 th St., Muskogee	(918) 687-5232	Y	N
Stone Bluff Senior Center	19249 U.S. Hwy. 64, Haskell	(918) 482-1991	N	Y

Okmulgee County	Address	Phone	Nutrition Site	Senior Center
Beggs Project HEART Nutrition Site	109 N. Choctaw Ave., Beggs	(918) 267-4103	Y	N
Henryetta Senior Center and Project HEART Nutrition Site	211 S. 11 th St., Henryetta	(918) 652-3086	Y	Y
Morris Community Center and Project HEART Nutrition Site	400 S. Hughes Ave., Morris	(918) 733-2040	Y	Y
Okmulgee Senior Center and Project HEART Nutrition Site	1021 N. Seminole Ave., Okmulgee	(918) 756-8570	Y	Y

Osage County	Address	Phone	Nutrition Site	Senior Center
Cedar Ridge Nutrition Site	200 Atlantic Field Rd., Pawhuska	(918) 287-4513	Y	N
Hominy Senior Citizens Center	211 E. 5 th St., Hominy	(918) 885-2112	Y	Y
Shidler Senior Citizens Center	125 S. Cosden Ave., Shidler	(918) 793-7731	Y	Y
Skiatook Senior Citizens Center	810 S. Osage St., Skiatook	(918) 396-3320	Y	Y

Pawnee County	Address	Phone	Nutrition Site	Senior Center
Cleveland Area Senior Center	211 E. Wichita Ave., Cleveland	(918) 358-5898	Y	Y
Project HEART Pawnee Nutrition Site and Senior Center	304 Kansas Pl., Pawnee	(918) 762-2405	Y	Y

Rogers County	Address	Phone	Nutrition Site	Senior Center
Senior Center and CARD Nutrition Site	1302 N. Willow Dr., Claremore	(918) 342-0622	Y	Y
Claremore Senior Citizens Center	475 E. Blue Starr Dr., Claremore	(918) 341-4734	Y	Y
Inola Senior Citizen Center	205 S. Broadway Ave., Inola	(918) 543-8513	N	Y

Tulsa County	Address	Phone	Nutrition Site	Senior Center
Autumn Park and Sodexo Senior Nutrition	8401 E. 134 th St. S, Bixby	(918) 369-4160	Y	N
Broken Arrow Seniors	1800 S. Main St., Broken Arrow	(918) 259-8377	Y	Y
Carver Senior Center and Tulsa Creek County Nutrition	1208 E. Pine St., Tulsa	(918) 585-3307	Y	Y
Country Oaks and Sodexo Senior Nutrition	5648 S. 33 rd W. Ave., Tulsa	(918) 446-2855	Y	N
Jenks Senior Center	211 N. Elm St., Jenks	(918) 299-1700	N	Y
LIFE's Senior Center at East Side	1427 S. Indianapolis Ave., Tulsa	(918) 744-6760	N	Y
LIFE's Senior Center at Southminster	3500 S. Peoria Ave., Tulsa	(918) 749-2623	N	Y
Owasso Community Center and Tulsa Creek County Nutrition	301 S. Cedar St., Owasso	(918) 272-3903	Y	Y
Park Village and Sodexo Senior Nutrition	650 S. Memorial Dr., Tulsa	(918) 832-1427	Y	N
Sand Springs Senior Center and Tulsa Creek County Nutrition	205 N. McKinley Ave., Sand Springs	(918) 246-2566	Y	Y

Wagoner County	Address	Phone	Nutrition Site	Senior Center
Carriage Crossing and SAC Nutrition Site	28530 E. 141 st St. S, Coweta	(918) 486-1554	Y	N
Rolling Hills Senior Citizen Center	20 S. 200 th E. Ave., Tulsa	(918) 266-3738	Y	Y
Wagoner Nutrition Site (Yorkshire Village Retirement Apartments)	2200 W. Wellington St., Wagoner	(918) 485-1114	Y	N

Washington County	Address	Phone	Nutrition Site	Senior Center
Dewey Senior Center and CARD Nutrition Site	301 E. Angus Ave., Dewey	(918) 534-1270	Y	Y
Eastside Senior Center and CARD Nutrition Site	1009 Leisure Ln., Bartlesville	(918) 331-3675	Y	Y



LIFE'S SENIOR CENTERS

WITH MOVEMENT ... THERE'S IMPROVEMENT

Enjoy activities such as pickleball, line dancing, tai chi, functional movement, card games, arts and crafts, music classes and more!

FIND ACTIVITY CALENDARS ONLINE
LIFE's SeniorLine (918) 664-9000 • www.LIFEseniorservices.org

LIFE SENIOR SERVICES

LIVE UNITED United Way

Personal Emergency Response Systems

The following are local 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. Self installation with free phone support is available from some providers. There are many national providers of personal emergency response systems.

Services and Fees

	Professional Installation Rate	Monthly Rate	Service Area
Emergency Alert Response Systems, Inc. 6528 E. 101 st St. S, Ste. D1 PMB 456 Tulsa, OK 74133 (918) 298-0500 • (877) 885-3277 toll-free (918) 298-0525 fax	\$50	\$30 Landline \$35 Wireless	Northeastern Oklahoma
HALO Medical Alarms 6321 E. 102 nd St. • Tulsa, OK 74137 (918) 392-0566 • (877) 747-4256 toll-free (918) 970-4550 fax www.halomedicalalarms.com	\$25	\$29 Landline \$33 Wireless	Oklahoma
Independence Technologies, LLC 2608 W. Kenosha St., Ste. 622 Broken Arrow, OK 74012 (918) 249-5060 • (918) 249-5075 fax	\$49	\$30	Oklahoma

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SALES – SERVICE
LEASING – RENTAL

Free Consultation

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918.437.4488

17520 E. Pine
Tulsa, OK 74116

Vehicle Adaptive Devices

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 191. Veterans benefits may help pay for vehicle adaptive devices in some cases. Contact The Department of Veterans Affairs for more information.

The National Mobility Equipment Dealers Association 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.

- AD** - ADvantage Program
- DD** - Developmental Disabilities Services Division
- DH** - DHS
- IN** - Insurance
- MC** - Medicare
- MD** - Medicaid
- PP** - Private Pay
- VR** - Vocational Rehab

Payment
Payment Options

Vehicle Adaptive Device Providers/Handicapped Van Rentals

Handicapped Vehicle Services Unlimited 7215 E. 46 th St. • Tulsa, OK 74145 (918) 622-8400 • (800) 580-7311 toll-free • (918) 665-0039 fax www.hvsu.com	DD DH IN PP VR
Mobility One Transportation 17520 E. Pine St. Tulsa, OK 74116 (918) 437-4488 www.mobilityonetransportation.com	DH IN PP VR

See Our
Ad On
Page 164

Adaptive Mobility Reimbursement Programs

Acura Mobility Program and Honda Customer Mobility Assistance Program (800) 999-1009 toll-free • www.automobiles.honda.com/information/mobility-assistance.aspx
Chrysler Automobility Program (800) 255-9877 toll-free • www.fcausautomobility.com Chrysler, Dodge, Jeep, Ram
Ford Mobility Motoring Program (800) 952-2248 toll-free • www.fordmobilitymotoring.com
GM Mobility Reimbursement Program (800) 323-9935 toll-free • TTY: (800) 833-9935 toll-free • www.gmmobility.com Buick, Cadillac, Chevrolet, GMC
Hyundai Mobility Program (800) 633-5151 toll-free • www.hyundaiusa.com/special-promotions/mobility-program.aspx
Lexus Mobility Assistance Program (800) 255-3987 toll-free • TTY: (800) 443-4999 toll-free • www.lexus.com/pdf/models/LexusMobilityForm.pdf
Mobility by Volvo (800) 458-1552 toll-free • www.volvo.custhelp.com/app/answers/detail/a_id/8927
Toyota Mobility Assistance Program (800) 331-4331 toll-free • www.toyotamobility.com
Volkswagen Driver Access Program (800) 822-8987 toll-free

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 conditions 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.

Ascension St. John Sapulpa

1004 E. Bryan Ave. • Sapulpa, OK 74066
(918) 224-4280 • (918) 227-1158 fax
www.stjohnhealthsystem.com/sapulpa

The 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 have been discharged from an acute care hospital, but are not yet well enough for discharge to their homes.

Cleveland Area Hospital

1401 W. Pawnee St. • Cleveland, OK 74020
(918) 358-2501 • (918) 358-2590 fax
www.clevelandareahospital.com

This 14-bed critical access hospital provides swing-bed services similar to a skilled nursing facility, as well as a full-time hospitalist, wound care, in/outpatient physical rehabilitation services, respiratory therapy, infusion and nurse care clinic, cardiology, 3-D mammography and other hospital services. Medicare accepted.

Cornerstone Hospital of Broken Arrow

1000 W. Boise Cir., 3rd Fl. • Broken Arrow, OK 74012
24-Hour Referral Line: (918) 348-7755
(918) 994-8300 • (918) 615-9516 fax
www.chghospitals.com

Located inside Ascension St. John Broken Arrow, this specialty hospital offers 23 private rooms and a broad range of physician specialists. Services include physical, speech and occupational therapies; ventilator services; and a comprehensive wound care program. Medicare accepted.

Cornerstone Hospital of Muskogee

351 S. 40th St. • Muskogee, OK 74403
24-Hour Referral Line: (918) 348-7755
(918) 682-6161 • (918) 913-0040 fax
www.chghospitals.com

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.

MCN Physical Rehab Center

900 E. Airport Rd. • Okmulgee, OK 74447
(918) 756-9211 • (918) 756-9452 fax
www.creekhealth.org

This facility provides inpatient long-term acute care and skilled nursing. Other services include outpatient rehabilitative services with physical therapy, occupational therapy, speech therapy and more. Medicare, Medicaid, private insurance and private pay accepted.

Post Acute Medical Specialty Hospital of Tulsa

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

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 certified with disease-specified certification in respiratory failure. Medicare accepted.

Select Specialty Hospital – Tulsa Midtown

1125 S. Trenton Ave., 3rd Fl. • Tulsa, OK 74120
(918) 579-7301 • (918) 579-7247 fax
www.selectspecialtyhospitals.com

Specialized care for the acutely ill needing a longer hospital stay. A broad range of physician specialists available, with 24-hour physician and nurse coverage. Services include vent weaning; intensive respiratory care; physical, occupational and speech therapies; and comprehensive wound care. Joint Commission certified. Medicare accepted. Located in Hillcrest-Kaiser Rehab Facility.

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 108 for information about long-term care facilities that provide rehabilitative services.

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

Saint Francis Hospital Muskogee
300 Rockefeller Dr. • Muskogee, OK 74401
(918) 684-2420 • (918) 684-3465 fax
www.saintfrancis.com

PAM Rehabilitation Hospital of Tulsa
10020 E. 91st St. • Tulsa, OK 74133
24-Hour Referral Line: (918) 940-8808
(918) 940-8801 • (918) 940-8892 fax

**St. John Rehabilitation Hospital
Affiliated with Encompass Health**
1200 W. Albany Dr. • Broken Arrow, OK 74012
(918) 957-3000 • (918) 957-3387 fax
www.encompasshealth.com/locations/stjohnrehab

**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



LIFE's Vintage NEWSMAGAZINE

The Premier Magazine for Oklahoma Seniors

LIFE's Vintage Newsmagazine is northeast Oklahoma's award-winning publication designed especially for today's 50-plus population. Timely topics will keep you in the know about issues that are important to you – financial well-being, healthy aging, travel tips, brain games, restaurant reviews, things to do around town and more. With a wide array of themed issues, there's sure to be something in LIFE's Vintage Newsmagazine that piques your interest.

To request your **FREE** monthly subscription, complete this form and return it to LIFE Senior Services, 5330 E. 31st St., Ste. 800, Tulsa, OK 74135. Sign up online at www.LIFEseniorservices.org/request.

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Mental and Behavioral Health and Counseling Services

The Mental and Behavioral Health and Counseling Services section includes a variety of agencies that serve northeast Oklahoma. Not all services are offered at all locations. In addition, eligibility requirements may apply. For more information about a provider's services, locations and eligibility requirements, call the number listed. See also *Alcohol and Substance Abuse* on page 184.

When discussing mental and behavioral health and counseling services, industry specific terms apply. Some helpful terms and definitions include:

- **Crisis Unit** – An inpatient behavioral health treatment program specially funded for acute crisis intervention.
- **Detox** – Refers to detoxification from alcohol and/or other drugs.
- **Geriatric Specific** – Refers to programs or services designed specifically for older adults.
- **Intensive Outpatient** – An outpatient program, usually three hours per day for two to four days per week.

Key:

- - Services Provided
- CD - CDIB Card
- DM - Okla. Dept. of Mental Health & Substance Abuse
- IN - Insurance
- MC - Medicare
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- PP - Private Pay
- SS - Sliding Scale
- VA - Veterans Affairs Contract

Under 18	18 & Over	Geriatric Specific	Payment	Mental Health	Substance Abuse	Detox	24-Hour	Hospital	Crisis Unit	Intensive Outpatient	Outpatient Counseling	Home-Based Services	Outpatient Medication Mgmt.
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(800) 273-8255 National Suicide Prevention Lifeline and Veterans Crisis Line	●	●					●						
2-1-1 Helpline Dial 211 or (877) 836-2111 toll-free www.211oklahoma.org serving all of Oklahoma	●	●					●						
12 & 12 6333 E. Skelly Dr. • Tulsa, OK 74135 (918) 664-4224 • (800) 680-8979 toll-free (918) 663-0203 fax www.12and12.org serving Tulsa and northeast Oklahoma		●		DM IN MD PP VA	●	●	●			●	●		
A New Way Counseling Center 130 N. Greenwood Ave., Ste. 302 Tulsa, OK 74120 (918) 599-7277 • (918) 599-7716 fax www.anewwaycenter.com serving Tulsa and surrounding counties	●	●	●	IN MC MD	●						●	●	

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Outpatient Medication Mgmt.
Home-Based Services
Outpatient Counseling
Intensive Outpatient
Crisis Unit
Hospital
24-Hour
Detox
Substance Abuse
Mental Health
Payment
Geriatric Specific
18 & Over
Under 18

See Our Ad On Page 99

<p>Al-Anon Intergroup Service Office 4867 S. Sheridan Rd., Ste. 705 Tulsa, OK 74145 (918) 627-9114 • www.tulsaiso.org <i>serving Tulsa and northeast Oklahoma</i></p>	●	●																
<p>Alcoholics Anonymous 4833 S. Sheridan Rd., Ste. 410 Tulsa, OK 74145 (918) 627-2224 • www.aaneok.org <i>serving Tulsa and northeast Oklahoma</i></p>	●	●																
<p>Alzheimer's Association, Oklahoma Chapter 2448 E. 81st St., Ste. 3000 • Tulsa, OK 74137 (918) 392-5000 • (800) 272-3900 toll-free www.alz.org/oklahoma <i>serving Tulsa and northeast Oklahoma</i></p>	●	●	●															
<p>Beacon Ridge Long-Term Care 102 E. Line Ave. • Sapulpa, OK 74066 (918) 216-1811 www.BeaconRidgeOK.com <i>serving seniors with mental health needs in northeast Oklahoma</i></p>			●	MC MD PP	●			●										
<p>Brookhaven Hospital 201 S. Garnett Rd. • Tulsa, OK 74128 (918) 438-4257 • (888) 298-4673 toll-free (918) 438-8016 fax www.brookhavenhospital.com <i>serving northeast Oklahoma</i></p>		●		IN MC PP	●	●	●	●	●	●			●					●
<p>Caring Hearts Professional Counseling Services, LLC 542 E. 46th St. N • Tulsa, OK 74126 24-Hour Crisis Line: (918) 409-9763 (918) 878-7937 • (918) 895-6254 fax <i>serving all of Oklahoma</i></p>	●	●		DM IN MD PP SS	●	●							●					●
<p>Catholic Charities 2450 N. Harvard Ave. • Tulsa, OK 74115 (918) 508-7131 • (918) 582-2123 fax www.catholiccharitiestulsa.org <i>serving Tulsa and northeast Oklahoma</i></p>	●	●		SS	●													●

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Under 18
18 & Over
Geriatric Specific
Payment
Mental Health
Substance Abuse
Detox
24-Hour
Hospital
Crisis Unit
Intensive Outpatient
Outpatient Counseling
Home-Based Services
Outpatient Medication Mgmt.

<p>Cherokee Nation Behavioral Health 19600 E. Ross St. • Tahlequah, OK 74464 (539) 234-3500 • (539) 234-3501 fax www.cherokee.org <i>servicing Adair, Cherokee, Craig, Delaware, Mayes, Nowata, Rogers, Sequoyah and surrounding counties</i></p>	●	●		CD	●	●						●	●	●
<p>COPES – Mobile Unit Community Outreach Psychiatric Emergency Services (918) 744-4800 • www.fcsok.org <i>a service of Family & Children’s Services servicing Tulsa County</i></p>	●	●					●							
<p>Counseling and Recovery Services of Oklahoma 7010 S. Yale Ave., Ste. 215 • Tulsa, OK 74136 (918) 492-2554 • (918) 494-9870 fax www.crsok.org <i>servicing Tulsa County</i></p>	●	●		DM IN MC MD PP SS	●	●						●		●
<p>Counseling and Recovery Services of Oklahoma – Sand Springs 401 E. Broadway Ct. Sand Springs, OK 74063 (918) 245-5565 • (918) 245-5564 fax www.crsok.org <i>servicing Creek and Tulsa counties</i></p>	●	●		DM IN MC MD PP SS	●	●						●		●
<p>CREOKS Behavioral Health 4103 S. Yale Ave. • Tulsa, OK 74135 24-Hour Crisis Line: (918) 216-4999 (918) 382-7300 • (918) 382-7302 fax www.creoks.org <i>servicing Cherokee, Craig, Creek, Okmulgee, Osage, Pawnee, Rogers, Tulsa, Wagoner, Washington and surrounding counties</i></p>	●	●	●	MC MD SS	●	●						●	●	●
<p>Dayspring Behavioral Health 3015 E. Skelly Dr., Ste. 103 • Tulsa, OK 74105 (918) 712-0859 • (918) 388-9708 fax www.dayspringbh.com <i>servicing Tulsa and surrounding counties</i></p>	●	●	●	MC MD PP	●	●						●	●	●

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Outpatient Medication Mgmt.
Home-Based Services
Outpatient Counseling
Intensive Outpatient
Crisis Unit
Hospital
24-Hour
Detox
Substance Abuse
Mental Health
Payment
Geriatric Specific
18 & Over
Under 18

<p>DVIS/Call Rape 3124 E. Apache St. • Tulsa, OK 74110 24-Hour Crisis Line: (918) 743-5763 www.dvis.org <i>serving Creek, Tulsa and surrounding counties</i></p>	●	●			●													
<p>DVIS/Call Rape Sapulpa 19 N. Main St. • Sapulpa, OK 74066 24-Hour Crisis Line: (918) 743-5763 Sapulpa: (918) 508-2765 • www.dvis.org <i>serving Creek, Tulsa and surrounding counties</i></p>	●	●			●													
<p>Ernest Childers VA Outpatient Clinic 9322 E. 41st St. • Tulsa, OK 74145 (918) 628-2500 • (888) 397-8337 toll-free www.va.gov <i>serving eligible veterans in Tulsa and surrounding counties</i></p>		●		VA	●	●												●
<p>Family & Children's Services 650 S. Peoria Ave. • Tulsa, OK 74120 (918) 587-9471 • (918) 560-0137 fax 24-Hour Crisis Care Center: 1055 S. Houston Ave. W • Tulsa, OK 74127 (918) 744-4800 • www.fcsok.org COPES Mobile Unit: (918) 744-4800 <i>serving Tulsa County</i></p>	●	●		DM IN MC MD SS	●	●				●	●	●	●	●				●
<p>Fortis Therapy Outpatient Services 1831 E. 71st St. • Tulsa, OK 74136 (918) 607-9677 • (877) 777-2249 toll-free www.fortistherapy.com <i>serving Tulsa and surrounding counties</i></p>		●	●	IN MC MD PP	●									●				●
<p>Grand Lake Mental Health Center, Inc. <i>Certified Community Behavioral Health Clinic</i> 114 W. Delaware Rd. • Nowata, OK 74048 (918) 273-1841 • (918) 273-1843 fax www.glmhc.net <i>serving Adair, Cherokee, Craig, Delaware, Kay, Mayes, Nowata, Osage, Ottawa, Rogers, Wagoner and Washington counties</i></p>	●	●	●	DM IN MC MD SS	●					●			●	●	●	●		●

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Outpatient Medication Mgmt.
Home-Based Services
Outpatient Counseling
Intensive Outpatient
Crisis Unit
Hospital
24-Hour
Detox
Substance Abuse
Mental Health
Payment
Geriatric Specific
18 & Over
Under 18

<p>Green Country Behavioral Health Services for Seniors 619 N. Main St. • Muskogee, OK 74401 (918) 682-8407 • (918) 687-0976 fax www.gcbhs.org <i>servicing McIntosh and Muskogee counties</i></p>	●	●		DM MD	●	●	●	●	●	●	●	●
<p>Improving Lives Counseling 6216 S. Lewis Ave., Ste. 180 • Tulsa, OK 74136 (918) 960-7852 • (539) 664-5738 fax www.improvinglivescounseling.com <i>servicing Tulsa and surrounding counties</i></p>	●	●	●	IN MC MD PP SS	●	●				●	●	
<p>Indian Health Care Resource Center 550 S. Peoria Ave. • Tulsa, OK 74120 (918) 382-2209 • (918) 382-1242 fax www.ihcrc.org <i>servicing Tulsa and surrounding counties</i></p>	●	●		CD IN MC MD	●	●				●		●
<p>Jack C. Montgomery VA Medical Center 1011 Honor Heights Dr. Muskogee, OK 74401 (918) 577-3000 • (918) 577-3701 fax www.muskogee.va.gov <i>servicing eligible veterans in northeast Oklahoma</i></p>			●	IN MC MD VA	●	●	●	●	●	●	●	●
<p>Jane Phillips Neuro GeriPsych at Ascension St. John 3500 E. Frank Phillips Blvd. Bartlesville, OK 74006 (918) 333-7200 • (918) 331-1116 www.healthcare.ascension.org/specialty-care/behavioral-mental-health <i>servicing Bartlesville and northeast Oklahoma</i></p>			●	IN MC PP			●	●	●			
<p>Laureate Senior Behavioral Health 6655 S. Yale Ave. • Tulsa, OK 74136 (918) 502-5000 • www.laureate.com <i>servicing Tulsa and northeast Oklahoma</i></p>			●	IN MC PP	●	●	●	●	●	●	●	●

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Outpatient Medication Mgmt.	Home-Based Services	Outpatient Counseling	Intensive Outpatient	Crisis Unit	Hospital	24-Hour	Detox	Substance Abuse	Mental Health	Payment	Geriatric Specific	18 & Over	Under 18
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Mental Health Association Oklahoma 5330 E. 31 st St., Ste. 1000 • Tulsa, OK 74135 (918) 585-1213 • (918) 585-1263 fax www.mhaok.org <i>servicing all of Oklahoma</i>	●	●							●	SS			
Morton Comprehensive Health Services Behavioral Health 1334 N. Lansing Ave. • Tulsa, OK 74106 (918) 295-9380 • (918) 295-9389 fax www.mortonhealth.org <i>servicing Tulsa and northeast Oklahoma</i>	●	●	●					●	●	IN MC MD PP SS VA			
Muscogee (Creek) Nation Behavioral Health Services 1101 S. Belmont, Ste. 106 Okmulgee, OK 74447 (918) 758-1910 • (918) 756-1270 fax www.muscogeenation-nsn.gov <i>servicing Muscogee (Creek) Nation Territory</i>	●	●						●	●	CD			
Muscogee (Creek) Nation HOPE Unit Inpatient Senior Behavioral Health Unit 1401 Morris Dr. • Okmulgee, OK 74447 (918) 758-5515 • (918) 758-3311 fax www.creekhealth.org <i>servicing Okmulgee and northeast Oklahoma</i>		●	●					●		IN MC MD			●
NAMI-Tulsa National Alliance on Mental Illness 700 S. Boston Ave., Ste. 219 • Tulsa, OK 74119 (918) 587-6264 www.namitulsa.org <i>servicing Tulsa and northeast Oklahoma</i>	●	●											
Narcotics Anonymous (918) 747-0017 www.eascna.org <i>servicing Tulsa and northeast Oklahoma</i>	●	●											



Find This Helpful Article: Emotional Well-Being and Older Adults, page 49.

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Under 18	18 & Over	Geriatric Specific	Payment	Mental Health	Substance Abuse	Detox	24-Hour	Hospital	Crisis Unit	Intensive Outpatient	Outpatient Counseling	Home-Based Services	Outpatient Medication Mgmt.
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<p>OSU-Tulsa Counseling Center OSU-Tulsa Main Hall 2419 700 N. Greenwood Ave. • Tulsa, OK 74106 (918) 594-8568 • www.okstate.edu <i>serving Tulsa and surrounding counties</i></p>	●	●		SS	●								●
<p>OU Psychiatry 4444 E. 41st St. • Tulsa, OK 74135 (918) 619-4400 www.ou.edu/tulsa/ou_physicians <i>serving Tulsa and northeast Oklahoma</i></p>	●	●		IN MC MD PP SS	●								●
<p>Parkside Psychiatric Hospital & Clinic 1239 S. Trenton Ave. • Tulsa, OK 74120 (918) 588-8888 • (877) 522-1959 toll-free (918) 588-8859 fax • www.parksideinc.org <i>serving Tulsa and northeast Oklahoma</i></p>	●	●		IN MC MD PP	●	●	●	●	●	●	●		●
<p>Positive Aging Counseling and Consulting, LLC 1221 E. 33rd St. • Tulsa, OK 74105 (918) 998-9745 • www.positiveagingcc.com <i>serving Tulsa and surrounding counties</i></p>			●	IN MC PP	●						●	●	
<p>Senior Life Solutions Ascension St. John Sapulpa 1004 E. Bryan Ave. • Sapulpa, OK 74066 (918) 227-8691 <i>serving Tulsa, Creek and surrounding counties</i></p>		●	●	IN MC MD PP	●					●	●		●
<p>Strength of Mind 8937 S. Garnett Rd. • Broken Arrow, OK 74012 (918) 872-9777 • (918) 872-9779 fax www.strengthofmind.com <i>serving Tulsa and northeast Oklahoma</i></p>	●	●		IN MC MD PP	●						●		●
<p>Strength of Mind – Claremore 2990 N. Sioux Rd. • Claremore, OK 74017 (918) 342-2622 • (918) 342-2642 fax www.strengthofmind.com <i>serving Claremore and northeast Oklahoma</i></p>	●	●		IN MC MD PP	●						●		●

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Outpatient Medication Mgmt.	Home-Based Services	Outpatient Counseling	Intensive Outpatient	Crisis Unit	Hospital	24-Hour	Detox	Substance Abuse	Mental Health	Geriatric Specific	18 & Over	Under 18
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<p>The Strong Mind at Pawhuska Hospital 1101 E. 15th St. • Pawhuska, OK 74506 (918) 287-3232 www.pawhuskahospital.com <i>serving Osage, Pawnee and Washington counties</i></p>			●	IN MC	●					●			●
<p>The Tristesse Grief Center 2502 E. 71st St. • Tulsa, OK 74136 (918) 587-1200 • (918) 712-7399 fax www.thegriefcenter.org <i>serving Tulsa and northeast Oklahoma</i></p>	●	●		SS	●								●
<p>Tulsa Center for Behavioral Health 2323 S. Harvard Ave. • Tulsa, OK 74114 24-Hour Crisis Line: (918) 293-2100 (918) 293-2140 www.ok.gov/odmhas <i>serving Tulsa and northeast Oklahoma</i></p>		●		DM IN MC MD PP	●	●	●						
<p>Wagoner Community Hospital 1200 W. Cherokee St. • Wagoner, OK 74467 (918) 485-1316 • (918) 485-1893 fax www.wagonerhospital.com <i>serving Wagoner and northeast Oklahoma</i></p>		●		IN MC MD PP	●	●	●						●



LIFE Senior Services and the Tulsa Police Department's Senior Services Unit present
 the Senior Safety and Lifestyle Fair

★ July 13, 2021 ★



AARP Real Possibilities
Oklahoma



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electronic caregiver

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www.LIFEseniorservices.org



COPING WITH GRIEF

- **Take care of yourself.** Try to eat right, exercise and get plenty of sleep. Avoid unhealthy habits like smoking and drinking that can put your health at risk.
- **Find a grief support group.** It might help to talk with others who are also grieving. Check hospitals, religious groups, hospices and local organizations.
- **Talk to your doctor.** If you're having trouble with everyday activities like getting dressed or fixing meals see your doctor.
- **Don't make major changes right away.** It's smart to wait a while before making big decisions like moving or changing jobs.
- **Consider additional support.** Sometimes one-on-one therapy can help.
- **Talk to caring friends.** Let others know when you want to talk.
- **Be patient.** Mourning takes time. It's common to have roller-coaster emotions for a while.

www.nih.gov

*To find support groups in the area, call
LIFE's SeniorLine at (918) 664-9000.*

Funeral and Cremation Services

2020 - 2021

Funeral and 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

Broken Arrow Funeral & Cremation

231 E. Commercial St.
Broken Arrow, OK 74012
(918) 251-5331

www.kennedycares.com

Brown Family Funeral Home

210 S. Broadway St.
Coweta, OK 74429
(918) 486-5515

www.brownfamilycares.com

Butler, Stumpff & Dyer

2103 E. 3rd St.
Tulsa, OK 74104
(918) 587-7000

www.butler-stumpff.com

Collinsville Dolton Funeral Home

1302 W. Main St.
Collinsville, OK 74021
(918) 371-2111

www.collinsvillefh.com

Cremation Care Centers

719 E. 141st St., Ste. 100
Glenpool, OK 74033
(918) 291-1704

www.greencountrycremation.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.tulsacremation.com

Crown Hill Funeral Home

250 E. Apache St.
Tulsa, OK 74106
(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 Services at Woodland Memorial Park

1200 N. Cleveland Ave.
Sand Springs, OK 74063
(918) 245-4142

www.dilloncares.com

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.fitzgeraldfuneralservices.com

Floral Haven Funeral Home & Memorial Gardens

6500 S. 129th E. Ave.
Broken Arrow, OK 74012
(918) 505-7254

www.floralhaven.com

Garrett Funeral Home

222 W. Broadway Ave.
Broken Arrow, OK 74012
(918) 251-6464

www.garrettfuneralhome.com

Gary Kelley's ADD'Vantage Funeral & Cremation Service

9761 E. 31st St.
Tulsa, OK 74146
(918) 624-2828

www.garykelleyafcs.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

Hargrove-Marker Funeral & Cremation Services

815 W. Main St.
Jenks, OK 74037
(918) 938-0121

www.hargrovemarkerfuneral.com

Hayhurst Funeral Home

1660 S. Elm Pl.
Broken Arrow, OK 74012
(918) 258-9623

www.hayhurstfuneralhome.com

Heath-Griffith Funeral Home

1823 W. 51st St.
Tulsa, OK 74107
(918) 446-6633

www.heathgriffithfuneralhome.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-Midtown Funeral & Cremation

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) 245-8898

See
Our
Ad
On
Page
179

continued

continued

Westwood Chapel
4424 S. 33rd W. Ave.
Tulsa, OK 74107
(918) 446-0010

www.markgriffithmemorialfuneralhomes.com

Memorial Park Cemetery

Arranges cremation services
5111 S. Memorial Dr.
Tulsa, OK 74145
(918) 627-0220

www.memorialparktulsa.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

Mobley-Groesbeck Funeral Service

211 E. Broadway St.
Sand Springs, OK 74063
(918) 245-6644

www.mogro.co

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

continued

See
Our
Ad
On
Page
179

See
Our
Ad
On
Page
179

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 Center

Locations:

631 E. Will Rogers Blvd.
Claremore, OK 74017
(918) 341-0376

202 E. Oak St.
Catoosa, OK 74015
(918) 266-2112

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:

5757 S. Memorial Dr.
Tulsa, OK 74145
(918) 523-5757

719 E. 141st St.
Glenpool, OK 74033
(918) 291-1700

220 S. Alabama Ave.
Okmulgee, OK 74447
(918) 756-3300

www.schaudtfuneralservice.com

Serenity Funeral Home & Crematory

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

Stanleys Funeral & Cremation Service

3959 E. 31st St.
Tulsa, OK 74135
(918) 743-6271

www.stanleysfuneralhome.com

Stumpff Funeral Home & Crematory

1600 S.E. Washington Blvd.
Bartlesville, OK 74006
(918) 333-4300

www.stumpff.org



Find This Helpful Article: Coping With Grief, page 176.



MEMORIAL PARK CEMETERY

Caring for Tulsa's Memories Since 1927

To find out more information, please call (918) 627-0220 to speak with one of our Family Service Counselors.

5111 S. Memorial Dr. • (918) 627-0220
memorialparktulsa.com



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- ❖ Private Mausoleums
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- ❖ Columbarium Niches
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- ❖ Upright Granite Monuments
- ❖ Affordable Lawn-Level Granite Markers
- ❖ Low Monthly Payments for Advance Pre-planning Purchases



Tulsa's Traditions of Strength and Care
for Over 80 Years

www.moorefuneral.com

Memory Chapel
1403 S Peoria
Tulsa OK 74120
(918) 583-6148

Eastlawn Chapel
1908 S Memorial Dr
Tulsa, OK 74112
(918) 622-1155

Southlawn Chapel
9350 E 51 St
Tulsa OK 74145
(918) 663-2233

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
3612 East 91st St. So.
Tulsa, OK 74137
(918) 291-3500



Today's to-do list:

DISCOVER LIFE

LIFE Senior Services is northeast Oklahoma's leader in aging services, helping seniors stay healthy, active and independent. Come discover all that LIFE has to offer.

- Adult Day Health
- Vintage Housing
- Caregiver Support Services
- Community and Professional Education
- Case Management
- LIFE PACE
- SeniorLine Information and Resource Counseling
- Medicare Assistance Program
- Senior Activity Centers
- Tax Assistance Program
- Vintage Publications
- Volunteer Opportunities



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



TABLE OF CONTENTS

COMMUNITY SERVICES

Section 4: Community Services

Abuse Information and Reporting	182
Adult Day Health Services	183
Advocacy	184
Alcohol and Substance Abuse	184
Alzheimer's Disease and Dementia Support	185
Caregiver Respite	185
Caregiver Support	186
Case Management	186
Consumer Information	188
Crisis Intervention	189
Death Benefits and Information	190
Dental Care	190
Disability Services	191
Driving Assessments and Resources	193
Employment	193
Financial Information and Referral	194
Geriatric Specialists and Assessment	195
Grandparents Raising Grandchildren	195
Grief Recovery	196
Health-Related Organizations	196
Hearing and Speech Services	198
Home Health Services	199
Housing Repair Assistance	199
Housing Services	200
Information, Assistance and Referral	201
Insurance	203
Legal Services	203
Long-Term Care and Nursing Home Information	204
Medicaid Information	204

Medical Equipment and Assistive Technology	205
Medical Services	206
Medicare Information	209
Medications	211
Mental and Behavioral Health and Counseling Services	212
Nutrition Assistance and Services	213
Online Resources	214
Organ, Tissue and Body Donation	215
Recreation and Travel	215
Senior Centers	216
Shelters	216
Sleep Disorders	217
Social Security Information	217
Support Groups	217
Tax Information	219
Transportation Resources, Ambulance Services and Handicapped Parking Permits	220
Urgent and Basic Needs	222
Utility and Telephone Assistance	225
Veteran Services	225
Vision Services	226
Volunteer Opportunities	227
Voter Information	228

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	230
Guide to Advertisers	244



Look for the Leaves!

The leaves designate programs of LIFE Senior Services.

ABUSE INFORMATION and REPORTING

Resources to address abuse, neglect or exploitation of older or vulnerable adults, and domestic abuse. In case of an emergency, call 911.

Adult Protective Services (APS)

Oklahoma Department of Human Services
(405) 522-6239

24-Hour Statewide Abuse Hotline: (800) 522-3511 toll-free
www.okdhs.org

Offers emergency service referral for adults age 18 or older; investigates suspected abuse, neglect, exploitation or self-neglect. Call first as OKDHS plans to close some offices in 2020.

Locations:

Adair County

(918) 797-2900 • (800) 225-0049 toll-free • Fax: (918) 797-2996

Cherokee County

(918) 207-4500 • (800) 225-9868 toll-free • Fax: (918) 207-4632

Craig County

(918) 713-5000 • (800) 572-6844 toll-free • Fax: (918) 713-5080

Creek County

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

Delaware County

(918) 435-3001 • (800) 433-6772 toll-free • Fax: (918) 435-3092

Mayes County

(918) 824-4900 • (800) 815-7572 toll-free • Fax: (918) 824-4980

McIntosh County

(918) 689-1200 • (800) 219-3238 toll-free • Fax: (918) 689-1265

Muskogee County

(918) 684-5300 • (800) 815-7573 toll-free • Fax: (918) 684-5363

Nowata County

(918) 273-2327 • (800) 815-7574 toll-free • Fax: (918) 273-1748

Okfuskee County

(918) 623-3100 • (800) 884-1528 toll-free • Fax: (918) 623-3165

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

Ottawa County

(918) 541-2400 • (800) 884-1715 toll-free • Fax: (918) 541-2516

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

Sequoyah County

(918) 776-8000 • (800) 270-0805 toll-free • Fax: (918) 776-8112

Tulsa County – 72b McLain

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

Tulsa County – 72c Downtown

(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.fsctulsa.org

Offers legal and social services for victims of domestic violence. Assists with emergency protective orders and reports. Open Monday through Friday, 8 a.m. to 5 p.m.

Domestic Violence Intervention Services, Inc. (DVIS/Call Rape)

3124 E. Apache St. • Tulsa, OK 74110
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. Special domestic violence services for individuals age 50 and over.

Additional Location:

DVIS Sapulpa

19 N. Main St. • Sapulpa, OK 74066
(918) 508-2765

Federal Bureau of Investigation

8023 E. 63rd Pl., Ste. 400 • Tulsa, OK 74133
(918) 664-3300 • www.fbi.gov/oklahomacity

Investigates cyber crime, identity theft, fraud, civil rights violations and violent crime.

Additional Location:

Statewide Office

3301 W. Memorial Rd. • Oklahoma City, OK 73134
(405) 290-7770

Federal Trade Commission (FTC)

600 Pennsylvania Ave. NW • Washington, DC 20580
(202) 326-2222 • (877) 382-4357 toll-free
www.ftc.gov • www.identitytheft.gov

The FTC, the nation's consumer protection agency, collects complaints about companies, business practices, scams and identity theft to help law enforcement partners detect patterns of fraud and abuse, which may lead to investigations and prosecutions. The FTC cannot resolve individual complaints, but can provide information about what steps to take next. The website www.identitytheft.gov can help you report and develop a plan for recovering from identity theft.

INCOG Area Agency on Aging

Ombudsman Program
2 W. 2nd St., Ste. 800 • Tulsa, OK 74103
(918) 584-7526 • Senior Info Line: (800) 211-2116 toll-free
www.incog.org

Serves Oklahomans living in nursing homes, assisted living and residential care homes. Receives complaints from residents of long-term care facilities and residents' friends and family. Works to resolve complaints by exploring problems and recommending corrective action.

National Domestic Violence Hotline

P.O. Box 161810 • Austin, TX 78716
(800) 799-7233 toll-free • TTY: (800) 787-3224 toll-free
www.thehotline.org

The National Domestic Violence Hotline provides crisis intervention, information about domestic violence and referrals to local service providers. The hotline is free, confidential and available 24/7.

continued

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

(877) 654-8463 toll-free • TTY: (866) 847-1298 toll-free

www.vinelink.com

Victims of crime may register with the automated telephone or internet service to be notified of the release of offenders from county detention facilities, county jails and the Oklahoma Department of Corrections. For information on prisoners released on parole, see Oklahoma Pardon and Parole Board on this page.

Oklahoma Attorney General's Office

Public Safety/Victim Services

313 N.E. 21st St. • Oklahoma City, OK 73105

(405) 521-3921 • (877) 522-7233 toll-free • Fax: (405) 521-6246

Investigates and prosecutes crimes of physical abuse and neglect and handles issuance of protective and restraining orders.

Oklahoma Pardon and Parole Board

(405) 521-6600

Victims of crime may call the Oklahoma Pardon and Parole Board for information on prisoners released on parole.

Osage Nation Adult Protective Services

255 Senior Dr. • Pawhuska, OK 74056

(918) 287-5335 • (800) 460-4615 toll-free • Fax: (918) 287-5231

www.osagenation-nsn.gov

Investigates abuse and neglect claims involving Native American adults within tribal jurisdiction.

Pawnee Nation Violence Against Women Program

Ti-Hirasa Domestic Violence and Sexual Assault Healing Center

301 Maintenance Rd. • Pawnee, OK 74058

(918) 762-3873 • Crisis Line: (918) 399-3310

www.pawneenation.org

Program assists Pawnee County residents who need help with a domestic violence or sexual assault situation. Services include crisis intervention, danger assessment and safety planning, shelter services, advocacy, support and education. Assistance available for legal issues.

Safeline

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

Offered by the Oklahoma Attorney General's Office, Safeline provides information and referrals for victims of domestic violence, sexual assault, stalking or human trafficking. Translation services available.

Safenet Services

1219 W. Dupont St. • Claremore, OK 74017

(918) 341-1424 • 24-Hour Crisis Line: (918) 341-9400

(888) 372-9400 toll-free • Protective Orders: (918) 923-4962

Fax: (918) 341-1471 • 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**

118 N. Adair St. • Pryor, OK 74361

(918) 825-0190 • Protective Orders: (918) 825-0190

Tulsa County District Attorney

500 S. Denver Ave., Ste. 900 • Tulsa, OK 74103

(918) 596-4805 • Criminal Division Fax: (918) 596-4830

www.da.tulsacounty.org

Investigates and prosecutes complaints of abuse, neglect and exploitation of children and vulnerable adults.

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, 8 a.m. to 4 p.m., CST. 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 also ADULT DAY HEALTH SERVICES, page 130.

Elder Care's DayBreak Adult Day Health

1223 Swan Dr. • Bartlesville, OK 74006

(918) 336-8500 • (855) 336-8500 toll-free • Fax: (918) 336-8519

www.abouteldercare.org

Source for short-term respite care. Provides social interaction and therapeutic activities for adults with various levels of physical and cognitive abilities who may need supervised care in a safe environment. Activities designed to stimulate minds and boost self-esteem. Nutritious meals and snacks served; transportation available. Open Monday through Friday: 7:30 a.m. – 5:30 p.m.

LeadingAge Oklahoma

P.O. Box 1383 • El Reno, OK 73036

(405) 262-5262 • www.leadingageok.org

Association represents nonprofit adult day centers and long-term care communities in Oklahoma. Website offers consumer information on long-term care services and financing. See complete listing at ADVOCACY, pages 184.

**LIFE's Adult Day Health****See Our Ads On Pages 127, 131**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 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.

*Locations:***Broken Arrow**

3106 S. Juniper Ave. • Broken Arrow, OK 74012

(918) 664-9000, ext. 1500

Central Tulsa5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000, ext. 1170

North Tulsa

902 E. Pine St. • Tulsa, OK 74106

(918) 664-9000, ext. 1300

OASIS Adult Day Health Services

5100 E. Dewey Ave. • Sapulpa, OK 74066

(918) 224-0410 • Fax: (918) 224-3230 • www.oasisads.org

continued

Oklahoma Department of Human Services

Aging Services Division
50 N.E. 23rd St. • Oklahoma City, OK 73105
(405) 521-2281 • Senior Info Line: (800) 211-2116 toll-free
Fax: (405) 521-2086 • 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, page 202) or speak with your adult day services provider.

Rogers County Adult Day Center

2223 N. Hwy. 88 • Claremore, OK 74017
(918) 341-7588 • Fax: (918) 341-4055
www.rogerscountyadultdaycarecenter.org

Veterans Affairs

Jack C. Montgomery VA Medical Center
1011 Honor Heights Dr. • Muskogee, OK 74401
(918) 577-3000 • (888) 397-8387 toll-free
National Office: (800) 827-1000 toll-free
Veterans Crisis Line: (800) 273-8255, option 1 toll-free
www.muskogee.va.gov

Provides financial assistance for eligible veterans to access home and community-based services, including adult day health services. See complete listing at VETERAN SERVICES, page 225.

ADVOCACY

AARP Oklahoma

126 N. Bryant Ave. • Edmond, OK 73034
(866) 295-7277 toll-free • National: (888) 687-2277 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.abilityresources.org

See complete listing at DISABILITY SERVICES, page 191.

Alzheimer's Association See Our Ad On Page 99

Oklahoma Chapter
2448 E. 81st St., Ste. 3000 • Tulsa, OK 74137
(918) 392-5000 • 24-Hour Helpline (800) 272-3900 toll-free
TTY: (866) 403-3073 toll-free • www.alz.org/advocacy
Alzheimer's disease remains one of the most critical public health issues in America. Advocates to make Alzheimer's disease a national priority and for ongoing research.

Centenarians of Oklahoma

3510 E. 32nd St., Ste. 11 • Tulsa, OK 74135
(918) 510-0150 • www.centenariansok.com

Statewide program that recognizes the most senior of the seniors. All 100-year-olds and older are invited to receive special recognition. Group advocates to bring attention and recognition to state seniors who reach this milestone.

Dennis R. Neill Equality Center

Services and Advocacy for LGBT Elders (SAGE)
621 E. 4th St. • Tulsa, OK 74120
(918) 743-4297 • Fax: (918) 295-6885 • www.okeq.org
Local chapter of national organization for improving the lives of lesbian, gay, bisexual and transgender (LGBTQ+) adults 50 and older. Tulsa chapter offers daytime program for those who are retired or free during the day. Advocates for medical services, housing, employment, transportation and social services on behalf of Oklahoma's LGBTQ+ populations.

INCOG Area Agency on Aging

Ombudsman Program
2 W. 2nd St., Ste. 800 • Tulsa, OK 74103
(918) 584-7526 • Senior Info Line: (800) 211-2116 toll-free
www.incog.org

Advocates for the rights and care of residents in 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.

LeadingAge Oklahoma

P.O. Box 1383 • El Reno, OK 73036
(405) 262-5262 • www.leadingageok.org

Association of nonprofit aging services providers. 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. (NCOA)

251 18th St. S, Ste. 500 • Arlington, VA 22202
(571) 527-3900 • Fax: (571) 527-3901
www.ncoa.org

Offers information, training, assistance, advocacy and leadership in all aspects of aging services and issues.

*Additional Services:***NCOA Center for Benefits Outreach & Enrollment**

www.ncoa.org/centerforbenefits
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.

National Indian Council on Aging, Inc. (NICOA)

8500 Menaul Blvd. N.E. • Albuquerque, NM 87112
(505) 292-2001 • Fax: (505) 292-1922 • www.nicoa.org

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

Oklahoma Healthy Aging Initiative (OHAI)

2417 E. 53rd St., Ste. B • Tulsa, OK 74105 • (918) 779-7367
(855) 227-5928 toll-free • www.ouhsc.edu/ohai

Dedicated to enhancing health and quality of life for older Oklahomans. Uses a three-pronged approach: increase access to and quality of geriatric healthcare, provide excellence in health education for health professionals, older adults, caregivers and the community at large and advocate in order to optimize health and aging policy.

Oklahoma Silver Haired Legislature (OSHL)

Oklahoma Department of Human Services (DHS)
50 N.E. 23rd St. • Oklahoma City, OK 73105
(405) 522-3069

Represents and advocates for the needs of older Oklahomans at the state capitol and sponsors up to five bills each legislative session.

ALCOHOL and SUBSTANCE ABUSE

See also MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, pages 168 and 212.

Al-Anon Intergroup Service Office

4867 S. Sheridan Rd., Ste. 705 • Tulsa, OK 74145
(918) 627-9114 • Fax: (918) 627-9114 • www.tulsaiso.org
Assists friends and families of alcoholics, and helps people locate meetings in northeast Oklahoma.

Alcoholics Anonymous

4833 S. Sheridan Rd., Ste. 410 • Tulsa, OK 74145

24-Hour Hotline: (918) 627-2224 • www.aaneok.org

Representatives will answer questions, provide information about Alcoholics Anonymous and arrange a personal contact within the group. Check website or call for times and locations of meetings.

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

Offers outpatient counseling services for mental health and substance abuse issues. Services include crisis support, assessment, medication management, individual and group therapy and housing. Services are designed to build better lives.

Additional Location:

401 E. Broadway Ct., Ste. E • Sand Springs, OK 74063

(918) 245-5565 • Fax: (918) 245-5564

Narcotics Anonymous

P.O. Box 1647 • Owasso, OK 74055

(918) 747-0017 • (888) 749-0017 toll-free • www.na.org • www.okna.org

Offers information and referral services in English and Spanish to help individuals recover from addiction and find meetings and activities in eastern Oklahoma.

Substance Abuse and Mental Health Services Administration (SAMHSA)

5600 Fishers Lane • Rockville, MD 20857

(800) 662-4357 toll-free • (877) 726-4727 toll-free

TTY: (800) 487-4889 toll-free • www.samhsa.gov

Agency within U.S. Department of Health and Human Services leading mental health efforts. Website offers a number of publications for health professionals and older adults on the misuse of alcohol and other substances.

ALZHEIMER'S DISEASE and DEMENTIA SUPPORT

Alzheimer's Association See Our Ad On Page 99

Oklahoma Chapter

2448 E. 81st St., Ste. 3000 • Tulsa, OK 74137

(918) 392-5000 • 24-Hour Helpline: (800) 272-3900 toll-free

TTY: (866) 403-3073 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.

*Additional Location:***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 Disease Education and Referral Center (ADEAR)

National Institute on Aging

31 Center Dr., Msc. 2292 • Bldg. 31, Rm 5C27 • Bethesda, MD 20892

(800) 438-4380 toll-free • www.nia.nih.gov/alzheimers

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

LENZYHOUSE: Faith-Based Approach to Alzheimer's & Dementia

P.O. Box 1234 • Jenks, OK 74037

(918) 510-6062 • www.lenzyhouse.org

Services include faith-based approach to community education, classroom training, support groups and consultations. Also offers resources to healthcare providers, facilities, those diagnosed with Alzheimer's or related dementia and their families.

Lewy Body Dementia Association

912 Killian Hill Rd. SW • Lilburn, GA 30047

(404) 935-6444 • Caregiver Helpline: (800) 539-9767 toll-free

Fax: (480) 422-5434 • www.lbda.org

Provides information and support for individuals affected by Lewy body dementia.

CAREGIVER RESPITE

See also ADULT DAY HEALTH SERVICES, page 130; ASSISTED LIVING FACILITIES, page 88; HOME HEALTH AGENCIES, page 132; and HOME HEALTH SERVICES, page 199.

ARCH National Respite Network and Resource Center

800 Eastowne Dr., Ste. 105 • Chapel Hill, NC 27514

(703) 256-2084 • www.archrespitene.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 HealthSee Our Ads On Pages 127, 1315950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000, ext. 1170 • (866) 664-9009 toll-free • Fax: (918) 665-0830

www.LIFEseniorservices.org

LIFE's Adult Day Health offers respite for family caregivers of adults who have cognitive or physical impairments, or who are socially isolated, enabling the caregiver to work or take a break without worry. Three locations in Tulsa and Broken Arrow. Financial assistance may be available. Early, late and limited Saturday hours. See complete listings at ADULT DAY HEALTH SERVICES, pages 130, 183.

Oklahoma Respite Waiver Program

Area Agency on Aging Senior Info Line: (800) 211-2116 toll-free

Oxford HealthCare: (918) 258-1111 • (800) 316-2222 toll-free

Fax: (918) 258-1114 • www.oxford-healthcare.com

Family caregivers taking care of people age 60 or older – and grandparents raising grandchildren – may be eligible for assistance in arranging respite care. Respite is basically a caregiver break where someone else looks after the loved one while the caregiver works, runs errands, catches up on household upkeep or has a moment to rest. The respite may come in the form of placement in an adult day health center, hiring a personal care home health aide to come into the home and help the loved one with activities of daily living or a voucher that reimburses the caregiver for all or part of their expenses of hiring someone of their own choice to watch their loved one.

In Oklahoma, the respite waiver program typically involves an assessment by the local Area Agency on Aging: (800) 211-2116 toll-free. See the entire list of agencies and the counties they cover on page 201. For Creek, Osage, Rogers,

continued

Tulsa and Wagoner counties the Indian Nations Council of Governments (INCOG) initiates requests and can be reached at (918) 584-7526.

CAREGIVER SUPPORT

AARP Caregiver Support

(877) 333-5885 toll-free

Practical tips, real world support and access to resources.

Alzheimer's Association **See Our Ad On Page 99**

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 185.

Caregiver Action Network (CAN)

1150 Connecticut Ave. NW, Ste. 501 • Washington, DC 20036

(202) 454-3970 • Caregiver Help Desk: (855) 227-3640 toll-free

www.caregiveraction.org

Offers information and resources for caregivers and helps families locate caregiver support and services throughout the nation. Offers education, peer support and resources to family caregivers across the country, free of charge.

Family Caregiver Alliance/National Center on Caregiving

101 Montgomery St., Ste. 2150 • San Francisco, CA 94104

(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. Advocates for programs and policies benefiting caregivers and offers free caregiver fact sheets, newsletters, a variety of publications and online support.

LENZYHOUSE: Faith-Based Approach to Alzheimer's and Dementia

P.O. Box 1234 • Jenks, OK 74037

(918) 510-6062 • www.lenzylhouse.org

Faith-based Alzheimer's disease and dementia support groups for caregivers. Individualized education and consultations offered.



LIFE's Caregiver Support Services **See Our Ads On Pages 159**

5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000, ext. 1184 • (866) 664-9009 toll-free

Fax: (918) 664-9922 • www.LIFEseniorservices.org

Offers support and services to family caregivers and working caregivers, including information, referrals, assistance, options counseling, adult day health/respite care, caregiver education and support groups.

Morton Comprehensive Health Services

1334 N. Lansing Ave. • Tulsa, OK 74106

(918) 295-6154 • Fax: (918) 587-4534

Provides a number of support services to assist family caregivers, including support groups, caregiver education and assistance in identifying community resources. Health services for primary care needs as well as specialized care for diseases such as diabetes available to keep caregivers and their charges in optimum health. Many services available free, at reduced cost or a sliding fee basis, depending on need and availability of health insurance.

National Alliance for Caregiving

1730 Rhode Island Ave. NW, Ste. 812 • Washington, DC, 20036

(202) 918-1013 • Fax: (202) 918-1014 • 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.

Oklahoma Healthy Aging Initiative (OHAI)

2417 E. 53rd St., Ste. B • Tulsa, OK 74105 • (918) 779-7367

(855) 227-5928 toll-free • www.ouhsc.edu/ohai

Dedicated to enhancing health and quality of life for older Oklahomans. Uses a three-pronged approach: increase access to and quality of geriatric healthcare, provide excellence in health education for health professionals, older adults/caregivers and the community at large and advocate in order to optimize health and aging policy.

Osage Nation Senior Service Program

627 Grandview Ave. • Pawhuska, OK 74056

(918) 287-5452 • <http://nrcnaa.org>

Offers a variety of services for Osage elders including caregiver support, case management, senior center programming, senior nutrition and elder abuse prevention.

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.

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.

Well Spouse Association

63 W. Main St., Ste. H • Freehold, NJ 07728

(732) 577-8899 • (800) 838-0879 toll-free

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.abilityresources.org

Offers case management services through the ADvantage program for seniors and people with physical disabilities and DDSD programs for people with developmental disabilities. See complete listing at DISABILITY SERVICES, page 191.

Aging Life Care Association

Formerly National Association of Professional Geriatric Care Management

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

(520) 881-8008 • Fax: (520) 325-7925 • www.aginglifecare.org

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



LIFE's Independent Case Management

What Can LIFE's Independent Case Managers Help You With?

- 1. Provide resources and referrals in your community such as food pantries, help with eyeglasses and dental work, transportation and more.**
- 2. Help determine if you are eligible to receive assistance through the ADvantage Program or LIFE PACE.**
- 3. Discuss your mental health concerns, and if needed, make referrals for behavioral health counseling.**
- 4. Make referrals for home health services including delivered meals.**
- 5. Provide information about LIFE's Medicare Assistance Program.**
- 6. Provide information about LIFE's Tax Assistance Program.**
- 7. Problem solve with you about any issues you may be experiencing and provide advocacy as needed.**



To visit with an Independent Case Manager call LIFE's SeniorLine at (918) 664-9000.

Counseling and Recovery Services of Oklahoma (CRS)

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, pages 168, 212.

Additional Location:

401 E. Broadway Ct., Ste. E • 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.acl.gov

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

Entrusted Hearts Case Management

3800 N. May Ave. • Oklahoma City, OK 73112
 (405) 516-4888 • (866) 887-2872 toll-free
 www.entrustedhearts.org

Provides independent case management services throughout Oklahoma.

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 Case Management** See Our Ads On Page 187

LIFE Senior Services • 5950 E. 31st St. • Tulsa, OK 74135
 (918) 664-9000, ext. 1184 • www.LIFEseniorservices.org
 LIFE's Case Management Services help at-risk seniors and adults with disabilities remain safely at home, delaying or avoiding altogether the need for nursing home care. Case management professionals work with the individual and their family to identify areas of need; create and coordinate a personalized plan that matches the person's needs with in-home and community-based care and resources to help them remain safe, healthy, independent and surrounded by the comforts of home. Includes services and support for family caregivers. LIFE provides two types of case management services:

LIFE's ADvantage Case Management

(918) 664-9000, ext. 1228 • (918) 664-9009 toll-free
 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 *ADvantage Program 101*, 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 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 Independent Case Management

(918) 664-9000, ext. 1184 • (918) 664-9009 toll-free
 LIFE's independent case managers help the individual and family navigate the maze of in-home and community-based services and obtain the help they need. The case manager coordinates services and provides ongoing assessments to ensure that care recipients have the support needed to remain independent and safe at home. For long-distance caregivers, the case manager can be the "go-to person" locally to address new issues as they arise. The goal is to support independence, dignity and quality of life. Serves Tulsa area. Fee-based service.

OU Nursing

Care Management
 1100 Stonewall Ave. • Oklahoma City, OK 73117
 (866) 416-4980 toll-free • www.oucaremanagement.com
 Provides professional in-home assessment, care coordination, care management and support services. Private fee-based service. Offered statewide.

TenderCare Private Services

206 N. 12th St. • Hugo, OK 74743
 (580) 326-9180 • (888) 926-9180 toll-free
 Fax: (580) 317-9144 • www.tendercareprivateservices.com

TenderCare Private Services offers care in your home under Medicaid's ADvantage Program. TenderCare's Tulsa-area case managers assess your personal needs and goals. Then they work with a team to plan and oversee your care. If you are eligible for Medicaid and need a nursing home level of care but want to stay in your own home, contact TenderCare for more information.

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, housing and finding emergency shelter. Free nursing clinic onsite.

CONSUMER INFORMATION

Better Business Bureau of Tulsa, Inc.

4937 S. 78th E. Ave. • Tulsa, OK 74145
 24-Hour Hotline: (918) 492-1266 • Fax: (918) 492-1276
 www.bbb.org/tulsa

Provides 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.

Department of Consumer Credit Tulsa Office

440 S. Houston Ave., Ste. 320 • Tulsa, OK 74127
 (918) 581-2771 • Consumer Hotline: (800) 448-4904 toll-free
 Governed by the Oklahoma Commission on Consumer Credit, this office provides information to consumers about licensing and regulations within the state.

DMA Choice

Data and Marketing Association (DMA)
 P.O. Box 900 • Cos Cob, CT 06807 • www.dmachoice.org

continued

Allows you to opt out of receiving unsolicited commercial mail and email from nearly 3,600 companies nationwide for 10 years. To register, go to the website or mail your request with a \$3 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 • TTY: (866) 290-4236 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.

Oklahoma Attorney General's Office

Consumer Protection Unit

313 N.E. 21st St. • Oklahoma City, OK 73105

(405) 521-2029 • www.ok.gov/oag

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

Additional Location:

15 W. 6th St. • Tulsa, OK 74119

(918) 581-2885

Oklahoma Corporation Commission

440 S. Houston Ave., Ste. 114 • Tulsa, OK 74127

Mail: P.O. Box 52000 • Oklahoma City, OK 73152

(918) 581-2296 • (800) 522-8154 toll-free • www.occ.state.ok.us

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

Oklahoma Insurance Department

Consumer Assistance/Claims Division

(405) 521-2991 • (800) 522-0071 toll-free • www.ok.gov/oid

Contact to file an insurance grievance. Complaint form may be downloaded from the website or mailed on request.

Oklahoma Insurance Department

Medicare Assistance Program (MAP)

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

Locations:

Northeastern Oklahoma See Our Ads On Page 210

Medicare Assistance Program at LIFE Senior Services

5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000, ext. 1189 • (866) 664-9009 toll-free

www.LIFEseniorservices.org

Statewide

400 N.E. 50th St. • Oklahoma City, OK 73105

(800) 763-2828 toll-free • www.ok.gov/oid

Tulsa

7645 E. 63rd St., Ste. 102 • Tulsa, OK 74133

(918) 295-3700 • Fax: (918) 994-7916

Tulsa Crime Stoppers

4107 S. Yale Ave., Ste. 142 • Tulsa, OK 74135

(918) 585-5209 • Fax: (918) 585-1015 • www.okcpn.org

Offers programs to teach 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.

CRISIS INTERVENTION

See also ABUSE INFORMATION and REPORTING, page 182; and MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, pages 168, 212.

2-1-1 Helpline

Dial 211 • Text "211OK" to 898-211 • (877) 836-2111 toll-free

www.211oklahoma.org • www.csctulsa.org

Offers 24-hour crisis intervention, social service information and referrals for all of Oklahoma.

Adult Protective Services (APS)

Oklahoma Department of Human Services

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

(405) 522-6239 • www.okdhs.org

See complete listing at ABUSE INFORMATION and REPORTING, page 182.

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.fsctulsa.org

See complete listing at ABUSE INFORMATION and REPORTING, page 182.

COPES Mobile Unit at Family & Children's Services

(918) 921-3200 • 24-Hour Crisis Line: (918) 744-4800

www.fcsok.org

See complete listing at MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, pages 168, 212.

Counseling and Recovery Services of Oklahoma (CRS)

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, pages 168, 212

Additional Location:

401 E. Broadway Ct., Ste. E • Sand Springs, OK 74063

(918) 245-5565 • Fax: (918) 245-5564

Creoks Behavioral Health

4103 S. Yale Ave., Ste. B • Tulsa, OK 74135

(918) 382-7300 • 24-Hour Crisis Line: (918) 216-4999

(877) 327-3657 toll-free • www.creoks.org

Provides behavioral health services to individuals and families in 39 counties and 300 communities in eastern Oklahoma.

Program has more than 20 clinics and offers access to 24-hour emergency crisis intervention. See complete listing at MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, pages 168, 212

Domestic Violence Intervention Services, Inc. (DVIS/Call Rape)

3124 E. Apache St. • Tulsa, OK 74110

24-Hour Crisis Line: (918) 743-5763 • www.dvis.org

continued

See complete listing at ABUSE INFORMATION and REPORTING, page 182.

National Suicide Prevention Lifeline and Veterans Crisis Line

24-Hour Hotline: (800) 273-8255 toll-free, press 1
TTY: (800) 799-4889 toll-free
Hard of hearing veterans can text 838255
www.suicidepreventionlifeline.org
Call for yourself or someone you care about.

Oklahoma Department of Mental Health and Substance Abuse Services

Tulsa Center for Behavioral Health
2323 S. Harvard Ave. • Tulsa, OK 74114
24-Hour Crisis Line: (918) 293-2100 • Fax: (918) 712-7164
www.odmhsas.org
See complete listing at MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, page 168.

Osage Nation Family Violence Prevention Department

126 E. 6th St. • Pawhuska, OK 74056
(918) 287-5422 • 24-Hour Crisis Line: (866) 897-4747 toll-free
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

1239 S. Trenton Ave. • Tulsa, OK 74120
(918) 588-8888 • 24-Hour Crisis Line: (877) 522-1959 toll-free
TTY: (918) 588-8802 • Fax: (918) 588-8859 • www.parksideinc.org
See complete listing at MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, page 168.

Safeline

24-Hour Help Line: (800) 522-7233 toll-free
See complete listing at ABUSE INFORMATION and REPORTING, page 182.

Veterans Affairs

Behavioral Medicine Clinic
10159 E. 11th St., Ste. 100 • Tulsa, OK 74128
(918) 610-2000 • Crisis Line: (800) 273-8255, option 1 toll-free
(866) 398-5033 toll-free • Fax: (918) 835-5760
www.mentalhealth.va.gov
See complete listing at VETERAN SERVICES, page 225.

DEATH BENEFITS and INFORMATION

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 requesting 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 certificates online or by phone, visit www.vitalcheck.com or call (877) 817-7364 toll-free.

Osage Nation Burial Assistance Program

Constituent Services
627 Grandview • Pawhuska, OK 74056
(918) 287-5662 • (800) 320-8742 toll-free • Fax: (918) 287-5221
www.osagenation-nsn.gov
Responsible party must complete an application within 60 days of death to receive up to \$5,000 for burial funeral expenses. 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 \$255 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 217.

Tulsa County Social Services

2401 Charles Page Blvd. • Tulsa, OK 74127
(918) 596-5560 • TTY: (918) 596-8707
Fax: (918) 596-5568 • www.tulsacounty.org
Burial/cremation information available. Restricted services provided. Must have died in Tulsa County and meet financial guidelines.

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.

DENTAL CARE

Broken Arrow Neighbors

315 W. College St. • Broken Arrow, OK 74012
(918) 251-7781 • Fax: (918) 251-9108
www.baneighbors.org/dental-clinic
Limited dental services available by appointment only to Broken Arrow residents. The Dental Clinic currently maintains a waiting list of people seeking dental care. Visit website or call for details. See complete listing at URGENT and BASIC NEEDS, page 222.

Catholic Charities

Blessed Mother Teresa Dental Care Center
2450 N. Harvard Ave. • Tulsa, OK 74115
(918) 508-7191 • www.cceok.org
Extractions, fillings and restorative care by volunteer dental professionals. Charges a nominal fee for services. Call for details and appointments.

Christian Medical Clinic of Grand Lake

501 E. 13th St. • Grove, OK 74344
(918) 787-5191
Offers monthly dental services - primarily extractions - to residents of Delaware County who don't have dental insurance. Call for details and service availability.

Community Health Connection

Kendall Whittier Office - Dental Services
2321 E. 3rd St. • Tulsa, OK 74104
(918) 710-4480 • www.communityhealthconnection.org

continued

Primary care clinic providing medical and dental care. Walk-ins accepted. See complete listing at MEDICAL SERVICES, page 206.

D-Dent

3000 United Founders Blvd., Ste. 122 • Oklahoma City, OK 73112
(405) 424-8092 • (800) 522-9510 toll-free • www.d-dentok.org

Offers free dental care for people age 60 or over, people with developmental disabilities and veterans. Preventive dental education program. Must meet financial guidelines. Services provided by volunteer dental professionals statewide.

Eastern Oklahoma Donated Dental Services

9810 E. 42nd St., Ste. 210 • Tulsa, OK 74146

(918) 742-5544 • Fax: (918) 515-3131 • 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.

Green Country Free Dental Clinic

321 S.E. Delaware Ave. • Bartlesville, OK 74003

(918) 338-0198

Offers free dental care for low-income and uninsured people. Call for details and appointments.

Indian Health Care Resource Center

550 S. Peoria Ave. • Tulsa, OK 74120 • (918) 588-1900

Dental: (918) 382-1257 • 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 cost. See complete listing at MEDICAL SERVICES, page 206.

Koweta Indian Health Center

Dental Care

31870 E. State Hwy. 51 • Coweta, OK 74429

(918) 279-3200 • Appointments: (918) 279-3431

Fax: (918) 279-1101 • 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) 587-4534 • www.mortonhealth.com

Offers general dental care. Emergency services for pain and infection available. Dental services available at main, midtown and Nowata offices. Morton Health Services patients given preference. Joint Commission accredited. Walk-in appointments available Monday through Saturday. Sliding fee scale. See complete listing at MEDICAL SERVICES, page 206.

Additional Locations:

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.

Dental Clinic

505 E. 36th St. N • Tulsa, OK 74106

(918) 425-5578 • Fax: (918) 425-6935 • www.neighborforneighbor.org

Dental clinic offers limited services to adults who are unable to afford dental care. Services may include cleaning, fillings, restorative care and emergency extractions. Appointment required. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 222.

Okmulgee Indian Health Center

Dental Clinic

1313 E. 20th St. • Okmulgee, OK 74447

(918) 591-5721 • Fax: (918) 748-1944

Basic dental care, cleaning and denture program. Most patients seen by appointment, but urgent walk-in care is available.

Porter-Arkansas Verdigris Valley Health Center

505 S. Main • Porter, OK 74454

(918) 483-0111 • www.porterhealthclinic.com

Offers exams, cleanings, extractions and fillings on a sliding fee scale. Insurance and SoonerCare accepted. Call for appointment, eligibility and fees.

Sapulpa Indian Health Center

Dental Clinic

1125 E. Cleveland Ave. • Sapulpa, OK 74066

(918) 224-9310 • Fax: (918) 224-9008 • www.creekhealth.org

Offers dental services, including oral checkups, 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. See complete listing at MEDICAL SERVICES, page 206.

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 low cost. Services performed by TCC dental hygiene students, closely supervised by a dental hygiene professional. September through April only.

Tulsa VA Dental Clinic

5110 S. Yale Ave., Ste. 200 • Tulsa, OK 74135

(918) 628-2574 • Fax: (918) 488-8870

Provides dental services to veterans who meet eligibility guidelines.

Additional Location:

Jack Montgomery VA Center in Muskogee

1011 Honor Heights Dr. • Muskogee, OK 74401

(888) 397-8387, ext. 2574 toll-free

University of Oklahoma Dental Hygiene Clinic

Tri-County Technology Center

6101 Nowata Rd. • Bartlesville, OK 74006

(918) 331-3218 • www.tricountytech.edu

Low-cost preventive dental services performed by dental hygiene students.

DISABILITY SERVICES

See also HEARING and SPEECH SERVICES, page 198; MEDICAL EQUIPMENT and ASSISTIVE TECHNOLOGY, page 205; VISION SERVICES, page 226; and VEHICLE ADAPTIVE DEVICES, page 165.

Ability Resources

823 S. Detroit Ave., Ste. 110 • Tulsa, OK 74120
(918) 592-1235 • (800) 722-0886 toll-free • Fax: (918) 592-5651
www.abilityresources.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 • Voice/TTY: (800) 257-1705 toll-free
Fax: (405) 744-2487 • www.okabletech.org

See complete listing at MEDICAL EQUIPMENT and ASSISTIVE TECHNOLOGY, page 205.

Communication Service for the Deaf, Inc. (CSD)

www.csd.org
See complete listing at HEARING and SPEECH SERVICES, page 198.

Disabled American Veterans

3131 E. Pine St. • Tulsa, OK 74110
(918) 834-4643 • Fax: (918) 834-5048 • www.okdav.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.

NewView Oklahoma

Tulsa Center for Low Vision and Blindness
5350 E. 31st St., Ste. 302 • Tulsa, OK 74135
(918) 779-7772 • (855) 811-9699 toll-free • Fax: (918) 779-7794
www.nvowoklahoma.org

Offers occupational therapy services to assist in providing optimal care to low-vision patients. Retail store for low vision and blindness products.

Office of Disability Concerns

Client Assistance Program
1111 N. Lee Ave., Ste. 500 • Oklahoma City, OK 73103
(405) 521-3756 • (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. Provides assistance with the Vocational Rehabilitation Program appeals process and problem resolution.

Oklahoma Department of Public Safety

Physical Disability Parking Permit
3600 N. Martin Luther King Jr. Ave. • Oklahoma City, OK 73111
(405) 425-2424 • 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 – Disability Parking Permits
P.O. Box 11415 • Oklahoma City, OK 73136

Oklahoma Department of Rehabilitation Services

Vocational Rehabilitation and Visual Services
444 S. Houston Ave., Ste. 200 • Tulsa, OK 74127
(918) 581-2301 • Fax: (918) 583-9210 • 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 available. Serving people age 16 or older. Some financial guidelines may apply.

*Additional Services:***Deaf and Hard of Hearing**

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

Visual Services

907 S. Detroit Ave., Ste. 500 • Tulsa, OK 74120
(918) 551-4900 • Fax: (918) 551-4936

Oklahoma Disability Law Center

5555 E. 71st St., Ste. 9100 • Tulsa, OK 74136
Voice/TTY: (918) 743-6220 • Voice/TTY: (800) 880-7755 toll-free
Fax: (918) 743-7157 • www.okdlc.org
See complete listing at LEGAL SERVICES, page 203.

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 • Fax: (405) 521-4582 • www.olbph.org
Free services for people who are visually impaired, have a learning disability or a physical limitation. Necessary equipment provided to enjoy books and magazines on digital cartridge or in Braille. Materials are also available for download. Offers access to more than 250 newspapers, the Oklahoma Telephone Reader and the National Federation of the Blind's Newline service. Dial-in services for audio reading of newspapers and magazines also available. Free postage through the U.S. Postal Service.

Relay Oklahoma

Customer Service/Voice/TTY: (800) 676-3777 toll-free
www.oklahomarelay.com

Telephone service for people who are deaf, hard-of-hearing and/or speech impaired. There is no cost for the service. Can be used by anyone who has trouble hearing or speaking on the telephone. An operator will type the message and/or speak the message, depending on the needs of the caller.

Social Security Administration

Disability Benefits
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 217.

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

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

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

Tulsa City-County Library Homebound Services

2901 S. Harvard Ave. • Tulsa, OK 74114
(918) 549-7480 • www.tulsalibrary.org /services/homebound

Persons 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. Bookmobile visits available to some retirement and senior living centers. Check with library for list.

DRIVING ASSESSMENTS and RESOURCES

AAA Oklahoma

Main Office
2121 E. 15th St. • Tulsa, OK 74104
(918) 748-1000 • www.AAA.com

Call or visit the website for additional locations.

Additional Services:

AAA CarFit

(918) 748-1074

CarFit is an educational program with trained technicians and occupational therapists to help older drivers with a 12-point check for adjusting their vehicles' mirrors, seats, steering wheel, seatbelts and more for proper "fit" and optimal safety. Also provides information and materials on community-specific resources that could improve driver safety and/or mobility in the community.

AAA Driver Improvement/Defensive Driving

(877) 457-0711 toll-free • www.AAA.com/driverservices
Classroom-based driving course helping to improve driving skills. Completion may entitle participants to a reduction in auto insurance premiums.

AAA RoadWise Driver Online Program

www.AAA.com/RWDO
RoadWise is a senior-focused online program that addresses the top five causes of auto accidents for seniors and provides useful tips, proven methods and practical knowledge to use while driving. Completion may entitle participants to a reduction in auto insurance premiums.

AARP Driver Safety Program

(800) 350-7025 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.

Oklahoma Department of Public Safety

Medical Desk
3600 N. Martin Luther King Ave. • Oklahoma City, OK 73111
Mail: P.O. Box 11415 • Oklahoma City, OK 73136
(405) 425-2078 • www.dps.state.ok.us

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 re-testing 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
Fax: (918) 622-4776 • 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 of Tulsa
4823 S. Sheridan Rd., Ste. 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. Open Monday through Friday, 8 a.m. to 4 p.m.

AARP Job Board

<https://jobs.aarp.org/v#index>
Job search tool that focuses on experienced workers. Helps older adults look for jobs simply, efficiently and effectively. Look for the AARP Employer Pledge Program (EPP) badge on search results indicating an employer who is committed to an age-diverse workforce on search results.

Bridges Foundation

1345 N. Lewis Ave. • Tulsa, OK 74110
(918) 592-3333 • Fax: (918) 592-3343 • www.thebridgesfound.org
Serves adults with developmental disabilities. Offers employment assistance programs, including the Outsource Center, community work groups and individual placement. Also offers a living skills program with ongoing education in reading, math, social skills and living skills.

Additional Location:

1813 N. Ash St. • Jenks, OK 74037
(918) 299-2656 • Fax: (918) 299-2146

Crossroads Clubhouse

Southminster Church • 3500 S. Peoria Ave. • Tulsa, OK 74105
(918) 749-2141 • Fax: (918) 749-2150 • www.crossroadsok.org
Offers a three-tier employment program designed to integrate interested members back into meaningful and gainful employment. Must have an Apex I mental health diagnosis to become a member. Ages 18 and up. See complete listing at MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, page 212.

Goodwill Industries of Tulsa

TulsaWORKS Career Academy
2800 Southwest Blvd. • Tulsa, OK 74107
(918) 581-1256 • www.tulsaworks.org

Helps participants move upward by providing engaging career training programs, continuing education seminars and certification in demand-driven career fields.

Additional Services:

Goodwill Job Connection
2800 Southwest Blvd. • Tulsa, OK 74107 • (918) 599-0067
1665 S. Yale Ave. • Tulsa, OK 74112 • (918) 747-1334

Services designed for job seekers available on a walk-in basis without charge. Options include interest and skills assessment, coaching in internet job searches and online application completion, resume development assistance, interview skills preparation, job leads and job fairs.

Grand Gateway Area Agency on Aging

Senior Community Service Employment Program
333 S. Oak St. • Big Cabin, OK 74332 • (918) 783-5793, ext. 231
(800) 482-4594 toll-free • Fax: (918) 783-5786
www.grandgateway.org

Provides part-time paid training opportunities for unemployed low-income persons 55 or older. Serves Osage, Rogers, Tulsa and Washington counties.

National Indian Council on Aging (NICOA)

Senior Community Service Employment Program
8500 Menaul Blvd. N.E. • Albuquerque, NM 87112
(505) 292-2001 • Fax: (505) 292-1922

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.

Oklahoma Department of Rehabilitation Services

Vocational Rehabilitation Services
444 S. Houston Ave., Ste. 200 • Tulsa, OK 74127
(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 191.

Retirement Jobs

www.retirementjobs.com

Free national job search website especially for adults age 50+. Some employers become certified as age friendly, pledging that they see the value of maintaining an age friendly workplace and going out of their way to attract mature workers.

Senior Job Bank

www.seniorjobbank.org

Online resource that provides free job information and resources for members.

Workforce Oklahoma

<http://www.workforcetulsa.com/>

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

Locations:

Sapulpa American Job Center
1700 S. Main St. • Sapulpa, OK 74066 • (918) 224-9430

Tulsa American Job Center
201 W. 5th St., Ste. 200 • Tulsa, OK 74103 • (918) 796-1200

FINANCIAL INFORMATION and REFERRAL

See also **URGENT** and **BASIC NEEDS**, page 222.

GreenPath Financial Wellness

Formerly Consumer Credit Counseling Service
(800) 550-1961 toll-free • www.greenpath.com

Nonprofit organization offering free credit and debt counseling to ease financial stress, address financial concerns and develop plans for financially healthy life. No appointment necessary for telephone consult. Call toll-free number to schedule in-person appointment at Oklahoma City location. Personal information is kept confidential, and GreenPath only reaches out to creditors with permission.

Additional Location:

GreenPath Financial Wellness • (800) 550-1961 toll-free
4045 N.W. 64th St., Ste. 430 • Oklahoma City, OK 73116

National Active and Retired Federal Employees Association (NARFE)

(703) 838-7760 • (800) 456-8410 toll-free • Fax: (703) 838-7785
www.narfe.org

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

Oklahoma Department of Human Services (OKDHS)

Aging Services Division
50 N.E. 23rd St. • Oklahoma City, OK 73105
(405) 521-2281 • Senior Info Line: (800) 211-2116 toll-free
www.okdhs.org

Provides financial assistance and funding for Adult Day Health services, the ADvantage Program and the ADvantage Medicaid Waiver Program. See complete listing under **INFORMATION ASSISTANCE** and **REFERRAL**, page 201.

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 217.

U.S. Department of Housing and Urban Development

Reverse Mortgage Counseling
(800) 569-4287 toll-free

To be eligible for a federally insured Home Equity Conversion Mortgage (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).

Veterans Affairs

(800) 827-1000 toll-free • www.va.gov

See complete listing at **VETERAN SERVICES**, page 225.

Volunteers of America Oklahoma

9605 E. 61st St. • Tulsa, OK 74133
(918) 307-1500 • www.voak.org

Adults receiving Social Security, SSI or SSDI who need assistance managing funds may call payee services. Benefit managers will assist individuals or a caregiver in establishing

continued

a budget to ensure funds are protected from mismanagement or possible financial exploitation. VOA is a Social Security Administration-approved organization representative payee.

Additional Location:

Muskogee

3536 Chandler Rd. • Muskogee, OK 74003
(918) 683-1578

GERIATRIC SPECIALISTS and ASSESSMENT

Evaluation and treatment of age-related physical, mental, cognitive and emotional disorders. Services include 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. Offers consultations and educational presentations.

Elder Care of Washington County

1223 Swan Dr. • Bartlesville, OK 74006

(918) 214-8081 • Fax: (918) 333-0734

www.abouteldercare.org

Physician:

Jerry B. Jarrell, MD – Geriatrics

Elite Medical Clinic

3336 E. 32nd St., Ste. 200 • Tulsa, OK 74135

(918) 742-4900 • Fax: (918) 742-4901

www.elitemedicalclinic.com

Physicians:

Pallavi Agarwal, MD – Internal Medicine
Vishal Aggarwal, MD – Geriatrics

Family Medical Services

3316 E. 21st St., Ste. A • Tulsa, OK 74114

(918) 749-3533 • Fax: (918) 749-9789

Physician:

Terence E. Grewe, DO – Geriatrics

Geriatric Center of Tulsa

2025 E. 71st St. • Tulsa, OK 74136

(918) 561-6642 • Fax: (918) 561-6647

Physician:

Chandini Sharma, MD – Geriatrics

Harvard Family Physicians

7912 E. 31st Ct., Ste. 220 • Tulsa, OK 74145

(918) 743-8200 • Fax: (918) 749-8207

Physician:

Michael Foster, MD – Geriatrics

Laureate Senior Behavioral Health

6655 S. Yale Ave. • Tulsa, OK 74136

Inpatient Admissions: (918) 502-5000

Outpatient Appointments: (918) 491-3700

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 – Psychiatry
Heather Hall, MD – Psychiatry
Thomas Luiskutty, MD – Internal Medicine
Jimmie McAdams, DO – Psychiatry
Jacob O'Meilie, MD – Psychiatry

OU Physicians

The University of Oklahoma - Tulsa

4444 E. 41st St. • Tulsa, OK 74135

(918) 619-4400 • Fax: (918) 619-4152

www.ou.edu/tulsa/ou_physicians

Serving older adults with complex medical and social needs. Geriatric assessment and cognitive dementia testing for people age 60 or older. Also available to adults who have disabilities and are under age 60. See complete listing at MEDICAL SERVICES, page 206.

Physician:

John Carment, MD – Internal Medicine and Geriatrics
Brent Beasley, MD – Internal Medicine and Geriatrics

St. John Clinic Broken Arrow

800 W. Boise Cir., Ste. 160 • Broken Arrow, OK 74012

(918) 994-9160 • Fax: (918) 403-6306

Physicians:

Robert G. Niebergall, MD – Internal Medicine
Michael Vu, MD – Family Medicine

Tulsa Clinical Research

1705 E. 19th St., Ste. 408 • Tulsa, OK 74104

(918) 743-2349 • Fax: (918) 743-3081

www.tulsaclinicalresearch.com

Offers free memory screenings during regular office hours. Call for office hours, additional information and to schedule a memory screening. No health insurance is necessary. Results discussed immediately following the screening.

Physician:

Ralph W. Richter, MD – Geriatrics

Warren Clinic See Our Ad On Page 7

6160 S. Yale Ave. • Tulsa, OK 74136

(918) 497-3650 • Fax: (918) 497-3651

Physician:

Insung Kim, MD, FACP – Geriatrics

GRANDPARENTS RAISING GRANDCHILDREN

Child Care Resource Center

16 E. 16th St., Ste. 202 • Tulsa, OK 74119

(918) 834-2273 • Fax: (918) 585-3285 • www.csctulsa.org/ccrc

Offers assistance finding quality child care, referral services, training classes and additional resources for those caring for children.

Legal Aid Services of Oklahoma

(888) 534-5243 toll-free • www.legalaidok.org

Provides help, answers and assistance for civil legal questions, including guardianship paperwork and the forms required to be filed with the courts. Network of providers includes 18 legal offices throughout the state, but requests must start with a phone call to the number listed. Calls taken Monday through Thursday, 8:30 a.m. and 4 p.m. See complete listing under LEGAL SERVICES, page 203.

continued

OK-SPLASH (Oklahoma 60+ Legal Aid Services)

(855) 488-6814 toll-free • www.legalaidok.org/senior-legal-help
Cooperative program between Legal Aid Services of Oklahoma and Area Agencies on Aging to provide free legal advice and counseling enabling seniors 60+ to preserve their independence and financial security. Covers a variety of civil law topics including guardianship. Call Monday through Thursday, 8:30 a.m. and 4 p.m., to initiate a request for assistance. See complete listing under LEGAL SERVICES, page 203.

Oxford HealthCare See Our Ad On Page 141

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

Respite vouchers available to help grandparents pay for child care/respite care in Creek, Osage and Tulsa counties.

GRIEF RECOVERY

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

The Tristesse Grief Center

2502 E. 71st St. • Tulsa, OK 74136
(918) 587-1200 • www.thegriefcenter.org

Offers individual and group grief support services. Special programs for grieving adults, teens and children to help them find 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 See Our Ad On Page 99

Oklahoma Chapter
2448 E. 81st St., Ste. 3000 • Tulsa, OK 74137
(918) 392-5000 • 24-Hour Helpline: (800) 272-3900 toll-free
TTY: (866) 403-3073 toll-free • www.alz.org/oklahoma
See complete listing at ALZHEIMER'S DISEASE and DEMENTIA SUPPORT, page 185.

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

7645 E. 63rd St., Ste. 105 • Tulsa, OK 74133
(918) 743-6767 • 24-Hour Hotline: (800) 227-2345 toll-free
www.cancer.org

Offers coping and recovery programs, nutritional education, transportation, mileage reimbursement for eligible patients, breast prosthesis and wig room.

American Diabetes Association

5401 S. Harvard, Ste. 120 • Tulsa, OK 74135
(918) 492-3839 • Fax: (918) 742-4451
Information Line: (800) 342-2383 toll-free
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) 877-8359 • www.heart.org/tulsa

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

American Lung Association

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

Offers 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) 747-3747 • National: (800) 223-2732 toll-free
www.apdaparkinson.org/ok

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

American Red Cross of Northeast 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 classes and services, including disaster relief, blood collection and professional education and training.

American Sleep Apnea Association (ASAA)

641 S. St. NW, 3rd Fl. • Washington, DC 20001
(888) 293-3650 toll-free • www.sleepapnea.org
Focuses on education about sleep apnea and its treatment in order to enhance the well-being of those affected by this common disorder.

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) 877-8359 • (888) 4STROKE (478-7653) toll-free
www.strokeassociation.org

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

American Tinnitus Association (ATA)

P.O. Box 424049 • Washington, DC 20042
(800) 634-8978 toll-free • www.ata.org
A volunteer organization that supports research and provides information on tinnitus, a constant buzzing or ringing in the ears or head. See complete listing at HEARING and SPEECH SERVICES, page 198.

Arthritis Foundation

Oklahoma Chapter
Mail: P.O. Box 30415 • Oklahoma City, OK 73140
(405) 256-4518 • National Helpline: (844) 571-4357 toll-free
www.arthritis.org/oklahoma

continued

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. NE • 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 U.S. citizens at home or abroad. The CDC offers fact sheets that help people make informed decisions about their health.

Communication Service for the Deaf (CSD)

www.csd.org

See complete listing at HEARING and SPEECH SERVICES, page 198.

LENZYHOUSE: Faith-Based Approach to Alzheimer's & Dementia

P.O. Box 1234 • Jenks, OK 74037

(918) 510-6062 • www.lenzynhouse.org

Services include consultations, support groups, as well as educational classes about nutrition, exercises and keeping your brain healthy.

Leukemia and Lymphoma Society

Oklahoma Chapter

500 N. Broadway Ave., Ste. 250 • Oklahoma City, OK 73102

(405) 943-8888 • (800) 955-4572 toll-free • www.lls.org/oklahoma

Lewy Body Dementia Association

912 Killian Hill Rd. SW • Lilburn, GA 30047

(404) 935-6444 • Caregiver Helpline: (800) 539-9767 toll-free

Fax: (480) 422-5434 • www.lbda.org

Provides information and support for individuals affected with Lewy body dementia.

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

5330 E. 31st St., Ste. 1000 • Tulsa, OK 74135

(918) 585-1213 • Fax: (918) 585-1263 • www.mhaok.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

1615 L St. NW, Ste. 430 • Washington, DC 20036

(877) 363-6376 toll-free • Fax: (571) 363-2784 • www.curemeso.org

Nonprofit collaboration of patients, families, physician advocates and researchers dedicated to eradicating mesothelioma. Offers information, educational resources and involvement opportunities.

Muscular Dystrophy Association, Eastern Oklahoma

5840 S. Memorial Dr., Ste. 212 • Tulsa, OK 74145

(918) 749-7997 • National Office: (800) 572-1717 toll-free

www.mda.org

Helps individuals and families after a diagnosis of neuromuscular disorders such as ALS with advice and services for caregivers.

Additional Location:

MDA Care Clinic

1919 S. Wheeling Ave. • Tulsa, OK 74104

(918) 747-7517 • www.mda.org/clinic/neurology-llpc-tulsa

Myasthenia Gravis Foundation of America, Inc.

(800) 541-5454 toll-free • www.myasthenia.org

Offers educational materials, support groups, referral services and prescription assistance.

Narcolepsy Network, Inc.

P.O. Box 2178 • Lynnwood, WA 98036

(888) 292-6522 toll-free • Fax: (401) 633-6567

www.narcolepsynetwork.org

National Association for Continence

P.O. Box 1019 • Charleston, SC 29402

(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) 422-6237 toll-free • www.cancer.gov

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

National Celiac Association

20 Pickering St. • Needham, MA 02492

(888) 423-5422 toll-free • www.nationalceliac.org

National association to educate, advocate and raise awareness of celiac disease and other issues involving gluten sensitivity. Works closely with gastroenterologists and nutritionists to keep up with current information and empower people living with a chronic illness. Produces a number of informative, educational publications and provides numerous gluten-free recipes.

National Institute on Aging (NIA)

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. Program of the National Institutes of Health.

National Kidney Foundation

30 E. 33rd St. • New York, NY 10016

(800) 622-9010 toll-free • www.kidney.org

Patient Information Help Line: (855) 653-2273 toll-free

Dedicated to the awareness, prevention and treatment of kidney disease. Patients on kidney dialysis are eligible for Medicare coverage no matter their age and can benefit from Medicare Part D prescription drug benefits. The organization also offers a free prescription discount card that saves money for cardholders while benefiting the National Kidney Foundation.

National Multiple Sclerosis Society

Oklahoma Chapter

2526 E. 71st St., Ste. A • Tulsa, OK 74136

(918) 488-0882 • National: (800) 344-4867 toll-free

Fax: (918) 488-0913 • www.nationalmssociety.org/chapters/oke

Offers a variety of resources, including information, advocacy education and referral.

continued

National Osteoporosis Foundation

251 18th St. S, Ste. 630 • Arlington, VA 22202
(800) 231-4222 toll-free • Fax: (703) 414-3742 • www.nof.org

Resources for latest information on risk factors, prevention and treatment.

Parkinson Foundation of Oklahoma

3701 N. Martin Luther King Jr. Blvd., Cottage #7 • Tulsa, OK 74106
(918) 574-8499 • 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 Location:

720 W. Wilshire Blvd., Ste. 109 • Oklahoma City, OK 73116
(405) 810-0695

Restless Legs Syndrome Foundation

3006 Bee Caves Rd., Ste. D206 • Austin, TX 78746
(512) 366-9109 • Fax: (512) 366-9189 • www.rls.org

Provides information about restless legs syndrome, helping patients better understand their condition and find appropriate treatment.

Also supports ongoing research into new treatment protocols.

Survivor Room / The Fitting Room

1322 E. 15th St. • Tulsa, OK 74152
(918) 584-3322 • (918) 582-1975

www.survivorroom.com

One-stop shop for men, women and children going through cancer treatment. Options include clothing, skin care, a salon and more to maximize comfort and style while accommodating the special needs of cancer care. Offers port-accessible clothing; mastectomy swimwear, pocketed bras and clothing; hats, scarves and turbans; radiation lotions and natural skincare; laser hair regeneration and salon care for pre- and post-hair loss; compression care; a wide selection of breast prosthesis and wigs.

Tulsa C.A.R.E.S.**(Center for AIDS Resources, Education and Support)**

3712 E. 11th St. • Tulsa, OK 74112
(918) 834-4194 • (800) 474-4872 toll-free
Fax: (918) 834-4189 • www.tulsacares.org

Offers comprehensive HIV/AIDS services.

U.S. National Library of Medicine

National Institutes of Health (NIH)
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.

HEARING and SPEECH SERVICES

ABLE Tech at Oklahoma State University

1514 W. Hall of Fame • Stillwater, OK 74078
(405) 744-9748 • Voice/TTY: (800) 257-1705 toll-free
Fax: (405) 744-2487 • www.okabletech.org

See complete listing at MEDICAL EQUIPMENT and ASSISTIVE TECHNOLOGY, page 205.

American Tinnitus Association (ATA)

P.O. Box 424049 • Washington, DC 20042
(800) 634-8978 toll-free • www.ata.org

Volunteer organization that supports research and provides information on tinnitus, a constant buzzing or *continued*

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)

www.csd.org

Virtual company offering advocacy, education and awareness. Promotes a safe and positive environment for people who are deaf or hard-of-hearing and their communities. Leading the way in creating new technology. Provides information/referrals for local resources.

Hearing Loss Association of America

7910 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 Communicative Disorders

2820 E. 5th St. • Tulsa, OK 74104
(918) 631-2504 • Fax: (918) 631-3668
www.utulsa.edu/speech-hearing-clinic

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

Oklahoma Department of Rehabilitation Services

Services for Deaf and Hard of Hearing
8740 E. 11th St., Ste. F • Tulsa, OK 74112
(918) 836-5556 • Fax: (918) 835-2358 • 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. Qualifying individuals may receive assistive devices at little or no charge through the Oklahoma Equipment Distribution program. Some financial guidelines may apply. See complete listing at DISABILITY SERVICES, page 191.

Relay Oklahoma

Customer Service Voice/TTY: (800) 676-3777 toll-free
www.oklahomarelay.com

Telephone service for individuals who are deaf, hard of hearing and/or speech impaired. There is no cost for the service. Can be used by anyone who has trouble hearing or speaking on the telephone. An operator will type the message and/or speak the message, depending on the needs of the caller.

Senior Citizens Hearing Aid Project

Oklahoma School for the Deaf
Coordinated through the Oklahoma Department of Rehabilitation Services
1100 E. Oklahoma St. • Sulphur, OK 73086
(580) 622-4913 • (866) 309-1717 toll-free
Videophone: (405) 294-3977 • Fax: (580) 622-5850
www.okrehab.org

Hearing aid assistance for individuals 60 or older with limited incomes. Recipients typically receive one hearing aid unless they are also legally blind. Other eligible income requirements apply. Also a resource for speech and hearing assistance equipment such as amplified phones, doorbells and alarm clocks or speech equipment for throat cancer survivors and trach patients.

Sertoma Hearing Aid Recycling Program (SHARP)8740 E. 11th St., Ste. A • Tulsa, OK 74112

Voice/TTY: (918) 832-8742

24/7 Emergency Interpreter: (888) 311-3523 toll-free

Fax: (918) 834-4329 • members.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 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 Total Source for Hearing-loss and Access. Applications available in-person or online at www.tsha.cc, under the resources tab.

Total Source for Hearing-loss and Access (TSHA)8740 E. 11th St., Ste. A • Tulsa, OK 74112

Voice/TTY: (918) 832-8742

24/7 Emergency Interpreter: (888) 311-3523 toll-free

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 also HOME HEALTH AGENCIES, page 132.

Community Action Resource and Development, Inc. (CARD)

707 W. Lowry Rd., Ste. 102 & 103 • Claremore, OK 74018

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

(918) 341-5000, ext. 302 • Fax: (918) 341-5032 • www.cardca.org

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

Home Health Comparewww.medicare.gov/homehealthcompare

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

Oklahoma Department of Human Services

ADvantage Program

(918) 933-4900 • (800) 435-4711 toll-free • www.okdhs.org

The ADvantage program is a Medicaid waiver program allowing qualifying individuals to receive case management services and support in the home in lieu of nursing home care. See complete listing at MEDICAID INFORMATION, page 204.

Oxford HealthCare See Our Ad On Page 141

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.

HOUSING REPAIR ASSISTANCE

Cherokee Nation Housing Authority

Housing Rehabilitation

1500 Hensley Dr. • Tahlequah, OK 74465

(918) 456-5482 • (800) 837-2869 toll-free

www.hacn.org/rehab

Provides emergency, rehabilitation and housing accessibility repairs to qualifying homeowners throughout the Cherokee Nation's 14-county jurisdictional boundaries. Priority given to elderly, disabled and handicapped families with an emphasis on repairs required for occupant health and/or safety. Financial criteria, tribal membership, income and more required to qualify.

Community Action Resource and Development, Inc. (CARD)

705 W. Lowry Rd., Ste. 102 & 103 • Claremore, OK 74018

Mail: P.O. Box 947 • Claremore, OK 74017

(918) 341-5000, ext. 302 • Fax: (918) 343-1816 • www.cardca.org

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) 756-5990

www.deepforkcommunityaction.org

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

Muscogee (Creek) Nation

Department of Housing

2951 N. Wood Dr. • Okmulgee, OK 74447

(918) 549-2500 • (800) 482-1979 toll-free

www.mcnhousing.com

Offers land purchase assistance for home construction, home construction on private land, home repairs and low-rent units in Muscogee (Creek) Nation jurisdiction. See complete listing at HOUSING SERVICES, on page 200.

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 222.

Revitalize T-Town

Formerly Rebuilding Tulsa Together

14 E. 7th St. • Tulsa, OK 74119(918) 742-6241 • www.revitalizettown.org

Makes home repairs for homeowners in Tulsa city limits. Priority given to people over the age of 60, living with a disability or families enrolled in Educare. Must meet income requirements. Repairs may be made throughout the year or on National Rebuilding Day, typically in April. All repairs focus on safety, security and weatherproofing.

U.S. Department of Agriculture

Rural Development

(405) 742-1000 • (800) 522-3819 toll-free • www.rurdev.usda.gov/ok*continued*

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

HOUSING SERVICES

A comprehensive listing of housing options begins on page 60. See also URGENT and BASIC NEEDS, page 222.

Bristow Housing Authority

1110 S. Chestnut St., Ste. 1 • Bristow, OK 74010
(918) 367-5558 • www.countyoffice.org/bristow

Offers rental assistance for people in Bristow and surrounding communities who meet financial guidelines. Oversees low-income housing in Bristow.

Cherokee Nation Housing Authority

1500 Hensley Dr. • Tahlequah, OK 74465
(918) 456-5482 • (800) 837-2869 toll-free • 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.

Crossroads Clubhouse

Southminster Church • 3500 S. Peoria • Tulsa, OK 74105
(918) 749-2141 • Fax: (918) 749-2150 • www.crossroadsok.org
Partners with organizations and leasing offices around Tulsa, and has access to moving trucks, volunteers and resources to assist members with finding and moving into quality, affordable housing. Must have an Apex I mental health diagnosis to become a member. Ages 18 and up. See complete listing at MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES, page 212.

Housing Authority of Osage County

200 Atlantic Field Rd. • Pawhuska, OK 74056
(918) 287-2270 • Fax: (918) 287-2224
Manages public housing units for low-income individuals who live in Osage County.

Mental Health Association Oklahoma

5330 E. 31st St., Ste. 1000 • Tulsa, OK 74135
(918) 585-1213 • Fax: (918) 585-1263 • www.mhaok.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

Department of Housing
2951 N. Wood Dr. • Okmulgee, OK 74447
(918) 549-2500 • (800) 482-1979 toll-free
www.mcnhousing.com

Offers land purchase assistance for home construction, home construction assistance on private land, home repairs and low-rent units within Muscogee (Creek) Nation jurisdiction. Criteria include meeting financial guidelines and Native American heritage, with citizens of the Creek Nation given preference.

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 222.

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 • Fax: (405) 879-8822
www.ok.gov/ohfa/

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

Sand Springs Community Services, Inc.

114 W. 4th St., 2nd Fl. • Sand Springs, OK 74063
(918) 245-5183 • www.sscsok.org
Offers temporary/emergency rent assistance to Sand Springs residents at risk for eviction. Recipients must reside in geographic region and meet financial guidelines.

Tulsa Housing Authority

415 E. Independence St. • Tulsa, OK 74106
(918) 582-0021 • TTY: (918) 587-4712 • www.tulsahousing.org
Manages affordable housing in the Tulsa 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 services resources. See options in INDEPENDENT LIVING, page 66.

U.S. Department of Agriculture (USDA)

Oklahoma Rural Development, Housing Direct Loans
100 USDA, Ste. 108 • Stillwater, OK 74074
(800) 522-3819 toll-free • Fax: (855) 423-4043 toll-free
www.rd.usda.gov/ok

Single family housing guaranteed loan program in Oklahoma. Assists approved lenders in providing low and moderate income households the opportunity to own adequate, modest and decent dwellings as their primary residence in eligible rural areas. Call for an application.

U.S. Department of Housing and Urban Development

110 W. 7th St., Ste. 1110 • Tulsa, OK 74119
(918) 292-8983 • Fax: (918) 292-8983 • 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 See Our Ads On Page 67

LIFE Senior Services
(918) 664-9000, ext. 1223 • www.LIFEseniorservices.org/vintagehousing
Offers affordable housing for people age 62 or older who meet financial guidelines, pass a background and credit check and can live independently. Seventeen locations in Tulsa and surrounding communities. See options in INDEPENDENT LIVING, page 66.

Volunteers of America Oklahoma

Affordable Senior Housing
9605 E. 61st St. • Tulsa, OK 74133
(918) 307-1500 • Fax: (918) 307-1520 • www.voaoak.org
Offers affordable housing to people who are age 62 or older, or who have a mental or physical disability. Complexes available to qualifying individuals in select communities.



continued

INFORMATION, ASSISTANCE and REFERRAL

2-1-1 Helpline

Dial 211 • Text “211OK” to 898-211 • (877) 836-2111 toll-free
www.211oklahoma.org • www.csctulsa.org

Offers 24-hour crisis intervention, social service information and referrals for all of 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, with those serving northeast Oklahoma listed below.

Locations:

Central Oklahoma Economic Development District (COEDD)

Hughes, Lincoln, Okfuskee, Pawnee, Payne, Pottawatomie and Seminole counties

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.coedd.net

Eastern Oklahoma Development District (EODD)

Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah and Wagoner counties

Area Agency on Aging • 1012 N. 38th St. • Muskogee, OK 74402
Mail: P.O. Box 1367 • Muskogee, OK 74402
(918) 682-7891 • Fax: (918) 682-5444 • www.eoddok.org

Grand Gateway Economic Development Association (GGEDA)

Craig, Delaware, Mayes, Nowata, Ottawa, Rogers and Washington counties

Area Agency on Aging • 333 S. Oak St. • Big Cabin, OK 74332
Mail: P.O. Drawer B • Big Cabin, OK 74332
(918) 276-2501 • (800) 482-4594 toll-free
Fax: (918) 783-5786 • www.grandgateway.org

Indian Nations Council of Governments (INCOG)

Creek, Osage, Rogers, Tulsa and Wagoner counties

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

BenefitsCheckUp

National Council on Aging (NCOA)

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 2,500 public and private benefits programs from all 50 states and the District of Columbia.

City of Tulsa Customer Care Center

Dial 311 • (918) 596-2100 • www.cityoftulsa.org

City residents may call with concerns about municipal issues.

Community Service Council

16 E. 16th St., Ste. 202 • Tulsa, OK 74119

(918) 585-5551 • Fax: (918) 585-3285 • www.csctulsa.org

Oklahoma's expert leaders in identifying ways to improve the lives of Oklahomans through research, planning and action. Focuses efforts on six of the area's most critical social services, education and civic challenges: data and information, education, health and mental health, housing and homelessness, incarceration reduction and veterans services. Provides information and helps meet critical needs of citizens.

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

Comprehensive resource for aging services in east Osage, Nowata and Washington counties. Programs include a senior health clinic, adult day services, companion services, care management and caregiver support.

Eldercare Locator (National)

(800) 677-1116 toll-free • TTY: Dial 711 for Relay Operator

www.eldercare.acl.gov

Eldercare Locator is a program of the Administration on Aging (AonA) and Administration for Community Living (ACL) that connects callers and web users with their local Area Agency on Aging as well as local resources for legal services, elder abuse prevention, the State Health Insurance Assistance Program and the Long-Term Care Ombudsman Program.

Federal Government Telephone Information Services

(800) 333-4636 toll-free

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

LeadingAge Oklahoma

P.O. Box 1383 • El Reno, OK 73036

(405) 262-5262 • www.leadingageok.org

An association of nonprofit aging services providers, including long-term care facilities and 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 184.

LIFE's SeniorLine Information and Resource Counseling

LIFE Senior Services • 5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000, ext. 1184 • (866) 664-9009 toll-free

Fax: (918) 664-9922 www.LIFEseniorservices.org

See Our Ad
On Page 229

LIFE's SeniorLine – the first place to call – provides comprehensive and unbiased information, referrals, assistance and linkage to services. One call to LIFE's 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. Online chat available at www.LIFEseniorservices.org.

LIFE's Vintage Newsmagazine

See Our Ads On Page 167

LIFE Senior Services • 5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000, ext. 1184 • (866) 664-9009 toll-free • Fax: (918) 664-9922

www.LIFEseniorservices.org

Free, award-winning, monthly newsmagazine published for more than 30 years by LIFE Senior Services. Offers information on issues and areas of interest to seniors, family members, caregivers and aging service providers. Call to subscribe.

continued

Oklahoma Department of Human Services

Aging Services Division

50 N.E. 23rd St. • Oklahoma City, OK 73105

(405) 521-2281 • Senior Info Line: (800) 211-2116 toll-free

www.okdhs.org

Links older Oklahomans and their caregivers to information and assistance at the local level. Call ahead as OKDHS plans to close some offices in 2020. The following is a list of possible services, information and programs available to seniors:

Adult Protective Services (APS)

Adult Day Services

ADvantage Program

Caregiver Respite

Grandfamilies

Legal Assistance

Long-Term Care Ombudsmen

Senior Community Services Employment Program

Senior Farmers Market Nutrition Program

Transportation

*County Offices:***Adair County**

Section Line Rd., Rt. 1, Box 42 • Stilwell, OK 74960

(918) 797-2900 • (800) 225-0049 toll-free • Fax: (918) 797-2996

Cherokee County1298 W. 4th St. • Tahlequah, OK 74464

(918) 207-4500 • (800) 225-9868 toll-free • Fax: (918) 207-4632

Craig County

310 N. Wilson St. • Vinita, OK 74301

(918) 713-5000 • (800) 572-6844 toll-free • Fax: (918) 713-5080

Creek County

10 N. Mounds St. • Sapulpa, OK 74066

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

Delaware County438 S. 9th St. • Jay, OK 74346

(918) 435-3001 • (800) 433-6772 toll-free • Fax: (918) 435-3092

Mayes County

501 S. Elliott St. • Pryor, OK 74361

(918) 824-4900 • (800) 815-7572 toll-free • Fax: (918) 824-4980

McIntosh County

25 Hospital Rd. • Eufala, OK 74432

(918) 689-1200 • (800) 219-3238 toll-free • Fax: (918) 689-1265

Muskogee County727 S. 32nd St. • Muskogee, OK 74403

(918) 684-5300 • (800) 815-7573 toll-free • Fax: (918) 684-5363

Nowata County

309 E. Delaware Ave. • Nowata, OK 74048

(918) 273-2327 • (800) 815-7574 toll-free • Fax: (918) 273-1748

Oklfuskee County

119 S. First St. • Okemah, OK 74859

(918) 623-3100 • (800) 884-1528 toll-free • Fax: (918) 623-3165

Okmulgee County

5005 N. Wood Dr. • Okmulgee, OK 74447

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

Osage County

1100 Virginia Short St. • Pawhuska, OK 74056

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

Ottawa County

2114 Denver Harnar Dr. • Miami, OK 74354

(918) 541-2400 • (800) 884-1715 toll-free • Fax: (918) 541-2516

Pawnee County501 5th St. • Pawnee, OK 74058

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

Rogers County

2020 Holly Rd. • Claremore, OK 74017

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

Sequoyah County

502 George Glenn Blvd. • Sallisaw, OK 74955

(918) 776-8000 • (800) 270-0805 toll-free • Fax: (918) 776-8112

Tulsa County – 72b McClain

3666 N. Peoria Ave. • Tulsa, OK 74106

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

Tulsa County – 72c Downtown

444 S. Houston Ave. • Tulsa, OK 74127

(918) 581-2401 • (800) 734-7516 toll-free • Fax: (918) 581-2114

Wagoner County102 N.E. 7th St. • Wagoner, OK 74467

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

Washington County

5205 Jacquelyn Ln. • Bartlesville, OK 74006

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

Oklahoma Healthy Aging Initiative (OHAI)

2417 E. 53rd St., Ste. B • Tulsa, OK 74105 • (918) 779-7367

(855) 227-5928 toll-free • www.ouhsc.edu/ohai

Dedicated to enhancing health and quality of life for older Oklahomans. Uses a three-pronged approach: increase access to and quality of geriatric healthcare, provide excellence in health education for health professionals, older adults/caregivers and the community at large and advocate in order to optimize health and aging policy.

Owasso Community Resources

109 N. Birch St., Ste. 109 • Owasso, OK 74055

(918) 272-4969 Fax: (918) 609-0012 • www.owassohelps.org

Assists Owasso and Collinsville families with basic needs, food and information about and referral to additional services.

Tulsa City-County Library

Community Information

(918) 549-7323 • www.tulsalibrary.org

Primary information and resource center for Tulsa and Tulsa County. Information and reference assistance, free community programs for all ages, audio books, large-print books and magazines, videos, compact discs, films, software for personal computers, public computers for internet access, Genealogy Resource 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) 506-6211 toll-free • www.ywcatulsa.org

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

continued

INSURANCE

Employee Benefits Security Administration

(866) 444-3272 toll-free • www.dol.gov/agencies/ebsa

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

National Active and Retired Federal Employees Association (NARFE)

(703) 838-7760 • (800) 456-8410 toll-free • 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

(405) 522-7300 • (800) 522-0310 toll-free • www.okhca.org

See complete listing at MEDICAID INFORMATION, page 204.

Oklahoma Insurance Department

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

(405) 521-2828 • Insurance Grievances: (405) 521-2991

(800) 522-0071 toll-free • www.ok.gov/oid

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

Additional Location:

7645 E. 63rd St., Ste. 102 • Tulsa, OK 74133

(918) 295-3700 • Fax: (918) 994-7916

Oklahoma Insurance Department

Medicare Assistance Program (MAP)

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 See Our Ad On Page 210

Medicare Assistance Program at LIFE Senior Services

5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000, ext. 1189 • (866) 664-9009 toll-free

www.LIFEseniorservices.org

Statewide

400 N.E. 50th St. • Oklahoma City, OK 73105

(405) 521-6628 • (800) 763-2828 toll-free • www.ok.gov/oid

Tulsa

7645 E. 63rd St., Ste. 102 • Tulsa, OK 74133

(918) 295-3700 • Fax: (918) 994-7916

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 217.

Veterans Affairs Insurance Center

(800) 669-8477 toll-free • www.va.gov

General life insurance information for veterans. See complete listing at VETERAN SERVICES, page 225.

LEGAL SERVICES

Broken Arrow Neighbors

Legal Clinic

315 W. College St. • Broken Arrow, OK 74012

(918) 251-7781 • www.baneighbors.org

Free legal clinic on the first and third Mondays at 5:30 p.m.

No criminal cases. Appointment required, and there is a wait list for an appointment time. See complete listing at URGENT and BASIC NEEDS, page 222.

Catholic Charities Legal Services

Immigration Services

700 S. Boston Ave. • Tulsa, OK 74119

(918) 508-7180 • cceok.org/immigration

Attorneys available for education on legal issues involving immigration, citizenship, family petitions and more. Call for an appointment.

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. Fee of \$5 for self-referred cases. Judicial referrals are free.

Legal Aid Services of Oklahoma, Inc.

Helpline: (888) 534-5243 toll-free • www.legalaidok.org

Provides free legal advice and counsel on non-criminal matters over the phone, Monday through Thursday. Can assist with guardianship, senior legal aid, Seniors' Title III, Social Security disability income and veteran's benefits.

Locations:

Bartlesville

Nowata, Osage and Washington counties

3851 E. Tuxedo Blvd., Ste. E • Bartlesville, OK 74006

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

Fax: (918) 336-5745

Muskogee

McIntosh, Muskogee and Wagoner counties

530 Court St. • Muskogee, OK 74401

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

Fax: (918) 683-5690

Tahlequah

Adair, Cherokee, Craig, Delaware, Ottawa and Sequoyah counties

224 S. Muskogee Ave. • Tahlequah, OK 74464

(918) 708-1150 • (888) 993-2615 toll-free

Fax: (918) 708-1375

Tulsa

Creek, Mayes, Nowata, Okfuskee, Okmulgee, Pawnee, Rogers, Tulsa and Washington counties

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

(918) 584-3338 • (800) 299-3338 toll-free

Fax: (918) 584-3060

Native American Wills Clinic

Oklahoma City University School of Law

800 N. Harvey Ave. • Oklahoma City, OK 73102

(405) 208-5017

Free will and estate planning for Oklahoma residents who are enrolled in a tribe. 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.neighborforneighbor.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 222.

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 second and fourth Mondays of the month at 6 p.m. See complete listing at URGENT and BASIC NEEDS, page 222.

Oklahoma Disability Law Center

5555 E. 71st St., Ste. 9100 • Tulsa, OK 74136
Voice/TTY: (918) 743-6220 • Voice/TTY: (800) 880-7755 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
(405) 943-6457 • (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.

OK-SPLASH (Oklahoma 60+ Legal Aid Services)

(855) 488-6814 toll-free • www.legalaidok.org/senior-legal-help
Free legal advice and counseling to enable seniors 60+ to preserve their independence and financial security. Covers a variety of civil law topics, including guardianship. Call Monday through Thursday, 8:30 a.m. to 4 p.m., to initiate a request for assistance.

Tulsa County Bar Association

1446 S. Boston Ave. • Tulsa, OK 74119
(918) 584-5243 • www.tulsabar.com
Offers Lawyer Referral and Information services by phone or online. The cost is \$25 and includes up to a 30-minute consultation. Phone calls taken Tuesday – Thursday from 9 a.m. to 3 p.m. at (918) 587-6014.

Tulsa Dream Center

Legal Assistance Clinic
200 W. 46th St. N. • Tulsa, OK 74126
(918) 430-9984 • www.tulsadreamcenter.com
Offers free legal consultations the last Saturday of each month at 10:45 a.m. No Social Security cases. See complete listings at URGENT and BASIC CARE NEEDS, page 222.

TU Law Legal Clinic

407 S. Florence Ave. • Tulsa, OK 74104
(918) 631-5799
Tulsa University law students and professors provide legal services to underserved segments of the community.

LONG-TERM CARE and NURSING HOME INFORMATION

FamilyWatch See Our Ad On Page 125

Kellyville, OK
(330) 749-1221
www.familywatchok.com
Provides 24/7 electronic video and audio monitoring in rooms of long-term care, nursing home residents' rooms.

INCOG Area Agency on Aging

Ombudsman Program
2 W. 2nd St., Ste. 800 • Tulsa, OK 74103 • (918) 584-7526
www.incog.org
Advocates for the rights and care of residents of nursing homes, assisted living and residential care facilities. See locations at INFORMATION, ASSISTANCE and REFERRAL, page 201.

National Clearinghouse for Long-Term Care Information

Administration for Community Living
330 C St. SW • Washington, DC 20201
(202) 401-4634 • www.longtermcare.gov
Government website designed to assist with planning ahead for long-term care needs, including 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. Medicare and Medicaid-certified nursing homes are included.

Nursing Home Star Ratings

www.oknursinghomeratings.com
In conjunction with Oklahoma Health Care Authority, Oklahoma's Focus on Excellence uses multiple metrics to score each nursing home on a level of one (lowest) to five (highest) stars.

Oklahoma Department of Human Services

ADvantage Program
6138 E. 38th Pl., 3rd Fl. • Tulsa, OK 74135
Mail: P.O. Box 50550 • Tulsa, OK 74150
(918) 933-4900 • (800) 435-4711 toll-free • www.okdhs.org
See complete listing at MEDICAID INFORMATION, on this page.

Oklahoma State Department of Health

Long-Term Care Division
1000 N.E. 10th St. • Oklahoma City, OK 73117
(405) 271-6868 • Fax: (405) 271-2206 • www.health.ok.gov
Responds to complaints about adult day health services, assisted living, residential care and nursing facilities.

MEDICAID INFORMATION

Centers for Medicare and Medicaid Services (CMS)

7500 Security Blvd. • Baltimore, MD 21244
(877) 267-2323 toll-free • TTY: (866) 226-1819 toll-free
www.cms.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.

Oklahoma Department of Human Services

ADvantage Program

6138 E. 38th Pl. • Tulsa, OK 74135

Mail: P.O. Box 35900 • Tulsa, OK 74135

(918) 933-4900 • (800) 435-4711 toll-free • www.okdhs.org

ADvantage Program is a Medicaid waiver program that allows qualifying individuals to waive their right to nursing home care in order to receive home and community-based services that will enable them to continue living safely in their homes. 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. See *ADvantage Program 101*, page 39.

Oklahoma Health Care Authority (OHCA)

4345 N. Lincoln Blvd. • Oklahoma City, OK 73105

(405) 522-7300 • (800) 522-0310 toll-free • www.okhca.org

Oklahoma's healthcare agency. Designed to ensure that children through age 18, pregnant women and 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 list of DHS locations in our area at INFORMATION, ASSISTANCE and REFERRAL, page 201.

Oklahoma Insurance Department

Seniors Medicare/Medicaid Fraud, Abuse and Waste Reduction Program (SMP)

400 N.E. 50th St. • Oklahoma City, OK 73105

(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

See also VEHICLE ADAPTIVE DEVICES, page 165.

Ability Resources

823 S. Detroit Ave., Ste. 110 • Tulsa, OK 74120

(918) 592-1235 • (800) 722-0886 toll-free • Fax: (918) 592-5651

www.abilityresources.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 • Voice/TTY: (800) 257-1705 toll-free

Fax: (405) 744-2487 • www.abletech.org

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.

All Saints Home Medical See Our Ad On Page 653218 S. 79th E. Ave., Ste. 100 • Tulsa, OK 74145

(918) 624-4400 • (800) 934-9292 toll-free • Fax: (918) 624-4401

www.allsaintshomemedical.com

Provides home medical equipment with insurance approval or private pay. Call for set up information.

Additional Location:

3015 S.E. Washington Blvd. • Bartlesville, OK 74006

(918) 333-5110

Communication Service for the Deaf (CSD)

www.csd.org

Virtual company offering technical assistance, assistive devices, equipment and materials available for purchase. Video Relay Service demonstration site provides one-on-one training to help people who are deaf or hard-of-hearing make video phone calls. Provides updates on new technology developments. See complete listing at HEARING and SPEECH SERVICES, page 198.

Entrusted Hearts Medical Equipment See Our Ad On Page 63208 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 patients in Oklahoma. Services offered to individuals, health centers, assisted living facilities and other medical providers. Medicare, Medicaid and private insurance accepted.

Medical Supply Network, Inc. (MSNI)

1123 S. Erie Ave. • Tulsa, OK 74112

(918) 639-1492 • www.msni.org

Accepts donations of new and used medical equipment and supplies. In turn, these are given to individuals and charities or shipped to developing countries.

Muscular Dystrophy Association

Eastern Oklahoma

5840 S. Memorial Dr., Ste. 212 • 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.

NewView Oklahoma

Tulsa Center for Low Vision and Blindness

5350 E. 31st St., Ste. 302 • Tulsa, OK 74135 • (918) 779-7772

(855) 811-9699 toll-free • Fax: (918) 779-7794

www.nvoklahoma.org

Offers occupational therapy services to assist in providing optimal care to low-vision patients. Retail store for low vision and blindness products.

Oklahoma Department of Rehabilitation Services

Services for Deaf and Hard of Hearing

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

(918) 836-5556 • Fax: (918) 835-2358 • 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 191.

Total Source for Hearing-loss and Access (TSHA)8740 E. 11th St. • Tulsa, OK 74112

Voice/TTY: (918) 832-8742

24/7 Emergency Interpreter: (888) 311-3523 toll-free

Fax: (918) 834-4329

continued

Provides assistance to individuals throughout Oklahoma with partial or total hearing loss. TSHA helps facilitate referrals into the Sertoma Hearing Aid Recycling Program (SHARP), which provides used, refurbished hearing aids to those in need. Nonprofit United Way organization.

MEDICAL SERVICES

See also GERIATRIC SPECIALISTS and ASSESSMENT, page 195.

Angel Flight, Inc.

12345 E. Skelly Dr. • Tulsa, OK 74128
(918) 749-8992 • Fax: (918) 745-0879 • www.angelflight.com
Offers free air transportation for medical needs by a team of volunteer pilots.

Arms Around BA

700 W. Ft. Worth St. • Broken Arrow, OK 74012
(918) 258-7714 • Fax: (918) 806-2497 • www.armsaroundba.org
Free general medical clinic provides minor medical assistance for Broken Arrow residents. Open Monday, Wednesday and Friday, 10 a.m. to 3 p.m.; medical clinics open Tuesday at 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 healthcare for minor illnesses only on Monday evenings starting at 5:30 p.m. Call ahead to confirm clinic is open. Please note that only the first 20 people to sign in will be seen.

Caring Nurses Association

5424 S. Memorial Dr., Ste. C-3 • Tulsa, OK 74145
(918) 992-6266 • Fax: (918) 992-6271
Certified home health aides help those living at home who need help performing activities of daily living. Other services include immunizations for flu and pneumonia, as well as whooping cough, measles, B-12, other routine immunizations and travel vaccines. Wellness services also include cholesterol screening and foot care.

Cherokee Elder Care

Program of All-Inclusive Care for the Elderly (PACE)
1387 W. 4th St. • Tahlequah, OK 74464
(918) 453-5554 • TTY: (800) 453-0353 toll-free
Fax: (918) 431-4112 • <http://eldercare.cherokee.org>
See also PACE, page 161.

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. Joint Commission accredited. Must be Native American or Native American dependent; CDIB card required.

Community Health Connection

Kendall-Whittier Office – Dental/Medical/Pharmacy
2321 E. 3rd St. • Tulsa, OK 74104
Dental: (918) 710-4480 • Medical: (918) 622-0641
Pharmacy: (918) 710-4400 • Voice/TTY: (800) 662-4955 toll-free
Fax: (918) 622-4814 • www.communityhealthconnection.org
Primary care medical clinic. Walk-ins accepted. Spanish-speaking staff. Sliding fee scale. Medicare, Medicaid and private insurance

continued

accepted. Clinic open weekdays and Saturday mornings. Onsite dental clinic and pharmacy. East Tulsa location provides medical services only. See DENTAL CARE, page 190.

Additional Location:

East Tulsa Office

9912 E. 21st St. • Tulsa, OK 74129
Medical: (918) 622-0641 • Voice/TTY: (800) 662-4955 toll-free
Fax: (918) 622-4814

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.

County Health Departments

Offer health screenings and immunizations.

Locations:

Adair County

600 W. Hickory St. • Stilwell, OK 74960
(918) 696-7292

Cherokee County

912 S. College Ave. • Tahlequah, OK 74464
(918) 456-8826

Craig County

115 E. Delaware Ave. • Vinita, OK 74301
(918) 256-7531

Creek County

1808 S. Hickory St. • Sapulpa, OK 74066
(918) 224-5531

Additional Location:

408 W. 4th St. • Bristow, OK 74010
(918) 367-3341

Delaware County

432 S. 9th St. • Jay, OK 74346
(918) 253-4511

Mayes County

111 N.E. 1st St. • Pryor, OK 74361
(918) 825-4224

McIntosh County

29 Hospital Rd. • Eufaula, OK 74432
(918) 689-7774

Muskogee County

530 S. 34th St. • Muskogee, OK 74401
(918) 683-0321

Okfuskee County

125 N. 2nd St. • Okemah, OK 74859
(918) 623-1800

Okmulgee County

1304 R.D. Miller Dr. • Okmulgee, OK 74447
(918) 756-1883

Osage County

1115 S.E. 15th St. • Pawhuska, OK 74057
(918) 287-3740

continued

Ottawa County

1930 N. Elm St. • Miami, OK 74354
(918) 540-2481

Pawnee County

639 7th St. • Pawnee, OK 74058
(918) 762-3643

Rogers County and Nowata County

2664 N. Hwy. 88 • Claremore, OK 74017
(918) 341-3166

Sequoyah County

612 N. Oak St. • Sallisaw, OK 74955
(918) 775-6201

Tulsa City-County

5051 S. 129th E. Ave. • Tulsa, OK 74133
(918) 595-4400

For additional locations, see also Tulsa City-County Health Department, page 209.

Wagoner County

212 N. Pierce Ave. • Wagoner, OK 74467
(918) 485-3022

Washington County

5121 S. E. Jacquelyn Ln. • Bartlesville, OK 74006
(918) 335-3005

Dennis R. Neill Equality Center

621 E. 4th St. • Tulsa, OK 74120
(918) 743-4297 • Fax: (918) 295-6885 • www.okeq.org
The center is run by Oklahomans for Equality to focus on the needs for equal rights for lesbian, gay, bisexual and transgender individuals. Wellness center offers free confidential HIV testing.

Ernest Childers VA Outpatient Clinic

9322 E. 41st St. • Tulsa, OK 74145
(918) 628-2500 • (888) 397-8387 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 VETERAN SERVICES, page 225.

Good Samaritan Health Services

(918) 710-4222 • www.goodsamaritanhealth.org
Free mobile medical clinic offering non-emergency primary care services. 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, Sapulpa and Mounds areas.

Green Country Free Clinic

500 S.E. Frank Phillips Blvd. • Bartlesville, OK 74003
(918) 337-5222
Free medical clinic for residents of Bartlesville and surrounding communities. Clinics held from 1 to 7 p.m. on Tuesdays and the 2nd and 4th Thursdays each month.

Health, Outreach, Prevention and Education (H.O.P.E.)

3540 E. 31st St., Ste. 3 • Tulsa, OK 74135
(918) 749-8378 • HIV/AIDS Hotline: (800) 535-2437 toll-free
Spanish: (918) 749-8389 • Fax: (918) 749-8388
www.hopetesting.org
Offers anonymous testing for HIV, sexually-transmitted diseases and hepatitis. Source for information, referrals, counseling, education and 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, immunizations, pediatric care; HIV/AIDS prevention education, counseling, testing; mammograms, cancer prevention education; pharmacy services; substance abuse/chemical dependency treatment, mental health services; dental care; optometry; diabetes education. Must be Native American; CDIB card or other tribal documentation required. Medicare, Medicaid and insurance accepted. Patients without health insurance receive free healthcare.

Koweta Indian Health Center

31870 E. State Hwy. 51 • Coweta, OK 74429
(918) 279-3200 • www.creekhealth.org
Dental: (918) 279-3431 • Medical: (918) 279-3225
Optometry: (918) 279-3420

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.



LIFE PACE See Our Ads On Pages 150, 161
Program of All-Inclusive Care for the Elderly

LIFE Senior Services
(918) 949-9969 • Fax: (918) 585-9266 • www.LIFEPACE.org
Provides comprehensive medical care and community-based services for people age 55 or older who qualify medically and financially and wish to remain living in the community. See also PACE, page 161.

*Additional Locations:***PACE Center**

902 E. Pine St. • Tulsa, OK 74106

Alternative Care Site

5950 E. 31st St. • Tulsa, OK 74135

Main Administrative Office and Mailing Address

5330 E. 31st St., Ste. 800 • Tulsa, OK 74135

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. Joint Commission accredited. Medicare, Medicaid and insurance accepted. Must meet financial guidelines. Sliding fee scale.

*Additional Locations:***East Tulsa Family Health Center**

11511 E. 21st St. • Tulsa, OK 74129
(918) 295-6185

Family and Childrens Services - Integrated Health Center

2325 S. Harvard Ave. • Tulsa, OK 74114
(918) 712-4301

Midtown Family Health Center

102 N. Denver Ave., Ste. B • Tulsa, OK 74103
(918) 295-6942

continued

Nowata Family Health Center

207 S. Locust St. • Nowata, OK 74078
(918) 273-9911

West Tulsa Family Health Center – Sandy Park

6116 W. 11th St. • Tulsa, OK 74127
(918) 295-9375

Neighbor for Neighbor, Inc.

Medical Clinic

505 E. 36th St. N • Tulsa, OK 74106

(918) 425-5578 • Fax: (918) 428-4951 • www.neighborforneighbor.org

Free acute care, including lab and prescription assistance. Dental, vision, diabetes and women's clinics also available. Appointment required. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 222.

Neighbors Along the Line

Medical Clinic

5000 Charles Page Blvd. • Tulsa, OK 74127

(918) 584-1111 • Fax: (918) 584-4954

www.neighborsalongtheline.org

Free clinic on Monday evenings for clients without health insurance. Periodic dental clinics offered.

Okmulgee Indian Health Center

1313 E. 20th St. • Okmulgee, OK 74447

(918) 591-5762 • Dental Clinic: (918) 591-5721

Fax: (918) 758-1944 • www.muscogeeation-nsn.gov

Offers comprehensive outpatient medical services, including a specialized diabetes program that provides blood testing supplies, equipment and education. Also offers dental services, HIV/AIDS counseling and tobacco education. Must be a citizen of a federally recognized tribe or have a CDIB card. SoonerCare, Medicare, Medicaid and insurance accepted.

OSU Medical Center See Our Ad On Page 117

Oklahoma State University

744 W. 9th St. • Tulsa, OK 74127

(918) 599-1000 • Physician Finder: (918) 599-4678

www.osumc.com

Multi-specialty healthcare center providing a broad range of services for the entire family. Specialties include family medicine, internal medicine, OB/GYN, pediatrics, ear/nose/throat, vision and osteopathic manipulation. X-rays, mammography and other services are also available. SoonerCare, Medicare, Medicaid and private insurance accepted.

*Additional Locations:***OSU – Collinsville**

1205 W. Main St. • Collinsville, OK 74021

(918) 938-0040

OSU Family Medicine – Eastgate

14002 E. 21st St., Ste. 1130 • Tulsa, OK 74134

(918) 439-1500

OSU Family Medicine – Healthcare Center

2345 Southwest Blvd. • Tulsa, OK 74107

(918) 582-1980

OSU Family Medicine – North Regional

5635 N. Martin Luther King Jr. Blvd. • Tulsa, OK 74126

(918) 732-4686

OSU Family Medicine – Physician Office Building

802 S. Jackson Ave., Ste. 420 • Tulsa, OK 74127

(918) 584-5364

OSU Internal Medicine – Houston Center

717 S. Houston, Ste. 304 • Tulsa, OK 74127

(918) 382-5064

OSU – Jenks Riverside

9645 Riverside Pkwy., Ste. C • Tulsa, OK 74137

(918) 209-5170

OSU – Midtown

4415 S. Harvard Ave., Ste. 125 • Tulsa, OK 74135

(918) 748-8111

OSU OB/GYN – Houston Center

717 S. Houston, Ste. 200 • Tulsa, OK 74127

(918) 586-4500

OSU – OMM Healthcare Center

2345 Southwest Blvd. • Tulsa, OK 74107

(918) 561-1131

OSU – Sand Springs

514 Plaza Ct. • Sand Springs, OK 74063

(918) 215-5100

OSU – South Tulsa

9101 S. Toledo Ave. • Tulsa, OK 74137

(918) 392-3444

OSU Women's Health Center – OMM Healthcare Center

2345 Southwest Blvd. • Tulsa, OK 74107

(918) 561-8543

Offers free breast exams, pap smears and mammograms for women age 40 to 64 who meet eligibility guidelines. Appointments required.

OU Physicians Tulsa

The University of Oklahoma

(918) 619-4400 • Fax: (918) 619-4152 • www.ouphysicianstulsa.com

OU Physicians is the physician practice of the OU School of Community Medicine. With more than 300 doctors, this multi-specialty healthcare center provides a broad range of services for the entire family. Specialties include family medicine, internal medicine, OB/GYN, pediatrics, sports medicine, 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:***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

South Memorial

8005 E. 106th St. • Tulsa, OK 74133

(918) 634-7600

Sports Medicine – Tandy Family YMCA

5005 S. Darlington Ave. • Tulsa, OK 74135

(918) 619-4639 • Fax: (918) 619-4662

Surgical Specialists Clinic – Bernsen Medical Plaza

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) 287-4491

continued

continued

Offers health screenings, 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., Ste. 101 • Pawnee, OK 74058
(918) 762-3873 • www.pawneenation.org

Offers diabetes education, eyeglass vouchers, meters, supplies and blood sugar screenings to any Pawnee Nation citizen and Native Americans in the Pawnee service area. Must have a CDIB card, proof of residency, a diagnosis from a doctor and a current medication list.

Sapulpa Indian Health Center

Muscogee (Creek) Nation Department of Health
1125 E. Cleveland Ave. • Sapulpa, OK 74066
(918) 224-9310 • Fax: (918) 224-9314 • www.creekhealth.org

Offers comprehensive outpatient medical services, including a specialized diabetes program that provides blood testing supplies, equipment and education. Also offers tobacco cessation and dental services. Must be a citizen of a federally recognized tribe or have a CDIB card. SoonerCare, Medicare, Medicaid and insurance accepted.

St. John Wound Care – East

4812 S. 109th E. Ave., Ste. 101 • Tulsa, OK 74146
(918) 748-3103 • Fax: (918) 748-3104

Offers evidence-based wound care. Appointment required.

Additional Locations:

Jane Phillips Medical Center

222 S.E. DeBell Ave. • Bartlesville, OK 74006
(918) 331-1867

Tulsa City-County 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 and health education 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. Main number is for all locations.

Additional Locations:

Bixby WIC Clinic

8120 E. 126th St. • Bixby, OK 74008
Fax: (918) 369-3159

Broken Arrow WIC Clinic

514 W. Atlanta St. • Broken Arrow, OK 74012
Fax: (918) 893-3719

Central Regional Health Center

315 S. Utica Ave. • Tulsa, OK 74104
Fax: (918) 594-4889

Collinsville Health Center

1201 W. Center St. • Collinsville, OK 74021
Fax: (918) 371-4133

James O. Goodwin Health Center

5051 S. 129th E. Ave. • Tulsa, OK 74134
Fax: (918) 595-4492

Mingo WIC Clinic

9924 E. 21st St. • Tulsa, OK 74129

North Regional Health and Wellness Center

5635 N. Martin Luther King Jr. Blvd. • Tulsa, OK 74126

Owasso WIC Clinic

8361 N. Owasso Expy., Ste. C • Owasso, OK 74055

Sand Springs Health Center

306 E. Broadway St. • Sand Springs, OK 74063
Fax: (918) 245-5317

South Peoria WIC Clinic

6831 S. Peoria Ave. • Tulsa, OK 74136

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 member physicians.

Tulsa County Social Services

2401 Charles Page Blvd. • Tulsa, OK 74127
(918) 596-5560 • Fax: (918) 596-5568 • www.tulsa-county.org

Free general medical clinic, Tuesday through Thursday, 10:30 a.m. to noon. No appointment required. Must meet financial guidelines and live in Tulsa County.

Tulsa Day Center for the Homeless, Inc.

415 W. Archer St. • Tulsa, OK 74103
(918) 583-5588 • Fax: (918) 583-6745 • www.tulsadaycenter.org

Day Center Clinic provides immediate medical care to homeless persons. Open Monday through Friday, 9 to 11:30 a.m., and Tuesday through Friday, 1 to 3:30 p.m. First-come, first-served basis.

Tulsa Dream Center

Medical Clinic
200 W. 46th St. N • Tulsa, OK 74126
(918) 430-9984 • www.tulsadreamcenter.com

Free medical clinic for adults in north Tulsa who do not have insurance. Exams, vaccinations, diabetes management program and exercise programs.

Tulsa Osteopathic Medical Society

744 W. 9th St. • Tulsa, OK 74127
(918) 527-4771 • www.tulsaosteosociety.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.

Xavier Medical Clinic

10711 E. 11th St., Ste. 1 • Tulsa, OK 74128
(918) 583-7233 • Fax: (918) 583-7205

Free clinic sponsored by Saint Francis Health System 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 217.

Centers for Medicare and Medicaid Services (CMS)

7500 Security Blvd. • Baltimore, MD 21244
(877) 267-2323 toll-free • TTY: (866) 226-1819 toll-free
www.cms.gov

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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.

KEPRO

5700 Lombardo Center Dr., Ste. 100 • Seven Hills, OH 44131
(216) 447-9604 • (844) 430-9504 toll-free • 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 hospital discharge and other concerns about hospitalization procedures under Medicare. Monday through Friday, 9 a.m. to 5 p.m., and 11 a.m. to 3 p.m. on weekends and holidays.

Medicare

24-Hour Helpline: (800) 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, Medigap policies, nursing homes, home health agencies and dialysis facilities.

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. Phones answered Monday through Friday.

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.

NCOA Center for Benefits Outreach & Enrollment

www.ncoa.org/centerforbenefits

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.

Oklahoma Department of Human Services

Senior Info Line: (800) 211-2116 toll-free • www.okdhs.org

Financial assistance provided through the QMB, SLMB and QI programs helps low-income individuals with the costs of

continued



Medicare Assistance Program

at LIFE Senior Services

Do you need help understanding Medicare? From monthly Basics of Medicare seminars to Part D counseling, LIFE's Medicare counselors are here to help.




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

Medicare premiums, coinsurance, deductibles and prescriptions. See complete listing of offices at INFORMATION, ASSISTANCE and REFERRAL, pages 201.

Oklahoma Insurance Department

Medicare Assistance Program (MAP)

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, ext. 1189 • (866) 664-9009 toll-free
www.LIFEseniorservices.org

Statewide

400 N.E. 50th St. • Oklahoma City, OK 73105
(405) 521-6628 • (800) 763-2828 toll-free • www.ok.gov/oid

Tulsa

7645 E. 63rd St. Ste. 102 • Tulsa, OK 74133
(405) 295-3700 • Fax: (918) 994-7916

Seniors Medicare/Medicaid Fraud, Abuse and Waste Reduction Program (SMP)

Oklahoma Insurance Department

400 N.E. 50th St. • Oklahoma City, OK 73105

(800) 763-2828 toll-free • www.smp.oid.ok.gov

Responds to complaints related to Medicare and Medicaid fraud and abuse. Also teaches Medicare recipients how to protect themselves from fraud and report suspicious activity.

U.S. Railroad Retirement Board

2020 N. Webb Rd., Ste. 104 • Wichita, KS 67206

(877) 772-5772 toll-free • www.rrb.gov

Serves U.S. railroad workers and their families and administers retirement, survivor, unemployment and sickness benefits.

Consequently, railroad workers do not participate in the United States Social Security Program. However, Medicare covers railroad workers just like workers covered by Social Security.

MEDICATIONS

Broken Arrow Neighbors

315 W. College St. • Broken Arrow, OK 74012

(918) 251-7781 • www.baneighbors.org

Limited emergency financial aid for prescriptions. Must live in Broken Arrow. See complete listing at URGENT and BASIC NEEDS, page 222.

Ernest Childers VA Outpatient Clinic

9322 E. 41st St. • Tulsa, OK 74145

(918) 628-2500 • (888) 397-8387 toll-free • www.va.gov

Military veterans are eligible for low-cost prescription drugs.

Must meet service and financial guidelines. See complete listing at VETERAN SERVICES, page 225.

Indian Health Care Resource Center

550 S. Peoria Ave. • Tulsa, OK 74120

(918) 588-1900 • Pharmacy: (918) 382-1270

Fax: (918) 582-6405 • www.ihcrc.org

Provides comprehensive pharmacy services, including prescription filling, medication counseling and consultation for prescriptions written by IHCRRC doctors. Drive-thru access. See complete listing at MEDICAL SERVICES, page 206.

Koweta Indian Health Center

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

Oklahoma Chapter

500 N. Broadway Ave., Ste. 250 • Oklahoma City, OK 73102

(405) 943-8888 • (800) 955-4572 toll-free • www.lls.org/oklahoma

Offers financial assistance for drugs and treatment-related expenses to qualified individuals with a blood-related cancer.

Medicare

Part D Prescription Drug Coverage

24-Hour Helpline: (800) 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 56. Also see LIFE's Vintage Newsmagazine for monthly updates and current information regarding Medicare Part D.

Medicare Assistance Program

(MAP) at LIFE Senior Services

5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000, ext. 1189 • (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 page 55. Also, see LIFE's Vintage Newsmagazine for monthly updates on Medicare.

Ministry Center at Allan Davis Building

312 S. 33rd W. Ave. • Tulsa, OK 74127

(918) 585-5310 • www.ministry-center.org

Offers limited prescription assistance. See complete listing at URGENT and BASIC NEEDS, page 222.

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 222.

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 URGENT and BASIC NEEDS, page 222.

Rx for Oklahoma

Prescription Assistance

(918) 295-6138 • (877) 794-6552 toll-free

www.Rx4okla.com

Assists with the completion of applications and required documentation for submission to available pharmaceutical company assistance programs. These programs may provide free or discounted medications. Long-term medications only.

Sapulpa Indian Health Center

1125 E. Cleveland Ave. • Sapulpa, OK 74066

(918) 224-9310 • www.creekhealth.org

Offers pharmacy and pharmacy mail order services. Must be a citizen of a federally recognized tribe and have a CDIB card. SoonerCare, Medicare, Medicaid and insurance accepted. See complete listing at MEDICAL SERVICES, page 206.

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 VETERAN SERVICES, page 225.

Tulsa County Social Services

2401 Charles Page Blvd. • Tulsa, OK 74127

(918) 596-5560 • TTY: (918) 596-8707 • Fax: (918) 596-5568

www.tulsacounty.org

General pharmacology products provided free or at low cost for Tulsa County residents who meet financial guidelines.

MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES

See also MENTAL and BEHAVIORAL HEALTH and COUNSELING SERVICES; page 168; and CRISIS INTERVENTION, page 189.

12 & 12

6333 E. Skelly Dr. • Tulsa, OK 74135 • (918) 664-4224

(800) 680-8979 toll-free • Crisis Hotline: (866) 771-7088 toll-free

Fax: (918) 663-0203 • www.12and12.org

Treatment for adults suffering with addiction or co-existing mental health and substance abuse problems.

2-1-1 Helpline

Dial 211 • Text “211OK” to 898-211 • (877) 836-2111 toll-free

www.211oklahoma.org • www.csctulsa.org

Offers 24-hour crisis intervention, social service information and referrals for all of Oklahoma.

COPES Mobile Unit at Family & Children's Services

Community Outreach Psychiatric Emergency Services

(918) 921-3200 • 24-Hour Crisis Line: (918) 744-4800

www.fcsok.org

Serving Tulsa County with emergency psychiatric services for adults and children in suicidal crisis or emotional distress.

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

Offers outpatient counseling services for mental health or substance abuse issues. Services include crisis support, assessment, medication management, individual and group therapy and housing. Services are designed to build better lives.

Additional Location:

401 E. Broadway Ct., Ste. E • Sand Springs, OK 74063

(918) 245-5565 • Fax: (918) 245-5564

Creoks Behavioral Health

Tulsa Clinic

4103 S. Yale Ave., Ste. B • Tulsa, OK 74135

(918) 382-7300 • (877) 327-3657 toll-free • www.creoks.org

Provides services to individuals and families in 35 counties in eastern Oklahoma. Program has more than 20 clinics and offers access to 24-hour emergency crisis intervention throughout service area. Available services include emergency crisis intervention, outpatient individual and group counseling, case management, substance abuse counseling, medication services, court-related services, screenings/assessments/referrals and linkage to resources and services. Some programs and services may only be available in select counties.

*Additional Location:***Spring Creek Recovery Center**

23 E. Ross Ave. • Sapulpa, OK 74066

24-Hour Crisis Line: (918) 216-4999

Crisis stabilization facility offering walk-in psych urgent care, eight recovery recliners and 16-bed recovery unit.

Crossroads Clubhouse

Southminster Church • 3500 S. Peoria Ave. • Tulsa, OK 74105

(918) 749-2141 • Fax: (918) 749-2150 • www.crossroadsok.org

The Clubhouse is a community for those 18+ coping with mental health issues. Members support each other through tiered employment programs, quality affordable housing, health and wellness programs, a community garden, meal program and food pantry. Must have an Apex 1 mental health diagnosis to become a member.

Human Skills & Resources

2140 S. Harvard Ave. • Tulsa, OK 74114 • (918) 747-6377

Fax: (918) 747-8594 • www.humanskills.org

Provides quality community-based rehabilitative services focused on recovery rehabilitation and reintegration. Covers substance abuse and mental health conditions.

*Additional Locations:***Claremore**

408 E. Will Rogers Blvd. • Claremore, OK 74017 • (918) 283-1423

Sapulpa

2 N. Water St. • Sapulpa, OK 74066 • (918) 224-0225

National Alliance on Mental Illness (NAMI)

708 S. Boston Ave. • Tulsa, OK 74119 • (918) 587-6264

National Helpline: (800) 950-6264 toll-free

www.namitulsa.org**National Suicide Prevention Lifeline and Veterans Crisis Line**

24-Hour Hotline: (800) 273-8255 toll-free, press 1

TTY: (800) 799-4889 toll-free

www.suicidepreventionlifeline.org

Call for yourself or someone you care about. Available to all service members, family and friends. Veterans with hearing loss can text 838255.

Substance Abuse and Mental Health Services Administration (SAMHSA)

National 24/7 Helpline: (800) 662-4357 toll-free

National 24/7 Suicide Prevention Lifeline: (800) 273-8255 toll-free

Disaster Distress 24/7 Helpline: (800) 985-5990 toll-free

www.samhsa.gov*continued*

Focuses on public health efforts to improve mental health by making publications and toolkits available to mental health professionals and individuals. Topics of interest include the opioid crisis, recovery services, improved data, better pain management, better targeting of overdose-reversing drugs and better research. Publications and toolkits include an opioid overdose prevention toolkit, materials on common mental and substance abuse disorders and tips for survivors coping with grief and anger after an act of community violence.

NUTRITION ASSISTANCE and SERVICES

See also NUTRITION SITES and SENIOR CENTERS, page 162; and URGENT and BASIC NEEDS, page 222.

Bixby Outreach Center

77 E. Breckenridge Ave. • Bixby, OK 74008
(918) 366-9226 • www.bixbyoutreach.org

Offers food pantry, school supplies, holiday food baskets and Christmas gift assistance for Bixby-area residents. Open Tuesday, Wednesday and Thursday, 9 a.m. to noon and 1 to 4 p.m. Call for an appointment; some same day appointments available. See complete listing at URGENT and BASIC NEEDS, page 222.

Broken Arrow Neighbors

315 W. College St. • Broken Arrow, OK 74012
(918) 251-7781 • www.baneighbors.org

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 222.

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

Serving those in need of food in select Creek County communities. May apply for food items from donation-stocked food pantry. Senior Servings program allows older adults to apply to receive food every month. Referral required. See complete listing at URGENT and BASIC CARE NEEDS, page 222.

Catholic Charities

Padre Pio Assistance
2450 N. Harvard Ave. • Tulsa, OK 74115
(918) 508-7160 • www.catholiccharitiestulsa.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 and Thursday, 4 to 6 p.m. and first and third Saturday, 9 to 11 a.m. Walk-ins welcome.

Chapel of Restoration

13650 E. 21st St. • Tulsa, OK 74134 • (918) 392-0522
Offers emergency food pantry Sundays, 9 to 10:30 a.m.

Christ for Humanity

6314 E. 13th St. • Tulsa, OK 74112 • (918) 836-2424
Offers food pantry by call-in appointment. Some availability of clothing, household goods and medical supplies.

Church of St. Mary's Food Pantry

1347 E. 49th Pl. • Tulsa, OK 74105
(918) 749-1423

continued

Provides food assistance to seniors. Open Tuesday through Thursday, 9:30 a.m. to noon and 1 to 4:30 p.m.

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. Office hours are Monday, Wednesday and Friday, 8:30 a.m. to noon.

Coffee Bunker

6365 E. 41st St. • Tulsa, OK 74135
(918) 637-3878 • www.coffeebunker.org

Supports veterans transitioning from military to civilian life. In addition to helping veterans access community resources and benefits, offers the opportunity for veterans to interact with other veterans and share advice, counsel and reminisce. Offers veterans a hot lunch on Wednesday and Friday at 12:30 p.m.

Community Action Resource and Development (CARD)

705 W. Lowry Rd., Stes. 102 & 103 • Claremore, OK 74017
Mail: P.O. Box 947 • Claremore, OK 74018
(918) 341-5000, ext. 302 • Fax: (918) 343-1816 • www.cardcaa.org

Senior citizens nutrition, supportive and in-home services program provides a balanced mid-day meal by home delivery or served in a public location. Serving seniors age 60 or older who qualify and who live in Mayes, Nowata, Rogers or Washington counties.

Community Food Bank of Eastern Oklahoma

1304 N. Kenosha Ave. • Tulsa, OK 74106
(918) 585-2800 • Fax: (918) 585-2862

Largest private hunger-relief organization in eastern Oklahoma. Provides food for 450,000 meals each week in 24 counties. Senior Servings identifies and assists senior citizens who are at the highest risk of hunger. Program provides nutritious food to high-risk seniors age 60+. Partners with low-income senior housing complexes, senior centers and congregate meal sites to provide independence and dignity to clients.

Additional Location:

2119 N. Main St. • McAlester, OK 74501
(918) 429-7755 • Fax: (918) 585-2862

GUTS Church

9120 E. Broken Arrow Expy. • Tulsa, OK 74145
(918) 622-4422

Free groceries provided Fridays, 10 a.m. to noon

Additional Locations:

Sapulpa
911 E. Dewey Ave. • Sapulpa, OK 74066
Free groceries provided last Friday of the month, 10 a.m. to noon.

Skiatook

107 Will Rogers Blvd. • Skiatook, OK 74070
Free groceries provided Fridays, 10 a.m. to noon.

Iron Gate

501 W. Archer St. • Tulsa, OK 74103
(918) 879-1702 • www.irongatetulsa.org

Grocery distribution Wednesdays and Fridays, noon to 1 p.m., and Saturdays, 11 a.m. to noon. Picture ID recommended. Soup kitchen provides hot, hearty, healthy meal daily, 8:30 to 10:30 a.m., without requirements or documentation.

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
Food baskets distributed once per month by appointment.

John 3:16 Mission

506 N. Cheyenne Ave. • Tulsa, OK 74103
 (918) 587-1187 • Fax: (918) 551-7024 • www.john316mission.org
 Offers free daily dinner after 5:45 p.m. worship service.

Kendall Whittier Ministry, Inc.

(918) 592-3000
 Emergency food pantry and community gardens for those who live within Kendall Whittier boundaries. Delivery only.

Loaves and Fishes

11321 E. 19th St. • Tulsa, OK 74128
 (918) 234-8577 • www.loavesandfishes.net
 Offers food pantry and congregate meals. Free meal served Tuesdays, Wednesdays, Fridays and Saturdays, 10 to 10:45 a.m. Food assistance begins at 11 a.m. after meal. Visit website for information recipients are required to provide.

Meals on Wheels of Metro Tulsa

12620 E. 31st St. • Tulsa, OK 74146
 (918) 627-4103 • Fax: (918) 663-8914 • www.mealsonwheelstulsa.org
 Delivers meals and offers friendly contact to homebound seniors in the Tulsa metro area. Can provide diabetic, low sodium, vegetarian or frozen meals in addition to regular hot meals.

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 to 3 p.m. See complete listing at URGENT and BASIC NEEDS, page 222.

Neighbors Along the Line

5000 Charles Page Blvd. • Tulsa, OK 74127
 (918) 584-1111 • Fax: (918) 584-4954
 www.neighborsalongtheline.org
 Food pantry serves residents of northwest Tulsa, providing groceries once a month to people who meet financial guidelines. Food pantry open Monday and Tuesday, 1:30 to 3:30 p.m.; Wednesday, 4:30 to 5:45 p.m. and Thursday 1:30 to 3:30 p.m. and 4:30 to 5:45 p.m. See complete listing at URGENT and BASIC NEEDS, page 222.

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. See list of nutrition sites on page 162.

Osage Nation Elder Nutrition

350 Senior Dr. • Pawhuska, OK 74056
 (918) 287-5454 • Fax: (918) 287-1165
 Serving lunch weekdays to Native Americans age 55 and over for a minimal cost.
Additional Location:
 401 S. 8th St. • Fairfax, OK 74637
 (918) 287-5248

Owasso Community Resources

109 N. Birch St., Ste. 109 • Owasso, OK 74055
 (918) 272-4969 • Fax: (918) 609-0012 • www.owassohelps.org

Year-round emergency food pantry assistance. Offers Thanksgiving baskets for seniors in need. Assistance available to Collinsville, Owasso and Sperry residents. See complete listing at URGENT and BASIC NEEDS, page 222.

Restore Hope Ministries

2960 Charles Page Blvd. • Tulsa, OK 74127
 (918) 582-5766 • Fax: (918) 587-5449 • www.restorehope.org
 Food program is open every Monday through Thursday, 11:30 a.m. to 3:30 p.m. Must bring photo ID, Social Security card for all in the household and proof of residency (e.g. utility bill) within the last 60 days. See complete listing at URGENT and BASIC NEEDS, page 222.

*Additional Location:***Asbury United Methodist Church – Venue 68**

6910 S. 101st E. Ave. • Tulsa, OK
 Food program offered Tuesdays, 12:30 to 3:30 p.m.

Salvation Army

102 N. Denver Ave. • Tulsa, OK 74103
 (918) 582-7201
 Public meal served daily at 1 p.m.

Supplemental Nutrition Assistance Program (SNAP)

Oklahoma Department of Human Services
 (405) 521-3444 • (866) 411-1877 toll-free • www.okdhs.org
 Regular and emergency SNAP available for adults who meet financial guidelines. Contact local DHS office to apply. See list of DHS locations 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) 512-4381 • www.tccsnp.com
 Offers people age 60 or older and their spouses, regardless of age, a hot, nutritionally balanced lunch and sometimes 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 on page 162.

Tulsa Dream Center

Nutrition Services
 200 W. 46th St. N • Tulsa, OK 74126
 (918) 430-9984 • www.tulsadreamcenter.com
 Offers hot meals Monday and Wednesday, noon to 1 p.m. Grocery giveaway Tuesday at 10 a.m. and 1 p.m. and Friday at 10 a.m. Arrive early to get a ticket for groceries. Eligibility requirements apply.

Wagoner Area Neighbors

100 N.W. 8th St. • Wagoner, OK 74467 • (918) 485-2309
 www.wagonerhelps.org
 Provides services for neighbors in need. Call ahead for food pantry information.

ONLINE RESOURCES**Alzheimer's Association** See Our Ad On Page 99

www.alz.org/crf
 Easy access to a comprehensive listing of Alzheimer's and dementia resources, community programs and services.

CareCalendar

www.carecalendar.org

*continued**continued*

Online tool that can be used to help others during time of need. Tool was created to coordinate meals and tasks for family and friends to use in caring for a loved one. Free program offers a setup worksheet that is easy to navigate and operates 24/7.

Caring Bridge

www.caringbridge.org

Site provides access to free websites that connect people experiencing a significant health challenge to family and friends, making each health journey easier. Websites are easy to create and use.

Lotsa Helping Hands

www.lotsahelpinghands.com

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.

Retirement Jobs

www.retirementjobs.com

Free national job search website especially for adults age 50+. Some employers become certified as age friendly, pledging that they see the value of maintaining an age-friendly workplace and proving they go out of their way to attract mature workers.

Senior Job Bank

www.seniorjobbank.org

Online job bank brings together senior-friendly employers with qualified older job seekers.

Strength for Caring

A Place for Caregivers

www.dailystrength.org/group/caregivers

Website for caregivers to search for ways to take care of themselves while they are caring for others. Offers tips for daily care, shared stories, support and other information and resources.

Take Them A Meal

www.takethemameal.com

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. Most hospitals have an organ and tissue donation staff person to assist the family with the process.

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. Expy. • Oklahoma City, OK 73132
(405) 840-5551 • (888) 580-5680 toll-free

www.lifeshareoklahoma.org

Nonprofit, federally designated organ procurement organization.

Musculoskeletal Transplant Foundation (MTF) Biologics

125 May St. • Edison, NJ 08837
(732) 661-0202 • (800) 946-9008 toll-free
Fax: (732) 661-2123 • www.mtf.org

Oklahoma State University – (OSU)

Center for Health Sciences – Body Donor Program
1111 W. 17th St. • Tulsa, OK 74107 • (918) 561-8446

Oklahoma University – (OU)

College of Medicine – Willed Body Program
941 Stanton L. Young Blvd., Ste., 138 • Oklahoma City, OK 73104
(405) 271-2424, ext. 46282

RECREATION and TRAVEL

See also NUTRITION SITES and SENIOR CENTERS, page 162.

AAA Oklahoma Travel Club and Roadside Assistance

2121 E. 15th St. • Tulsa, OK 74104
(918) 748-1000 • www.AAA.com

Membership-based service that covers towing services, battery services, tire changes, out-of-fuel services, lock-out services and more. Members also have access to international travel guides, trip planning assistance and passport photos. Three membership levels are offered. Call for office nearest you.

Additional Services:

AAA TripTiks

Use AAA's TripTik Travel Planner to map a route for your next trip. Provides personalized trips and maps with hotel, restaurant and attraction information for your destination and stops along the way. High-quality detailed maps indicate detours, construction zones and rest stops. Highlights AAA member discount locations and AAA-approved auto repair companies. TripTiks are available both in a paper format or online. TripTiks are a benefit for AAA members.



LIFE's Vintage Newsmagazine

See Our Ads On Page 167

LIFE Senior Services • 5950 E. 31st St. • Tulsa, OK 74135
(918) 664-9000, ext. 1184 • (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, family members, caregivers and service providers.

Road Scholar

11 Avenue de Lafayette • Boston, MA 02111
(800) 454-5768 toll-free • www.roadscholar.org

Nonprofit organization offering 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.

Silver Elite by Hillcrest

(918) 579-6060, ext. 2 • www.silverelite.org

Free club for ages 60 and older 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.tulsacenter.org

continued

Offers recreational activities, transition and community reintegration and support groups to improve the quality of life for people who have physical challenges. See complete listing at **DISABILITY SERVICES**, page 191.

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 challenges. Includes book delivery and books by mail to homebound readers and residents of nursing homes and retirement facilities. Bookmobile visits many area retirement communities.

Tulsa City Parks

City Hall

175 E. 2nd St., Ste. 100 • Tulsa, OK 74103

(918) 596-2100 • Dial 311 in Tulsa • www.tulsaparks.org

Offers activities at area recreation centers for citizens of all ages, including seniors and people who have disabilities.

Locations:

Central Community Center

1028 E. 6th St. • Tulsa, OK 74120

(918) 596-1444

Hicks Community Center

3443 S. Mingo Rd. • Tulsa, OK 74146

(918) 669-6355

Lacy Community Center

2134 N. Madison Pl. • Tulsa, OK 74106

(918) 596-1470

Oxley Nature Center

6700 Mohawk Blvd., • Tulsa, OK 74115

(918) 596-9054

Redbud Valley

16150 Redbud Dr. • Catoosa, OK 74015

(918) 596-9054

Reed Community Center

4233 S. Yukon Ave. • Tulsa, OK 74107

(918) 591-4307

Whiteside Community Center

4009 S. Pittsburg Ave. • Tulsa, OK 74135

(918) 596-1525

Tulsa County Parks Department

2315 Charles Page Blvd. • Tulsa, OK 74127

(918) 596-5990 • Fax: (918) 596-5997

www.parks.tulsacounty.org

Locations:

Bixby Community Center

211 N. Cabaniss • Bixby, OK 74008

(918) 366-4841

Chandler Park Community Center

6500 W. 21st St. • Tulsa, OK 74107

(918) 591-6053

Haikey Creek Park

11327 S. Garrett Ave. • Broken Arrow, OK 74011

(918) 369-5998

LaFortune Community Center

5202 S. Hudson Ave. • Tulsa, OK 74135

(918) 496-6220

O'Brien Community Center

6149 N. Lewis Ave. • Tulsa, OK 74130

(918) 591-6008

South County Community Center

13800 S. Peoria Ave. • Bixby, OK 74008

(918) 746-3780

U.S. Geological Survey

Senior Pass

(888) 275-8747 toll-free • www.usgs.gov

Provides access to more than 2,000 federal recreation sites, including national parks, and provides discounts on some expanded amenity fees, such as camping, boat launching, swimming and guided tours. \$80 fee for lifetime pass, plus \$10 handling if purchasing by mail. Minimum age 62 for U.S. citizens or permanent resident. Annual senior pass available for \$20 plus \$10 handling.

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

Hutcherson Family YMCA

1120 E. Pine St. • Tulsa, OK 74106

(918) 382-9622

Owasso Family YMCA

8300 N. Owasso Expy. • Owasso, OK 74055

(918) 272-9622

R.C. Dickenson Family YMCA

8501 S. Garnett Rd. • Broken Arrow, OK 74012

(918) 872-9622

Tandy Family YMCA

5005 S. Darlington 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:

East Community Center

8145 E. 17th St. • Tulsa, OK 74112

(918) 628-1030

Midtown – Patti Johnson Wilson Center

1910 S. Lewis Ave. • Tulsa, OK 74104

(918) 749-2519

SENIOR CENTERS

See **NUTRITION SITES** and **SENIOR CENTERS**, on page 162.

SHELTERS

See **URGENT** and **BASIC NEEDS**, page 222.

continued

SLEEP DISORDERS

American Sleep Apnea Association (ASAA)

641 S St. NW, 3rd Fl. • Washington, DC 20001
(888) 293-3650 toll-free • www.sleepapnea.org

Focuses on education and treatment for sleep apnea in order to enhance the well-being of those affected by this common disorder.

Ascension St. John

Sleep Disorders Center
1923 S. Utica Ave. • Tulsa, OK 74104
(918) 744-2355

Offering diagnosis and treatment for sleep disorders such as sleep apnea and narcolepsy.

Narcolepsy Network, Inc.

P.O. Box 2178 • Lynnwood, WA 98036 • (888) 292-6522 toll-free
www.narcolepsynetwork.org

Saint Francis Hospital

Sleep Disorders Center
6585 S. Yale Ave., Ste. 650 • Tulsa, OK 74136
(918) 502-5600

Offering diagnosis and treatment for sleep disorders such as insomnia, narcolepsy and sleep apnea.

SOCIAL SECURITY INFORMATION

Social Security Administration

National: (800) 772-1213 toll-free • TTY: (800) 325-0778 toll-free
www.ssa.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 noon every Wednesday.

Locations:

Bartlesville

900 Leisure Ln., 74006
(877) 836-1557 toll-free • TTY: (800) 325-0778 toll-free

Muskogee

2401 W. 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.ssa.gov/onlineservices

Benefit Eligibility Screening Tool (BEST) examines eligibility for retirement, survivor, disability, SSI, special veterans benefits and Medicare. 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 • TTY: (866) 501-2101 toll-free
Fax: (410) 597-0118

Call to report Social Security fraud or misuse of Social Security numbers.

U.S. Railroad Retirement Board

2020 N. Webb Rd., Ste. 104 • Wichita, KS 67206
(877) 772-5772 toll-free • www.rrb.gov

Serves U.S. railroad workers and their families and administers retirement, survivor, unemployment and sickness benefits. Consequently, railroad workers do not participate in the United States Social Security Program. However, Medicare covers railroad workers just like workers covered under Social Security.

SUPPORT GROUPS

The following organizations offer support groups. Contact these offices directly for complete program descriptions, times, locations and activities.

AARP Oklahoma

126 N. Bryant Ave. • Edmond, OK 73034
(405) 844-4888 • (866) 295-7277 toll-free
National: (888) 687-2277 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.

Alcoholics Anonymous

4833 S. Sheridan Rd., Ste. 410 • Tulsa, OK 74145
24-Hour Hotline: (918) 627-2224
www.aaneok.org • www.aaoklahoma.org

Representative will directly answer questions, provide information about Alcoholics Anonymous and arrange for a personal contact within the group. Times and locations of meetings can be found on the meetings page of their website or by calling the hotline.

ALS (Lou Gehrig's Disease) Support Group

(405) 722-8001 • (800) 782-4747 toll-free

Support offered in conjunction with the Muscular Dystrophy Association, Eastern Oklahoma. Meets second Thursday, 6:30 to 8 p.m., at The Center for Individuals with Physical Challenges, 815 S. Utica Ave., Tulsa.

Alzheimer's Association See Our Ad On Page 99

Oklahoma Chapter
(918) 392-5000 • 24-Hour Helpline: (800) 272-3900 toll-free
TTY/Voice: (866) 403-3073 toll-free • www.alz.org/oklahoma

Alzheimer's Caregiver Support Group

All Souls Unitarian Church
2952 S. Peoria Ave., Rm. 207 • Tulsa, OK 74114
(918) 299-1865 • www.communityhealthconnection.org

For caregivers of those with any form of dementia. Meets monthly first and third Thursdays, 6:30 to 8 p.m. Free to attend.

American Cancer Society

7645 E. 63rd St., Ste. 105 • Tulsa, OK 74133
(918) 743-6767 • 24-Hour Hotline: (800) 227-2345 toll-free
www.cancer.org

continued

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

5401 S. Harvard Ave., Ste. 120 • Tulsa, OK 74135
(918) 492-3839 • Information Line: (800) 342-2383 toll-free

American Heart Association

2227 E. Skelly Dr. • Tulsa, OK 74105
(918) 877-8359 • www.heart.org/tulsa

American Lung Association

1010 E. 8th St. • Tulsa, OK 74120
(918) 747-3441 • National: (800) 586-4872 toll-free • 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.apdaparkinson.org/ok

Arthritis Foundation

Oklahoma
P.O. Box 30415 • Oklahoma City, OK 73146
(405) 256-4518 • Helpline: (844) 571-4357 toll-free
www.arthritis.org/oklahoma

Broken Arrow Seniors, Inc.

1800 S. Main St. • Broken Arrow, OK 74012
(918) 259-8377 • www.baseniors.org
Full-scale senior activity center hosts multiple support groups.

Dennis R. Neill Equality Center

621 E. 4th St. • Tulsa, OK 74120
(918) 743-4297 • www.okeq.org
Offers a number of support groups for LGBTQ+ individuals.
See complete listing at **ADVOCACY**, page 184.

Domestic Violence Intervention Services, Inc. (DVIS/Call Rape)

3124 E. Apache St. • Tulsa, OK 74110
24-Hour Crisis Line: (918) (743-5763) • www.dvis.org
Offers individual and group counseling services for survivors of domestic violence and sexual assault. See complete listing at **ABUSE INFORMATION and REPORTING**, page 182.

Family Caregiver Alliance/National Center on Caregiving

101 Montgomery St., Ste. 2150 • San Francisco, CA 94104
(800) 445-8106 toll-free • www.caregiver.org
Online caregiver support groups.

LENZYHOUSE: Faith-Based Approach to Alzheimer's & Dementia

P.O. Box 1234 • Jenks, OK 74037
(918) 510-6062 • www.lenzhouse.org
Faith-based approach to Alzheimer's and dementia, offers referrals, information and support groups.

Leukemia and Lymphoma Society

Oklahoma Chapter
500 N. Broadway, Ste. 250 • Oklahoma City, OK 73102
(405) 943-8888 • (800) 955-4572 toll-free • www.lls.org/oklahoma



LIFE's Caregiver Support Services See Our Ads On Page 159

LIFE Senior Services • 5950 E. 31st St. • Tulsa, OK 74135
(918) 664-9000, ext. 1184 • (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 Communicative Disorders

The University of Tulsa
2820 E. 5th St. • Tulsa, OK 74104
(918) 631-2504 • Fax: (918) 631-3668
www.utulsa.edu/speech-hearing-clinic

Mental Health Association Oklahoma

5330 E. 31st St. Ste. 1000 • Tulsa, OK 74135
(918) 585-1213 • Fax: (918) 585-1263 • www.mhaok.org
Support groups for individuals and families coping with mental health issues and concerns.

Morton Comprehensive Health Services

1334 N. Lansing Ave. • Tulsa, OK 74106
(918) 295-6154 • www.mortonhealth.org
Provides a number of services to assist family caregivers, including support groups that meet in convenient locations around town. Offers caregiver education and assistance in identifying community resources.

Muscular Dystrophy Association (MDA)

Eastern Oklahoma
5840 S. Memorial Dr., Ste. 212 • Tulsa, OK 74145
(918) 749-7997 • National Office: (800) 572-1717 toll-free
www.mda.org

Myasthenia Gravis Foundation of America, Inc.

(800) 541-5454 toll-free • www.myasthenia.org

Narcotics Anonymous

(918) 747-0017 • (888) 749-0017 toll-free • www.eascna.org
Offers assistance finding meetings and support groups in eastern Oklahoma. See complete listing at **ALCOHOL and SUBSTANCE ABUSE**, page 184.

National Alliance on Mental Illness (NAMI)

700 S. Boston Ave., Ste. 219 • Tulsa, OK 74119
(918) 587-6264 • Helpline: (800) 950-6264 toll-free
www.namitulsa.org
Call to find a support group near you.

National Mental Health Consumers' Self-Help Clearinghouse

(800) 553-4539 toll-free • www.mhselfhelp.org
Contact for publications and referrals to support systems.

National Multiple Sclerosis Society

Oklahoma Chapter
2526 E. 71st St., Ste. A • Tulsa, OK 74136
(918) 488-0882 • National: (800) 344-4867 toll-free
www.nationalmssociety.org/chapters/oke

Parkinson Foundation of Oklahoma

3701 N. Martin Luther King Jr. Blvd., Cottage 7 • (918) 574-8499
www.parkinsonoklahoma.com
Support groups throughout Oklahoma.

PFLAG Tulsa

Parents, Families and Friends of Lesbians and Gays

P.O. Box 52800 • Tulsa, OK 74152

(918) 928-7818 • www.pflagtulsa.org

Confidential support for families and friends of LGBT people.

Progressive Supranuclear Palsy (PSP) and Other Related Brain Diseases Support Group

6600 S. Yale Ave., Tulsa, OK 74136 • (918) 557-8784

Offers support for PSP, corticobasal degeneration, multiple system atrophy and other brain-related diseases. Meets first Wednesday of each month. Call for time.

Swallowing and Neurological Rehabilitation Support Groups

Swallowing and Neurological Rehabilitation, LLC

2121 S. Columbia Ave., Ste. 470 • Tulsa, OK 74114

(918) 928-4700 • www.tulsasnr.com

Monthly and weekly support groups for those with primary progressive aphasia, Parkinson's disease or other conditions affecting the voice.

The Tristesse Grief Center

2502 E. 71st St. • Tulsa, OK 74136

(918) 587-1200 • www.thegriefcenter.org

Individual and group support. See complete listing at GRIEF RECOVERY, page 196.

Total Source for Hearing-loss and Access (TSHA)

8740 E. 11th St. • Tulsa, OK 74112

Voice/TTY: (918) 832-8742

24/7 Emergency Interpreter: (888) 311-3523 toll-free

Fax: (918) 834-4329 • www.tsha.cc

Sign language classes and Tulsa Hearing Helpers support group for those who lose hearing later in life.

Tulsa Amputee Group Support (TAGS)

The Center for Individuals with Physical Challenges

815 S. Utica Ave. • Tulsa, OK 74104 • (918) 906-2359

Meets at 6:30 p.m. on the first Monday of each month

Tulsa City-County Library

Tulsa Organizations & Services

(918) 549-7415

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 6:45 p.m. at University Village, 8555 S. Lewis Ave., Tulsa.

TAX INFORMATION

AARP Tax Aide Program

(888) 687-2277 toll-free • TTY: (877) 434-7598 toll-free

www.aarp.org/taxaide

Free income tax help for seniors and low to middle-income taxpayers.

County Assessors

www.okassessor.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. *continued*

*Locations:***Adair County**

220 W. Division St., Ste. 109 • Stilwell, OK 74960

(918) 696-2012 • Fax: (918) 696-6729

Cherokee County

213 W. Delaware St., Ste. 304 • Tahlequah, OK 74464

(918) 456-3201 • Fax: (918) 458-6581

Craig County

210 W. Delaware Ave., Ste. 105 • Vinita, OK 74301

(918) 256-8766 • Fax: (918) 256-2938

Creek County

317 E. Lee Ave., Ste. 300 • Sapulpa, OK 74066

(918) 224-4508 • Fax: (918) 227-6328

Delaware County

327 S. 5th St. • Jay, OK 74346

(918) 253-4523 • Fax: (918) 253-8933

Mayes County

1 Court Pl., Ste. 110 • Pryor, OK 74361

(918) 825-0625 • Fax: (918) 825-1512

McIntosh County

110 1st St. • Eufaula, Ok 74432

(918) 689-2611

Muskogee County

400 W. Broadway, Ste. 210 • Muskogee, OK 74401

(918) 682-8781 • Fax: (918) 682-9566

Nowata County

229 N. Maple St. • Nowata, OK 74048

(918) 273-0581 • Fax: (918) 273-1448

Okfuskee County

209 N. 3rd St. • Okemah, OK 74859

(918) 623-1535

Okmulgee County

314 W. 7th St., Rm. 103 • Okmulgee, OK 74447

(918) 758-0303 • Fax: (918) 758-0175

Osage County

600 Grandview Ave., Rm. 101 • Pawhuska, OK 74056

(918) 287-3448 • Fax: (918) 287-4930

Ottawa County

102 E. Central, Ste. 102 • Miami, OK 74354

(918) 542-9418 • Fax: (918) 542-3273

Pawnee County

500 Harrison St., Rm. 201 • Pawnee, OK 74058

(918) 762-2402 • Fax: (918) 762-2127

Rogers County

200 S. Lynn Riggs Blvd. • Claremore, OK 74017

(918) 923-4795 • Fax: (918) 341-4565

Sequoyah County

117 N. Oak St., Ste. 109 • Sallisaw, OK 74955

(918) 775-2062 • Fax: (918) 755-1208

Tulsa County

500 S. Denver Ave., Rm. 215 • Tulsa, OK 74103

(918) 596-5100 • Fax: (918) 596-4799

www.assessor.tulsacounty.org

continued

Wagoner County

307 E. Cherokee St. • Wagoner, OK 74467
(918) 485-2367 • Fax: (918) 485-8033

Washington County

400 S.E. Johnstone Ave., Ste. 300 • Bartlesville, OK 74003
(918) 337-2830 • Fax: (918) 337-2893

Internal Revenue Service

224 S. Boulder Ave. • Tulsa, OK 74103
(918) 622-8482 • www.irs.gov
Monday through Friday, 8:30 a.m. to 4:30 p.m. by appointment.

**LIFE's Tax Assistance Program**

LIFE Senior Services • 5950 E. 31st St. • Tulsa, OK 74135
(918) 664-9000, ext. 1189 • (866) 664-9009 toll-free
www.LIFEseniorservices.org

Free basic income tax preparation with electronic filing for seniors age 60 or older with an annual income of \$56,000 or below. Appointment required.

Oklahoma Tax Commission

440 S. Houston Ave., Ste. 501 • Tulsa, OK 74127
(918) 581-2399 • www.oktax.state.ok.us • www.tax.ok.gov
Monday through Friday, 8 a.m. to 4:30 p.m.

Tulsa County Assessor

Senior Valuation Limitation/Property Tax Freeze
500 S. Denver Ave., Ste. 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.

TRANSPORTATION RESOURCES, AMBULANCE SERVICES and HANDICAPPED PARKING PERMITS

Many area communities provide subscription-based ambulance services to help protect residents 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. Broken Arrow residents, see Life Ride in this section.

American Cancer Society

7645 E. 63rd St., Ste. 105 • Tulsa, OK 74133
(918) 743-6767 • (800) 227-2345 toll-free • www.cancer.org
Transportation to doctor appointments and cancer treatments. See complete listing at HEALTH-RELATED ORGANIZATIONS, page 196.

Angel Flight, Inc.

12345 E. Skelly Dr. • Tulsa, OK 74128
(918) 749-8992 • Fax: (918) 745-0879 • www.angelflight.com
See complete listing at MEDICAL SERVICES, page 206.

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, Pawhuska, Ponca City and Sapulpa. Monday through Friday, 8 a.m. to 4 p.m. Creek, Kaye, Osage, Pawnee and Washington counties only.

*Additional Locations:***Bartlesville**

401 S. Johnstone Ave. • Bartlesville, OK 74003 • (918) 336-2233

Ponca City

2101 N. 14th St., Ste. 129A • Ponca City, OK 74601 • (580) 718-0444

Skiatook

1002 S. Fairfax Ave. • Skiatook, OK 74070 • (918) 396-4466

Corporate Angel Network, Inc. (CAN)

Westchester County Airport
1 Loop Rd. • White Plains, NY 10604
(914) 328-1313 • www.corpangelnetwork.org
See complete listing at MEDICAL SERVICES, page 206.

Deano's Senior Transit

(918) 973-3321 • www.deanoseniortransit.com
Non-emergency transport for ambulatory and non-ambulatory passengers. Uses MV1 specialized mobility vehicles with in-car video and WiFi. Offers curbside service for doctor's appointments, dialysis treatments and more. Booking available by phone or online. Extended hours and service area for customer convenience. Available Monday through Saturday, 7 a.m. to 7 p.m. by appointment only.

Disabled American Veterans

Tulsa: (918) 628-2607
Muskogee: (918) 577-3737
Provides transportation for veterans to VA-authorized medical appointments. Veterans utilizing service must be able to enter and exit the van unassisted. Requests coordinated through area Hospital Service Coordinators.

Emergency Medical Services Authority (EMSA)

Membership Services
1417 N. Lansing Ave. • Tulsa, OK 74106
(918) 596-3100 • EMSAcare Line: (918) 396-2888
Fax: (918) 596-3177 • www.emsaonline.com

EMSAcare

This ambulance subscription program is designed to protect people from out-of-pocket expenses for emergency transport. Single-family utility customers living within Tulsa's city limits are automatically enrolled in EMSAcare Program. Payments are included in the regular water bill.

Ernest Childers VA Outpatient Clinic

9322 E. 41st St. • Tulsa, OK 74145
(918) 628-2500 • (888) 397-8387 toll-free • www.va.gov
Offers daily shuttle to Jack C. Montgomery VA Medical Center in Muskogee. See complete listing at VETERAN SERVICES, page 225.

Go Go Grandparent

(855) 464-6872 toll-free • <http://gogograndparent.com>
Service takes advantage of on-demand technology to connect seniors to Uber or Lyft even if they don't have a smart phone. Operators are available 24/7 and rides to doctor appointments,

continued

the mall or a restaurant can be available within 15 minutes. Service can even be set up to notify an emergency contact by email or text message whenever a trip is requested.

Healthride

8086 S. Yale Ave. • Tulsa, OK 74136

(918) 404-0038 • www.healthridetulsa.org

Non-emergency medical transport. Wheelchair-accessible van transport to and from doctor appointments, church events, home from the hospital and long-distance transport. Offers wheelchair van leasing. Call for scheduling. Prefers 24-hour notice.

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 for patients, Monday through Friday. Round trips to Claremore Indian Hospital on Mondays. Must be Native American; CDIB card or other tribal documentation required. See complete listing at MEDICAL SERVICES, page 206.

KI BOIS Area Transit System (KATS)

(918) 967-3365 • (800) 289-7228 toll-free

TTY: (800) 722-0353 toll-free • www.kibois.org

KATS is a rural public transportation system, which serves Adair, Cherokee, Haskell, Hughes, Latimer, LeFlore, McIntosh, Okmulgee, Okfuskee, Pittsburg, Sequoyah and Wagoner counties. Small charge for each stop. Vans designed to accommodate special-needs passengers. Call for details, pricing and pickup locations.

Koweta Indian Health Facility

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, eligibility guidelines and advanced notification apply. See complete listing at MEDICAL SERVICES, page 206.

LifeRide

116 E. Dallas St. • Broken Arrow, OK 74012 • (918) 259-6595

www.brokenarrowok.gov

Emergency medical service program in Broken Arrow. Program is administered via a subscription service through City of Broken Arrow utility bills.

Lyft

www.lyft.com/cities/tulsa-ok

Provides on-demand ride-sharing services. Lyft users needing accessible transportation can use Access Mode to request these services. In some markets, Lyft has wheelchair-accessible vehicles and drivers. In others, Lyft may subcontract with accessible providers or may send the rider information on accessible providers they can contact directly. Riders are billed for services provided and may pay a higher rate for wheelchair-accessible transportation.

MedSupport

(918) 627-5111

Private company offers non-emergency wheelchair and stretcher transportation to medical appointments in the Tulsa metro area.

Morton Comprehensive Health Services

Transportation Services

1334 N. Lansing Ave. • Tulsa, OK 74106

(918) 295-6160 • www.mortonhealth.org

Senior transportation available in Tulsa to individuals age 60 and older. Lift-equipped transportation to medical appointments, local grocery stores and pharmacies. Call in advance to enroll.

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 Department of Public Safety

Physical Disability Parking Permit

3600 N. Martin Luther King Ave. • Oklahoma City, OK 73111

(405) 425-2424 • 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, page 191.

Oklahoma Medical Transport

6306 E. 78th St. • Tulsa, OK 74136

(918) 924-4434 • www.okmedtransport.com

Provides scheduled transportation, including lift service, Monday through Friday, 8 a.m. to 5 p.m., and weekends upon request. One-way and roundtrip transportation to doctor appointments, dialysis and physical therapy.

Oklahoma United We Ride

Governor's Oklahoma United We Ride Council

(405) 951-3408

Provides information about transit systems statewide. One-call-one-click phone number and interactive website matches riders with appropriate transit options in their area.

Osage Nation Transportation Services

1449 W. Main St. • Pawhuska, OK 74056

(918) 287-5270 • Fax: (918) 287-5566

Provides non-emergency transportation primarily to the Wah-Zha-Zhi Health Center or facilities where the clinic has referred a patient. For scheduled appointments only. Two to four weeks advance notice required.

Pawnee Nation of Oklahoma

Community Health Representative (CHR) Program

400 Agency Rd. • Pawnee, OK 74058

(918) 762-3873, ext. 1 • www.pawneenation.org

Transportation provided for patients without other means of transportation to or from an Indian Health Service Center or tribal hospital or clinic when necessary for routine, non-emergency problems. Includes waiting for patient to finish treatment. Must have CDIB card. Services available in Pawnee County and the cities of Stillwater and Yale.

Pelivan Transit

333 S. Oak St. • Big Cabin, OK 74332

(800) 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

continued

advance reservations. Tribal members with CDIB card may get a discount because of tribal subsidies. Call or visit website for area dispatch numbers, fares and reservations. Dispatch numbers for Claremore, Grove, Miami, Pryor, Owasso and Vinita are online.

SendaRide

Customer Service: (800) 731-1885 toll-free
www.sendaride.com

Provides non-emergency medical transportation primarily in the Tulsa and Oklahoma City metro areas, but services can be provided in other parts of Oklahoma. Offers customized, concierge transportation booked through an app on a HIPAA-compliant website. Hospitals, providers, independent living centers, family members and more can schedule a ride for someone else. Rides are available Monday through Sunday, 6 a.m. to 10 p.m.

SoonerRide

(877) 404-4500 toll-free • TTY: (800) 722-0353 toll-free
www.okhca.org

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

1403 E. 5th Ct. • 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. 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. Call Tulsa Transit or ADA Ride toll-free at (877) 232-7433. Application required and available online at www.adaride.com.

Night Line

Night-time transportation on a 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.

Uber

www.uber.com/cities/tulsa

Offers wheelchair-accessible transportation in Tulsa. Go online or use the Uber smart phone app to set up an account, then use the app to schedule rides when needed. Can specify accessibility needs when requesting rides.

URGENT and BASIC NEEDS

See also NUTRITION ASSISTANCE and SERVICES, page 213.

Arms Around BA

700 W. Ft. Worth St. • Broken Arrow, OK 74012
(918) 258-7714 • Fax: (918) 806-2497 • www.armsaroundba.org

Offers food pantry, clothing, referrals and utility assistance for Broken Arrow, Bixby and Coweta residents. Open Monday, Wednesday and Friday, 10 a.m. to 3 p.m., and Monday nights, 6 to 8 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. Serves primarily Bixby-area residents who meet financial guidelines. Tuesday through Thursday, 9 a.m. to 4 p.m.

Boston Avenue Helping Hands

712 S. Boston Ave. • Tulsa, OK 74119
(918) 582-1356
Offers a food pantry, prescription assistance and rent assistance when funding is available. Must have eviction notice, utility cut-off notice or doctor prescription. Photo ID and other documentation may be required.

Bristow Social Services

1705 S. Chestnut St. • Bristow, OK 74010
(918) 367-5400 • Fax: (918) 367-5458 • www.bristowhelps.org
Offers various forms of assistance, including clothing, utilities, prescriptions, household supplies, personal care products and food. Photo ID, Social Security card and proof of income required.

Broken Arrow Neighbors

315 W. College St. • Broken Arrow, OK 74012
(918) 251-7781 • www.baneighbors.org
Basic needs agency serving Broken Arrow residents. Food pantry offers a three to five day supply of food and personal care items. Medical, dental and legal clinics also offered. No-interest loans for limited assistance with utility cut-offs and eviction notices. Limited prescription assistance and funds for gasoline for local work travel only. Proof of residence and other documentation such as eviction notice, utility shut-off notice, etc. required. Many services are offered by appointment only and have waiting lists.

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 food assistance to families. When funds are available, may offer help with utility bills or some prescriptions. Senior Servings Program allows older adults to apply for monthly food distribution. Serves select Creek County communities.

Catholic Charities of Eastern Oklahoma

2450 N. Harvard Ave. • Tulsa, OK 74115
(918) 949-4673 • Emergency Assistance: (918) 508-7160

continued

Dental Care: (918) 508-7191 • www.cceok.org

Offers food, clothing and social services. St. Teresa of Calcutta Dental Care provides low-cost general dentistry to economically challenged patients without dental insurance or access to dental care.

Additional Locations:

Bartlesville – Mary Martha Outreach

1845 W. 4th St. • Bartlesville, OK 74003
(918) 337-3703

Broken Arrow Ministry of Compassion

1012 E. Fort Worth St. • Broken Arrow, OK 74012
(918) 872-1661

McAlester Helping Center

328 E. Choctaw Ave. • McAlester, OK 74502
(918) 423-7707

Muskogee Catholic Charities

1220 W. Broadway St. • Muskogee, OK 74401
(918) 681-6115

Coffee Bunker

6365 E. 41st St. • Tulsa, OK 74135
(918) 637-3878 • www.coffeebunker.org

Supports veterans transitioning from military to civilian life. In addition to helping veterans access community resources and benefits, offers the opportunity for veterans to interact with other veterans and share advice, counsel and reminisce. Offers veterans a hot lunch on Wednesday and Friday at 12:30 p.m.

Community Action Resource and Development (CARD)

705 W. Lowry Rd., Stes. 102 & 103 • Claremore, OK 74018
(918) 341-5000, ext. 302 • Fax: (918) 343-1816 • www.cardcaa.org

Offers low income customers assistance in emergency situations. Required documentation includes Social Security cards for all household members, proof of income for any household members earning income, eviction notice or utility bill/shut-off notice, depending on type of assistance needed.

Deep Fork Community Action Foundation, Inc.

223 W. 6th St. • Okmulgee, OK 74447
(918) 756-2826 • Fax: (918) 756-5990

www.deepforkcommunityaction.org

Offers emergency assistance and social services, including prescription 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.okdav.org

Helps veterans with matters involving the Department of Veterans Affairs for honorably discharged veterans and their families through the Oklahoma Department of Veterans Affairs. Transportation available to VA-authorized medical appointments.

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 pay utility bills for families facing an immediate crisis to 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 Programs

575 N. 39th W. Ave. • Tulsa, OK 74127 • (918) 587-1186
Provides a structured program that offers daytime refuge and help with recovery goals. This program is open to the public on an ongoing basis. A live-in recovery program for Tulsa's homeless women opened in 2018.

Ministry Center at the Allan Davis Building

312 S. 33rd W. Ave. • Tulsa, OK 74127
(918) 585-5310 • www.ministry-center.org

Offers bi-weekly medical clinic, 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, vision and prescription programs. Circle Housing and community projects. Nominal fees apply. Open Monday through Thursday, 9 a.m. to noon and 1 to 3 p.m.

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 once a month to people who meet financial guidelines. Medical clinic provides general medical services and limited prescription services to adults and children who do not have medical insurance. Also offers Legal Aid clinic, and a GED preparation lab.

Owasso Community Resources

109 N. Birch St., Ste. 109 • Owasso, OK 74055
(918) 272-4969 • Fax: (918) 609-0012 • www.owassohelps.org

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 Collinsville, Owasso and Sperry 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 Native Americans, including seniors. CDIB card and Social Security card must be provided for all recipients of services, as well as household income verification. Service area consists of Pawnee and 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 food bank and emergency financial assistance for rent when funds are available. Eligibility requirements may apply. Open Monday through Thursday, 11:30 a.m. to 3:30 p.m.

*Additional Location:***Asbury United Methodist Church – Venue 68**

6910 S. 101st E. Ave. • Tulsa, OK 74133
 Open Tuesdays, 12:30 to 6:30 p.m.

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. Daily evening meal for shelter guests. Other programs include Project Able, Housing Program for Single Persons, Pathway of Hope 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 and geographical guidelines.

Sharehouse

3726 E. Admiral Pl. • Tulsa, OK 74115
 (918) 619-6403 • www.sharehousetulsa.com

Provides free furniture and appliances to those in extreme need. Most clients referred by partner agency, but may be able to work with applicants who apply directly. Some fees may apply and access is based on availability of furniture and/or appliances. Partner agencies include Family & Children's Services, Hometeam Appliances, Mathis Brothers, Harvest House, Smart Art Studios, DVIS, Tulsa Cares, Arms Around BA, Tulsa Police and Fire Chaplaincy, Making a Room for You and Day Spring Villa.

Skiatook Family Resource Center

Skiatook Emergency Assistance Center
 319 E. Rogers Blvd. • Skiatook, OK 74070
 (918) 396-1137

Offers food and utility assistance, information and referral services to residents of Avant, Skiatook and Sperry. Open Tuesday through Friday from 10 a.m. until 3:30 p.m.

South Tulsa Community House

5780 S. Peoria Ave. • Tulsa, OK 74105
 (918) 742-5597 • Fax: (918) 742-4485
 www.southtulsacommunityhouse.org

Offers information and referral for people requiring basic needs, including food, clothing and bus tokens. Serving south Tulsa.

Supplemental Nutrition Assistance Program (SNAP)

Oklahoma Department of Human Services (OKDHS)
 (405) 521-3444 • (866) 411-1877 toll-free • www.okdhs.org
 SNAP program is available for emergency assistance. Must meet income guidelines. Contact local DHS office to apply. See complete list of DHS locations in northeast Oklahoma at INFORMATION, ASSISTANCE and REFERRAL, page 201.

Tulsa Cornerstone Assistance Network

1312 S. Quaker Ave., Ste. 12 • Tulsa, OK 74120
 (918) 583-3670 • www.tulsacan.org

Assists individuals and families by providing food, clothing, furniture, appliances and car repair through a network of area churches, agencies, schools, foundations and law enforcement agencies.

Tulsa County Social Services

2401 Charles Page Blvd. • Tulsa, OK 74127
 (918) 596-5560 • TTY: (918) 596-8707
 Fax: (918) 596-5568 • www.tulsacounty.org

Offers food pantry, 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) 583-5588 • 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, bus tokens for job interviews and financial assistance available. On-site clinic 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 meals, food pantry, clothing, legal clinic and medical clinic. Eligibility requirements apply.

Tulsa Harvest House

1439 E. 71st St. • Tulsa, OK 74136
 (918) 884-7667 • Fax: (918) 884-7367 • www.tulsa Harvest House.org

Help with food, clothing and other basic needs. Call for appointments after 5 p.m. on Mondays. Appointments scheduled on Wednesdays.

Tulsa Weather Coalition

Dial 211

Air conditioner loan program, April through September. Must be chair-bound, bed-bound or have a serious medical condition that limits mobility. There must be no other air conditioner in the home available to the individual. Must meet financial guidelines, reside in Tulsa County and have medical documentation or agency referral. 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 cutoffs.

Wagoner Area Neighbors

100 N.W. 8th St. • Wagoner, OK 74467
 (918) 485-2309 • Fax: (918) 485-4454

Offers food, clothing, household items and financial assistance for utilities, rent, gasoline and prescriptions. Wagoner County residents only. Available Monday, Wednesday and Friday, 8:30 a.m. to noon; Tuesday and Thursday, 1 to 3 p.m.

UTILITY and TELEPHONE ASSISTANCE

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 (this page). See also URGENT and BASIC NEEDS, page 222.

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:

Service Companies:

Access Wireless: (866) 594-3644 toll-free
Air Voice Wireless: (877) 247-7799 toll-free
Amerimex: (888) 224-3213 toll-free
Assist Wireless: (855) 392-7747 toll-free
Bixby Telephone Company: (918) 366-8000
Boomerang Wireless: (866) 488-8719 toll-free
Cox Communications: (866) 961-0027 toll-free
Dart Phone: (888) 360-2030 toll-free
Easy Wireless: (877) 476-3451 toll-free
Infiniti Mobile: (214) 323-8000
Life Wireless: (888) 543-3620 toll-free
Q Link Wireless: (855) 754-6543 toll-free
StandUP Wireless: (800) 544-4441 toll-free
Tag Mobile: (866) 959-4918 toll-free
TerraCom: (877) 716-8880 toll-free
TerraCom Wireless: (877) 351-4747 toll-free
True Wireless: (877) 412-1919 toll-free
U.S. Cellular: (800) 944-9400 toll-free

Low Income Home Energy Assistance Program (LIHEAP)

Oklahoma Department of Human Services
(405) 487-5483 • (866) 674-6327 toll free
TTY: (866) 367-6228 toll-free • www.liheap.org

Provides financial assistance during specific application periods to low-income residents who need help paying heating and/or cooling costs. Applications in Oklahoma made through DHS. For a complete list of DHS locations, see INFORMATION, ASSISTANCE and REFERRAL, page 201.

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

Customer Account ID Program

Seniors may choose to be specially identified in ONG's customer database for assistance in the event of an emergency or service problem. Minimum age 65; younger if the person has a disability.

Third-Party Notification

Designates a third party, usually a close relative, to receive a copy of cutoff notice to safeguard against loss of service due to nonpayment.

Public Service Company of Oklahoma

A unit of American Electric Power
24-Hour Helpline: (888) 216-3523 toll-free
www.psoklahoma.com
Electric company for much of the service area. Call or visit the website for specific services for seniors.

VETERAN 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.

Additional Location:

11328 E. Admiral Pl. • Tulsa, OK 74116
(918) 437-4308

Bryce House for Homeless Veterans

1214 S. Baltimore Ave. • Tulsa, OK 74119
(918) 664-4224 • (800) 680-8979 toll-free

Bryce House is 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.

Coffee Bunker

6365 E. 41st St. • Tulsa, OK 74135
(918) 637-3878 • www.coffeebunker.org

Supports veterans transitioning from military to civilian life. Serves as a triage center to identify needed services and either meet the need or refer to community resources. Assistance may be provided in finding employment, applying for VA benefits, getting clothing, finding a place to live or simply being around other veterans who can provide support, chat and share a cup of coffee.

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.

Disabled American Veterans

3131 E. Pine St. • Tulsa, OK 74110
(918) 834-4643 • Fax: (918) 834-5048 • www.okdav.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.

continued

Ernest Childers VA Outpatient Clinic9322 E. 41st St. • Tulsa, OK 74145

(918) 628-2500 • (888) 397-8337 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 Helpline: (888) 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.

Supportive Services for Veteran Families115 W. 3rd St., Ste. 600 • Tulsa, OK 74119

(918) 588-8418 • www.csctulsa.org/ssvf

Rapid rehousing program for veterans who are homeless or facing eviction. Specifically for low-income vets and their families in 19 northeastern Oklahoma counties.

TRICARE

Humana Military Health Care Services

(800) 444-5445 toll-free • www.humanamilitary.com

Tulsa VA Dental Clinic

5110 S. Yale Ave., Ste. 200 • Tulsa, OK 74135

(918) 628-2574 • Fax: (918) 488-8870

Provides dental services to veterans who meet eligibility guidelines

Additional Location:

Jack Montgomery VA Center in Muskogee

1011 Honor Heights Dr. • Muskogee, OK 74401

(888) 397-8387, ext. 2574 toll-free

Tulsa Vet Center14002 E. 21st St. • Tulsa, OK 74134

(918) 628-2760 • Fax: (918) 439-7424

Provides individual and group counseling services for veterans and their families. Counseling areas include marriage and family, bereavement and military sexual trauma. Free and confidential for qualified veterans and family members. Prefer appointments, but can often accommodate walk-ins.

Veterans Affairs

Behavioral Medicine Clinic

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

(918) 610-2000 • (866) 398-5033 toll-free

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, emergency services/stabilization, medication management homeless program, psychiatric evaluation and psychotherapy. Must be a veteran.

Veterans Affairs

National Office: (800) 827-1000 toll-free

National Caregiver Support Line: (855) 260-3274 toll-free

www.caregiver.va.gov

Open Monday through Friday, 7 a.m. to 10 p.m., CST. Saturday 9:30 a.m. to 5:30 p.m. 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.

Veterans Affairs Insurance Center

(800) 669-8477 toll-free • www.va.gov

General life insurance information for veterans.

VFW Post 577 – Benefits Office1109 E. 6th St. • Tulsa, OK 74120

(918) 585-9148

Assists veterans with identifying eligibility for veteran benefits, claims filing and appeals. Open 11 a.m. to 2 p.m., Tuesday through Friday on a walk-in basis. Utilizes a mobile unit to visit locations around the region in order to make benefit consultations and assistance more convenient and accessible to veterans. Call to see when the service officers are available at the post or on the mobile unit.

VISION SERVICES**American Foundation for the Blind (AFB)**

1401 S. Clark St., Ste. 703 • Arlington, VA 22202

(212) 502-7600 • Fax: (212) 502-7777 • 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.

EyeCare America

Senior Eye Care Program of The Foundation of the American Academy of Ophthalmology

P.O. Box 7424 • San Francisco, CA 94120

(877) 887-6327 toll-free • www.aao.org/eyecare-america

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 • Optometry Clinic: (918) 382-1263

Fax: (918) 582-6405 • www.ihcrc.org

Provides vision testing for glaucoma and diabetic retinopathy, eyeglass prescriptions and treatment of eye infections and eye diseases. Must be Native American or dependant of Native American; 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. See complete listing at MEDICAL SERVICES, page 206.

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.

continued

Lesley L. Walls Vision Center

3100 E. New Orleans St. • Broken Arrow, OK 74014
(918) 449-6210 • Fax: (918) 449-6219

A program of Northeastern State University's College of Optometry designed to meet the needs of patients with decreased vision and function due to brain injury, retinal degeneration, diabetic retinopathy and other causes of low vision. Located on the second floor of the education building. Open Monday and Thursday only.

Lighthouse International

250 W. 64th St. • New York, NY 10023
(800) 284-4422 toll-free • www.lighthouseguild.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. 36th St. N • Tulsa, OK 74106
(918) 425-5578 • Fax: (918) 428-4951
www.neighborforneighbor.org

Optometry clinic offers eye exams at no charge. Appointment required. Closed Fridays. See complete listing at URGENT and BASIC NEEDS, page 222.

NewView Oklahoma

Tulsa Center for Low Vision and Blindness
5350 E. 31st St., Ste. 302 • Tulsa, OK 74135
(918) 779-7772 • (855) 811-9699 toll-free • Fax: (918) 779-7794
www.nvoklahoma.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 or visually impaired and their families. Offers legislative initiatives, advocacy, information and referral and social programs.

Oklahoma Department of Rehabilitation Services

Visual Services
907 S. Detroit Ave., Ste. 500 • Tulsa, OK 74120
(918) 551-4900 • Fax: (918) 551-4936 • 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.

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
Fax: (405) 521-4582 • 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. Materials also available for download. See complete listing at DISABILITY SERVICES, page 191.

VOLUNTEER OPPORTUNITIES**Alzheimer's Association** See Our Ad On Page 99

Oklahoma Chapter
2448 E. 81st St., Ste. 3000 • Tulsa, OK 74137
(918) 392-5000 • www.alz.org/oklahoma

American Parkinson Disease Association Information and Referral Center

Oklahoma/Southern Kansas
P.O. Box 3113 • Broken Arrow, OK 74013
(918) 747-3747 • www.adpapakinson.org/ok

Consistent need for volunteers in its mission to offer educational information on Parkinson's disease, physician referral and support groups.

Assistance League of Tulsa

5350 E. 31st St. • Tulsa, OK 74135
(918) 832-8832 • Fax: (918) 832-1994 • www.altulsa.org

Volunteer opportunities available to help with retail operations in the thrift shop which supports Operation School Bell, a program that helps clothe more than 2,000 area children annually with new clothes, including school uniforms and winter wear.

Centenarians of Oklahoma

3510 E. 32nd St., Ste. 11 • Tulsa, OK 74135 • (918) 510-0150
www.centenariansok.com

Statewide program that recognizes the most senior of the seniors – those who have reached the milestone birthday of 100 or beyond. Group welcomes computer proficient volunteers to help research seniors who may be approaching their 100th birthday or provide other duties in the office. Serves the entire state.

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 required.

Hillcrest Volunteer Services

1120 S. Utica Ave. • Tulsa, OK 74104
(918) 579-7500 • www.hillcrest.com/volunteer

Various volunteer opportunities available throughout the Hillcrest Health System.

Hospice of Green Country See Our Ad On Page 153

1120 S. Boston Ave., Ste. 200 • Tulsa, OK 74119
(918) 747-2273 • Fax: (918) 747-2573
www.hospiceofgreencountry.org

Visit patients, provide respite to caregivers, assist with the Pet Peace of Mind program, help with administrative tasks, work in the resale shop or create bears for children dealing with the grief of losing a loved one. Training provided.

INCOG Area Agency On Aging

Ombudsman Program
2 W. 2nd St., Ste. 800 • Tulsa, OK 74103
(918) 584-7526 • Fax: (918) 583-1024 • www.incog.org

Ombudsman volunteers serve residents of long-term care facilities by advocating for their rights and by responding to and resolving complaints. Training provided.

LIFE's Volunteer Resources Program

LIFE Senior Services • 5950 E. 31st St. • Tulsa, OK 74135
(918) 664-9000, ext. 1225 • (866) 664-9009 toll-free
www.LIFEseniorservices.org

Enjoy LIFE by taking part in a variety of volunteer opportunities. Sign up with a group or individually and make a difference in the life of a senior.



Meals on Wheels of Metro Tulsa

12620 E. 31st St. • Tulsa, OK 74146
 (918) 627-4105 • Fax: (918) 663-8914
 www.mealsonwheelstulsa.org

Volunteers needed to help with packing and delivery of meals to homebound seniors. Application available online. See complete listing at NUTRITION ASSISTANCE and SERVICES, page 213.

Owasso Community Resources

109 N. Birch St., Ste. 109 • Owasso, OK 74055
 (918) 272-4969 • Fax: (918) 609-0012 • 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. 31st St. • Tulsa, OK 74135
 (918) 280-8656 • Fax: (918) 280-8659 • www.rsvptulsa.org
 RSVP connects senior volunteers age 55+ to meaningful community service opportunities, matching each volunteer's skills, experience and interests with community needs. Serving Creek, Osage, Tulsa, Wagoner and Washington counties.

Saint Francis Auxiliary

6161 S. Yale Ave. • Tulsa, OK 74136
 (918) 494-1185 • www.saintfrancis.com
 Various volunteer opportunities available throughout the Saint Francis Health System.

Senior Corps

(202) 567-0592 • www.okseniorcorps.org
 Nationwide nonprofit organization that connects seniors age 55+ with volunteer opportunities. The Foster Grandparents Program allows volunteers to serve children with exceptional needs. The Senior Companions Program matches volunteers with adults 55+ who have difficulty with daily living tasks. Restrictions may apply.

Service Corps of Retired Executives (SCORE)

907 S. Detroit Ave., Ste. 1001 • Tulsa, OK 74120
 (918) 581-7462 • www.tulsascore.org
 Retired business executives offer small business consultation and business plan seminars. Call for appointment.

St. John Auxiliary

1923 S. Utica Ave. • Tulsa, OK 74104
 (918) 744-2198 • www.stjohnhealthsystem.com
 Various volunteer opportunities available throughout the St. John Health System.

Tulsa Area United Way

1430 S. Boulder Ave. • Tulsa, OK 74119
 Mail: P.O. Box 1859 • Tulsa, OK 74101
 (918) 583-7171 • Fax: (918) 582-5588 • www.tauw.org
 Find volunteer opportunities with Tulsa Area United Way partner agencies.

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 Oklahoma

9605 E. 61st St. • Tulsa, OK 74133
 (918) 307-1500 • Fax: (918) 307-1520 • www.voaoak.org

*continued**Additional Locations:***Bartlesville**

4017 S.E. Price Rd., 74006
 (918) 331-0300 • Fax: (918) 331-0002

Bernice

P.O. Box 3837, 74331
 (918) 256-9812 • Fax: (918) 256-9814

Muskogee

3536 Chandler Rd., 74403
 (918) 683-1578 • Fax: (918) 683-4068

VOTER INFORMATION

Election Boards

Oklahoma State Election Board
 2300 N. Lincoln Blvd., Ste. G28 • Oklahoma City, OK 73105
 Mail: P.O. Box 53156 • Oklahoma City, OK 73152
 (405) 521-2391 • Fax: (405) 521-6457 • www.ok.gov/elections
 Information and access to voter registration, absentee and homebound voting.

*County Election Boards:***Adair County Election Board**

220 W. Division St. • Stilwell, OK 74960
 Mail: P.O. Box 6 • Stilwell, OK 74960
 (918) 696-7221 • Fax: (918) 696-4905

Cherokee County Election Board

914 S. College Ave. • Tahlequah, OK 74464
 (918) 456-2261 • Fax: (918) 453-2022

Craig County Election Board

210 W. Delaware Ave., Ste. 108 • Vinita, OK 74301
 (918) 256-7559 • Fax: (918) 256-8173

Creek County Election Board

230 E. Hobson Ave. • Sapulpa, OK 74066
 Mail: P.O. Box 990 • Sapulpa, OK 74067
 (918) 224-3529 • Fax: (918) 227-6332
 www.creekcountyonline.com

Delaware County Election Board

225 S. 5th St. • Jay, OK 74346
 Mail: P.O. Box 589 • Jay, OK 74346
 (918) 253-8762 • Fax: (918) 253-3286

Mayes County Election Board

1 Court Pl., Ste. 130 • Pryor, OK 74361
 (918) 825-1826 • Fax: (918) 825-3848

McIntosh County Election Board

110 N. 1st St. • Eufaula, OK 74432
 (918) 689-2452 • Fax: (918) 689-2914

Muskogee County Election Board

400 W. Broadway St., Ste. 120 • Muskogee, OK 74402
 Mail: P.O. Box 216 • Muskogee, OK 74402
 (918) 687-8151 • Fax: (918) 687-0382

Nowata County Election Board

228 N. Maple St. • Nowata, OK 74048
 (918) 273-0710 • Fax: (918) 273-2578

Okfuskee County Election Board

209 N. 3rd St. • Okemah, OK 74859
 (918) 623-0105 • Fax: (918) 623-1222

continued

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
Mail: P.O. Box 929 • Pawhuska, OK 74056
(918) 287-3036 • Fax: (918) 287-4820

Ottawa County Election Board

123 E. Central Ave., Ste. 104 • Miami, OK 74354
(918) 542-2893 • Fax: (918) 542-3005

Pawnee County Election Board

500 Harrison St., Ste. 101 • Pawnee, OK 74058
(918) 762-2125 • Fax: (918) 762-2387

Rogers County Election Board

415 W. 1st St. • Claremore, OK 74017
(918) 341-2965 • Fax: (918) 341-4666

Sequoyah County Election Board

110 E. Creek Ave. • Sallisaw, OK 74955
(918) 775-2614 • Fax: (918) 775-1205

Tulsa County Election Board

555 N. Denver Ave. • Tulsa, OK 74103
(918) 596-5780 • Fax: (918) 596-4536
Absentee Fax: (918) 596-4536
www.tulsacounty.org

Wagoner County Election Board

208 N. Lee Ave. • Wagoner, OK 74467
Mail: P.O. Box 714 • Wagoner, OK 74477
(918) 485-2142 • Fax: (918) 485-8063

Washington County Election Board

420 S. Johnstone Ave., Ste. 101 • Bartlesville, OK 74003
(918) 337-2850 • Fax: (918) 337-2895

League of Women Voters of Metropolitan Tulsa

1910 S. Lewis Ave. • Tulsa, OK 74104
(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 and on League of Women Voters' website. Located inside YWCA.



HAVE QUESTIONS? NEED ANSWERS?

Call LIFE's SeniorLine (918) 664-9000

Reach out to speak with a
SeniorLine specialist who can help
you find services and resources
that are available to you locally.

ONLINE CHAT AT www.LIFEseniorservices.org



Go to LIFE's Facebook page to stream
Q & A virtual sessions with LIFE's SeniorLine.



QUICK REFERENCE

COMMUNITY SERVICES

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, use the page numbers to view the entire listing. Programs of LIFE Senior Services are highlighted in green.

Organization	Main Phone	Page
12 & 12	(918) 664-4224 • (800) 680-8979 toll-free Crisis Hotline: (866) 771-7088 toll-free	212
2-1-1 Helpline	Dial 211 • (877) 836-2111 toll-free	189, 201, 212
A		
AAA Oklahoma	(918) 748-1000	193, 215
AAA CarFit	(918) 748-1074	193
AAA Driver Improvement/Defensive Driving	(877) 457-0711 toll-free	193
AAA OK Travel Club & Roadside Assistance	(918) 748-1000	215
AAA RoadWise Driver Online Program	www.AAA.com/RWDO	193
AAA TripTiks	(918) 748-1000	215
AARP Oklahoma	(405) 844-4888 • (866) 295-7277 toll-free	184, 193, 217
National	(888) 687-2277 toll-free	217, 219
Caregiver Support	(877) 333-5885 toll-free	186, 217
Driver Safety Program	(800) 350-7025 toll-free	193
Job Board	https://jobs.aarp.org/v#index	193
Tax Aide Program	(888) 687-2277 toll-free • TTY: (877) 434-7598 toll-free	184, 217 219
AARP Foundation Senior Community Service and Employment Program (SCSEP) of Tulsa	(918) 621-4480	193
Ability Resources	(918) 592-1235 • (800) 722-0886 toll-free	184, 186, 192, 205
ABLE Tech at Oklahoma State University	(405) 744-9748 • Voice/TTY: (800) 257-1705 toll-free	192, 198, 205
Adult Protective Services	(405) 522-6239	182, 189
24-Hour Statewide Abuse Hotline	(800) 522-3511 toll-free	182, 189
Adair County	(918) 797-2900 • (800) 225-0049 toll-free	182
Cherokee County	(918) 207-4500 • (800) 225-9868 toll-free	182
Craig County	(918) 713-5000 • (800) 572-6844 toll-free	182
Creek County	(918) 746-3300 • (800) 572-6834 toll-free	182
Delaware County	(918) 435-3001 • (800) 433-6772 toll-free	182
Mayes County	(918) 824-4900 • (800) 815-7572 toll free	182
McIntosh County	(918) 689-1200 • (800) 219-3238 toll-free	182
Muskogee County	(918) 684-5300 • (800) 815-7573 toll-free	182
Nowata County	(918) 273-2327 • (800) 815-7574 toll-free	182
Okfuskee County	(918) 623-3100 • (800) 884-1528 toll-free	182
Okmulgee County	(918) 752-2000 • (800) 884-1582 toll-free	182
Osage County	(918) 287-5800 • (800) 884-1573 toll-free	182
Ottawa County	(918) 541-2400 • (800) 884-1715 toll-free	182
Pawnee County	(918) 762-3606 • (800) 270-0786 toll-free	182
Rogers County	(918) 283-8300 • (800) 270-0804 toll-free	182
Sequoyah County	(918) 776-8000 • (800) 270-0805 toll-free	182
Tulsa County - 72b McLain	(918) 430-2300 • (800) 734-7509 toll-free	182
Tulsa County - 72c Downtown	(918) 581-2401 • (800) 734-7516 toll-free	182
Wagoner County	(918) 614-5000 • (800) 734-7518 toll-free	182
Washington County	(918) 338-5700 • (800) 734-7512 toll-free	182
Aging Life Care Association	(520) 881-8008	186
Al-Anon Intergroup Service Office	(918) 627-9114	184
Alcoholics Anonymous	24-Hour Hotline: (918) 627-2224	185, 217
Alderman, Joanne L.	(918) 760-9141	195
All Saints Home Medical	(918) 624-4400 • (800) 934-9292 toll-free	205
Bartlesville	(918) 333-5110	205

Organization	Main Phone	Page
ALS (Lou Gehrig's Disease) Support Group Muscular Dystrophy Association (MDA), Eastern Oklahoma	(800) 782-4747 toll-free (918) 749-7997	217 197, 205, 218
Alzheimer's Association National Office	24-Hour Helpline: (800) 272-3900 toll-free TTY: (866) 403-3073 toll-free	184, 186, 196, 214 184, 185, 186, 196,
Oklahoma Chapter	(918) 392-5000	217, 227
Volunteer Opportunities	(918) 392-5000	227
Alzheimer's Caregiver Support Group	(918) 299-1865	217
Alzheimer's Disease Education and Referral Center (ADEAR)	(800) 438-4380 toll-free	185
American Association of Geriatric Psychiatry (AAGP)	(703) 556-9222	196
American Association of Tissue Banks	(703) 827-9582	215
American Cancer Society	(918) 743-6767 • 24-Hour Hotline: (800) 227-2345 toll-free	196, 217, 220
American Diabetes Association	(918) 492-3839 Information Line: (800) 342-2383 toll-free	196, 218
American Foundation for the Blind (AFB)	(212) 502-7600	226
American Heart Association	(918) 877-8359	196, 218
American Legion - Carson Wilson Rigney Forrester-Shoemaker Post 1	(918) 584-4274	225
American Lung Association	(918) 747-3441 • National: (800) 586-4872 toll-free	196, 218
American Parkinson Disease Association, Information and Referral Center - Oklahoma/Southern Kansas	(918) 747-3747 • National: (800) 223-2732 toll-free	196, 218, 227
American Printing House for the Blind, Inc.	(502) 895-2405 • (800) 223-1839 toll-free	226
American Red Cross of Northeast Oklahoma	(918) 831-1100	196
American Sleep Apnea Association (ASAA)	(888) 293-3650 toll-free	196, 217
American Society on Aging (ASA)	(800) 537-9728 toll-free	196
American Stroke Association	(918) 877-8359 • (888) 4STROKE (478-7653) toll-free	196
American Tinnitus Association (ATA)	(800) 634-8978 toll-free	196, 198
Angel Flight, Inc.	(918) 749-8992	206, 220
Ann Patterson Dooley Family Safety Center	(918) 742-7480 • 24-Hour Crisis Line: (918) 743-5763	182, 189
ARCH National Respite Network and Resource Center	(703) 256-2084	185
Area Agencies on Aging in Oklahoma		
Areawide Aging Agency	(800) 211-2116 toll-free	201
Central Oklahoma Economic Development District (COEDD)	(405) 273-6410 • (800) 375-8255 toll-free	201
Eastern Oklahoma Development District (EODD)	(918) 682-7891	201
Grand Gateway Economic Development Association (GGEDA)	(918) 276-2501 • (800) 482-4594 toll-free	201
Indian Nations Council of Governments (INCOG)	(918) 584-7526	201
Ombudsman Program	(918) 584-7526	182, 184, 204, 227
Senior Info Line	(800) 211-2116 toll-free	182, 184, 201
Arms Around BA	(918) 258-7714	206, 222
Arthritis Foundation, Oklahoma Chapter	(405) 256-4518 • National Helpline: (844) 571-4357 toll-free	196, 218
Ascension St. John	(918) 744-2198	195, 209, 217, 228
Auxiliary	(918) 744-2198	228
Broken Arrow Clinic		
Robert G. Niebergall, MD	(918) 994-9160	195
Michael Vu, MD	(918) 994-9160	195
Sleep Disorders Center	(918) 744-2355	217
Wound Center		
Jane Phillips Medical Center	(918) 331-1867	209
St. John Wound Care East	(918) 748-3103	209
Assistance League of Tulsa	(918) 832-8832	227
B		
BenefitsCheckUp – National Council on Aging	www.BenefitsCheckUp.org	201
Better Business Bureau of Tulsa, Inc.	24-Hour Hotline: (918) 492-1266	188
Bixby Outreach Center	(918) 366-9226	213, 222
Boston Avenue Helping Hands	(918) 582-1356	222
Bridges Foundation – Tulsa	(918) 592-3333	193
Jenks	(918) 299-2656	193

Organization	Main Phone	Page
Bristow Housing Authority	(918) 367-5558	200
Bristow Social Services	(918) 367-5400	222
Broken Arrow Neighbors	(918) 251-7781	190, 203, 206, 211, 213, 222
Dental Care	(918) 251-7781	190
Food Pantry	(918) 251-7781	213, 222
Legal Clinic	(918) 251-7781	203
Medical Clinic	(918) 251-7781	206
Medications	(918) 251-7781	211
Broken Arrow Seniors, Inc.	(918) 259-8377	218
Bryce House for Homeless Veterans	(918) 664-4224 • (800) 680-8979 toll-free	225
C		
CareCalendar	www.carecalendar.org	214
Caregiver Action Network (CAN)	(202) 454-3970 • (855) 227-3640 toll-free	186
Caring Bridge	www.caringbridge.org	215
Caring Community Friends	(918) 224-6464	213, 222
Caring Nurses Association	(918) 992-6266	206
Catholic Charities	(918) 949-4673	190, 209, 213, 222, 223
Bartlesville	(918) 337-3703	223
Broken Arrow	(918) 872-1661	223
Dental Clinic	(918) 508-7191	190, 222
Emergency Assistance	(918) 508-7160	222
Legal Services	(918) 508-7180	203
McAlester	(918) 723-7707	223
Muskogee	(918) 681-6115	223
Padre Pio Assistance (Food Assistance)	(918) 508-7160	213
Xavier Medical Clinic	(918) 583-7233	209
Centenarians of Oklahoma	(918) 510-0150	184, 227
Centers for Disease Control and Prevention (CDC)	(800) CDC-INFO (232-4636) toll-free	197
Centers for Medicare and Medicaid Services (CMS)	(877) 267-2323 toll-free • TTY: (866) 226-1819 toll-free	204, 209
Chapel of Restoration	(918) 392-0522	213
Cherokee Elder Care - PACE	(918) 453-5554 • TTY: (800) 453-0353 toll-free	206
Cherokee Nation		
Housing Rehabilitation	(918) 456-5482 • (800) 837-2869 toll-free	199
Housing Authority	(918) 456-5482 • (800) 837-2869 toll-free	199, 200
Child Care Resource Center	(918) 834-2273	195
Christ for Humanity	(918) 836-2424	213
Christian Medical Clinic of Grand Lake	(918) 787-5191	190
Church of St. Mary's Food Pantry	(918) 749-1423	213
Cimarron Public Transit System	(800) 789-7314 toll-free	220
Bartlesville	(918) 336-2233	220
Ponca City	(580) 718-0444	220
Ride Line (Creek, Kay, Osage, Pawnee and Washington Counties)	(800) 789-7314 toll-free	220
Skiatook	(918) 396-4466	220
City of Tulsa Customer Care Center	Dial 311 • (918) 596-2100	201
Claremore Indian Hospital	(918) 342-6200	206
Claremore Meals on Wheels	(918) 342-2006	213
Coffee Bunker	(918) 637-3878	213, 223, 225
Communication Service for the Deaf (CSD)	www.csd.org	192, 197, 198, 205
Community Action Resource and Development, Inc. (CARD)	(918) 343-2960 • (918) 341-5000, ext. 302	199, 213, 223
Housing Repair Assistance	(918) 341-5000, ext. 302	199
Senior Citizens Nutrition, Supportive and In-Home Services Program	(918) 341-5000, ext. 302	213
Community Food Bank of Eastern Oklahoma – Tulsa	(918) 585-2800	213
McAlester	(918) 429-7755	213

Organization	Main Phone	Page
Community Health Connection	(918) 622-0641 • TTY: (800) 662-4955 toll-free	190, 206
East Tulsa - Medical	(918) 622-0641	206
Kendall-Whittier - Dental	(918) 710-4480	190, 206
Kendall-Whittier - Medical	(918) 622-0641	206
Kendall-Whittier - Pharmacy	(918) 710-4400	206
Community Service Council	(918) 585-5551	201
COPEs Mobile Unit at Family & Children's Services	(918) 921-3200 • 24-Hour Crisis Line: (918) 744-4800	189, 212
Corporate Angel Network, Inc. (CAN)	(914) 328-1313	206, 220
Counseling and Recovery Services of Oklahoma (CRS) – Tulsa	(918) 492-2554	185, 188, 189, 212
Sand Springs	(918) 245-5565	185, 188, 189, 212
County Assessors	www.OKassessor.com	219
Adair County	(918) 696-2012	219
Cherokee County	(918) 456-3201	219
Craig County	(918) 256-8766	219
Creek County	(918) 224-4508	219
Delaware County	(918) 253-4523	219
Mayes County	(918) 825-0625	219
McIntosh County	(918) 689-2611	219
Muskogee County	(918) 682-8781	219
Nowata County	(918) 273-0581	219
Okfuskee County	(918) 623-1535	219
Okmulgee County	(918) 758-0303	219
Osage County	(918) 287-3448	219
Ottawa County	(918) 542-9418	219
Pawnee County	(918) 762-2402	219
Rogers County	(918) 923-4795	219
Sequoyah County	(918) 775-2062	219
Tulsa County	(918) 596-5100	219
Senior Valuation Limitation/Property Tax Freeze	(918) 596-5100	220
Wagoner County	(918) 485-2367	220
Washington County	(918) 337-2830	220
County Health Departments		
Adair County	(918) 696-7292	206
Cherokee County	(918) 456-8826	206
Craig County	(918) 256-7531	206
Creek County – Sapulpa	(918) 224-5531	206
Bristow	(918) 367-3341	206
Delaware County	(918) 253-4511	206
Mayes County	(918) 825-4224	206
McIntosh County	(918) 689-7774	206
Muskogee County	(918) 683-0321	206
Okfuskee County	(918) 623-1800	206
Okmulgee County	(918) 756-1883	206
Osage County	(918) 287-3740	206
Ottawa County	(918) 540-2481	207
Pawnee County	(918) 762-3643	207
Rogers/Nowata County	(918) 341-3166	207
Sequoyah County	(918) 775-6201	207
Tulsa City-County	(918) 595-4400	207
Wagoner County	(918) 485-3022	207
Washington County	(918) 335-3005	207
Creek County Literacy Program	(918) 224-9647	227
Creoks Behavioral Health	(918) 382-7300 • 24-Hour Crisis Line: (918) 216-4999	189, 212
Spring Creek Recovery Center	(877) 327-3657 toll-free 24-Hour Crisis Line: (918) 216-4999	212
Crossroads Clubhouse	(918) 749-2141	193, 200, 212
D		
Deano's Senior Transit	(918) 973-3321	220
D-Dent	(405) 424-8092 • (800) 522-9510 toll-free	191
Deep Fork Community Action Foundation, Inc.	(918) 756-2826	199, 223
Defense Enrollment Eligibility Reporting System (DEERS)	(800) 538-9552 toll-free • TTY: (866) 363-2883 toll-free	225
Dennis R. Neill Equality Center	(918) 743-4297	184, 207, 218
Department of Consumer Credit – Tulsa	(918) 581-2771 • (800) 448-4904 toll-free	188
Disabled American Veterans – Tulsa	(918) 834-4643	192, 220, 223, 225
Muskogee	(918) 577-3737	220
DMA Choice	www.dmachoice.org	188

Organization	Main Phone	Page
Do Not Call Registry	(888) 382-1222 toll-free • TTY: (866) 290-4236 toll-free	189
Domestic Violence Intervention Services, Inc. (DVIS/Call Rape) Sapulpa	24-Hour Crisis Line: (918) 743-5763 (918) 508-2765	182, 189, 218 182
E		
Early Settlement Mediation	(918) 596-7786	203
Eastern Oklahoma Donated Dental Services	(918) 742-5544	191
Elder Care's DayBreak Adult Day Health Services	(918) 336-8500 • (855) 336-8500 toll-free	130,183
Elder Care of Washington County Jerry B. Jarrell, MD	(918) 336-8500 • (855) 336-8500 toll-free (918) 214-8081	188, 195, 201 195
Eldercare Locator (National)	(800) 677-1116 toll-free TTY: Dial 711 for Relay Operator	188, 201
Election Boards - State	(405) 521-2391	228, 229
Adair County	(918) 696-7221	228
Cherokee County	(918) 456-2261	228
Craig County	(918) 256-7559	228
Creek County	(918) 224-3529	228
Delaware County	(918) 253-8762	228
Mayes County	(918) 825-1826	228
McIntosh County	(918) 689-2452	228
Muskogee County	(918) 687-8151	228
Nowata County	(918) 273-0710	228
Okfuskee County	(918) 623-0105	228
Okmulgee County	(918) 756-2365	229
Osage County	(918) 287-3036	229
Ottawa County	(918) 542-2893	229
Pawnee County	(918) 762-2125	229
Rogers County	(918) 341-2965	229
Sequoyah County	(918) 775-2614	229
Tulsa County	(918) 596-5780	229
Wagoner County	(918) 485-2142	229
Washington County	(918) 337-2850	229
Elite Medical Clinic		
Pallavi Agarwal, MD	(918) 742-4900	195
Vishal Aggarwal, MD	(918) 742-4900	195
Emergency Medical Services Authority (EMSA)	(918) 596-3100 • EMSAcare Line: (918) 396-2888	220
Employee Benefits Security Administration	(866) 444-3272 toll-free	203
Entrusted Hearts by Baptist Village Owasso	(888) 910-2234 toll-free	205
Entrusted Hearts Case Management, Oklahoma City	(405) 516-4888 • (866) 887-2872 toll-free	188
Entrusted Hearts Medical Equipment	(918) 274-4310 • (877) 272-6263 toll-free	205
Ernest Childers VA Outpatient Clinic	(918) 628-2500 • (888) 397-8387 toll-free	207, 211, 220, 226
EyeCare America - Senior Eye Care Program	(877) 887-6327 toll-free	226
F		
Family & Children's Services	(918) 587-9471	188, 189
COPEs Mobile Unit at Family & Children's Services	(918) 921-3200 • 24-Hour Crisis Line: (918) 744-4800	189, 212
Family Caregiver Alliance/National Center on Caregiving	(800) 445-8106 toll-free	186, 218
Family Medical Services		
Terence E. Grewe, DO	(918) 749-3533	195
Family Watch	(330) 749-1221	204
Federal Bureau of Investigation - Tulsa	(918) 664-3300	182
Statewide Office - Oklahoma City	(405) 290-7770	182
Federal Government Telephone Information Services	(800) FED-INFO (333-4636) toll-free	201
Federal Trade Commission (FTC)	(202) 326-2222 • (877) 382-4357 toll-free	182
G		
Geriatric Center of Tulsa		
Chandini Sharma, MD	(918) 561-6642	195
Go Go Grandparent	(855) 464-6872 toll-free	220
Good Samaritan Health Services	(918) 710-4222	207

Organization	Main Phone	Page
Goodwill Industries of Tulsa - TulsaWORKS	(918) 581-1256	194
Goodwill Job Connection	(918) 747-1334 • (918) 599-0067	194
Grand Gateway Area Agency on Aging - Senior Community Service Employment Program	(918) 783-5793, ext. 231 • (800) 482-4594 toll-free	194
Green Country Free Clinic	(918) 337-5222	207
Green Country Free Dental Clinic	(918) 338-0198	191
GreenPath Financial Wellness	(800) 550-1961 toll-free	194
GUTS Church	(918) 622-4422	213
H		
Harvard Family Physicians		
Michael Foster, MD	(918) 743-8200	195
Health Outreach, Prevention and Education (H.O.P.E.)	(918) 749-8378 • HIV/AIDS Hotline: (800) 535-2437 toll-free Spanish: (918) 749-8389	207
Healthride	(918) 404-0038	221
Hearing Loss Association of America	(301) 657-2248	198
Hillcrest HealthCare System		
Hillcrest Volunteer Services	(918) 579-7500	227
Silver Elite by Hillcrest	(918) 579-6060	215
Home Health Compare	www.medicare.gov/homehealthcompare	199
Hospice of Green Country	(918) 747-2273	227
Housing Authority of Osage County	(918) 287-2270	200
Human Skills & Resources - Tulsa	(918) 747-6377	212
Claremore	(918) 283-1423	212
Sapulpa	(918) 224-0225	212
I		
INCOG Area Agency on Aging	(918) 584-7526 • Senior InfoLine: (800) 211-2116 toll-free	182, 184, 204, 227
Ombudsman Program	(918) 584-7526	184
Indian Health Care Resource Center	(918) 588-1900	191, 207, 211, 221, 226
Dental	(918) 382-1257	191
Medical	(918) 588-1900	207
Pharmacy	(918) 382-1270	211
Transportation	(918) 588-1900	221
Vision Services/Optomety Clinic	(918) 382-1263	226
Internal Revenue Service	(918) 622-8482	220
Iron Gate	(918) 879-1702	213
J		
Jack C. Montgomery VA Medical Center	(918) 577-3000 • 24-Hour Helpline: (888) 397-8387 toll-free	184, 226
John 3:16		
Family and Youth Center	(918) 592-1186	213, 223
Mission	(918) 587-1187	214, 223
Women's Recovery Programs	(918) 587-1186	223
K		
Kendall-Whittier Ministry, Inc.	(918) 592-3000	214
KEPRO	(216) 447-9604 • (844) 430-9504 toll-free	210
KI BOIS Area Transit System (KATS)	(918) 967-3365 • (800) 289-7228 toll-free TTY: (800) 722-0353 toll-free	221
Koweta Indian Health Center	(918) 279-3200	191, 207, 211, 221, 226
Dental Care	(918) 279-3431 • Appointments: (918) 279-3431	191, 207
Medical	(918) 279-3200 • Appointments: (918) 279-3225	207
Pharmacy Services	(918) 279-3200	211
Transportation	(918) 279-3200	221
Vision Services/Optomety	(918) 279-3200 • Appointments: (918) 279-3420	207, 226

Organization	Main Phone	Page
Laureate Psychiatric Hospital & Clinic		
Laureate Senior Behavioral Health	(918) 502-5000	195
Patricia Costner, DO	(918) 502-5000	195
Heather Hall, MD	(918) 502-5000	195
Thomas Luisikutty, MD	(918) 502-5000	195
Jimmie McAdams, DO	(918) 502-5000	195
Jacob O'Melia, MD	(918) 502-5000	195
Outpatient Appointments	(918) 491-3700	195
LeadingAge Oklahoma	(405) 262-5262	183, 184, 201
League of Women Voters of Metropolitan Tulsa	(918) 747-7933	229
Legal Aid Services of Oklahoma, Inc.	Helpline: (888) 534-5243 toll-free	195, 203, 204
Bartlesville	(918) 336-5736 • (800) 421-4066 toll-free	203
Muskogee	(918) 683-5681 • (800) 725-5681 toll-free	203
OK-SPLASH (60+)	(855) 488-6814 toll-free	196, 204
Tahlequah	(918) 708-1150 • (888) 993-2615 toll-free	203
Tulsa	(918) 584-3338 • (800) 299-3338 toll-free	203
LENZYHOUSE	(918) 510-6062	185, 186, 197, 218
Lesley L. Walls Vision Center	(918) 449-6210	227
Leukemia and Lymphoma Society, Oklahoma Chapter	(405) 943-8888 • (800) 955-4572 toll-free	197, 211, 218
Lewy Body Dementia Association	(404) 935-6444 Caregiver Helpline: (800) 539-9767 toll-free	185, 197
Lifeline Assistance and Link-up America	(888) 225-5322 toll-free • TTY: (888) 835-5322 toll-free	225
LIFE PACE Program of All-Inclusive Care for the Elderly	(918) 949-9969	207
LifeRide	(918) 259-6595	221
LIFE Senior Services	(918) 664-9000 • (866) 664-9009 toll-free	183, 185, 186, 188, 200, 201, 203, 211, 215, 218, 220, 227
LIFE's Adult Day Health	(918) 664-9000 • (866) 664-9009 toll-free	183, 185
LIFE's ADvantage Case Management	(918) 664-9000, ext. 1228 • (866) 664-9009 toll-free	188
LIFE's Case Management	(918) 664-9000, ext. 1184 • (866) 664-9009 toll-free	188
LIFE's Caregiver Support Services	(918) 664-9000, ext. 1184 • (866) 664-9009 toll-free	186, 218
LIFE's Independent Case Management	(918) 664-9000, ext. 1184 • (866) 664-9009 toll-free	188
LIFE's Medicare Assistance Program	(918) 664-9000, ext. 1189 • (866) 664-9009 toll-free	189, 203, 211
LIFE's SeniorLine Information and Resource Counseling	(918) 664-9000, ext. 1184 • (866) 664-9009 toll-free	201
LIFE's Tax Assistance Program	(918) 664-9000, ext. 1189 • (866) 664-9009 toll-free	220
LIFE's Vintage Housing	(918) 664-9000, ext. 1223 • (866) 664-9009 toll-free	200
LIFE's Vintage Newsmagazine	(918) 664-9000, ext. 1184 • (866) 664-9009 toll-free	201, 215
LIFE's Volunteer Resources Program	(918) 664-9000, ext. 1225 • (866) 664-9009 toll-free	227
LifeShare Transplant Donor Services of Oklahoma, Inc.	(405) 840-5551 • (888) 580-5680 toll-free	215
Lighthouse International	(800) 284-4422 toll-free	227
Loaves and Fishes	(918) 234-8577	214
Lotsa Helping Hands	www.lotsahelpinghands.com	215
Low Income Home Energy Assistance Program (LIHEAP)	(405) 487-5483 • (866) 674-6327 toll-free TTY: (866) 367-6228 toll-free	225
Lupus Foundation of Oklahoma, Inc.	(405) 225-7510	197
Lyft	www.lyft.com/cities/tulsa-ok	221
M		
Mary K. Chapman Center for Communicative Disorders	(918) 631-2504	198, 218
Meals on Wheels of Metro Tulsa	(918) 627-4103	214, 228
Medical Supply Network, Inc. (MSNI)	(918) 639-1492	205
Medicare		
National	24-Hour Helpline: (800) 633-4227 toll-free TTY: (877) 486-2048 toll-free	210, 203
Medicare Assistance Program – Oklahoma Insurance Department, Medicare Part D Prescription Drug Coverage	(405) 521-6628 • (800) 763-2828 toll-free	203
Medicare Assistance Program (MAP) at LIFE Senior Services	(918) 664-9000, ext. 1189 • (866) 664-9009 toll-free	211
Medicare Rights Center	(800) 333-4114 toll-free	210
MedSupport	(918) 627-5111	221

Organization	Main Phone	Page
Mental Health Association Oklahoma	(918) 585-1213	197, 200, 218
Mesothelioma Applied Research Foundation	(877) 363-6376 toll-free	197
Ministry Center at Allan Davis Building	(918) 585-5310	211, 223
Morton Comprehensive Health Services	(918) 587-2171	186, 191, 207, 208, 218, 221
Caregiver Support	(918) 295-6154	186, 218
East Tulsa Family Health Center	(918) 295-6185	207
Family and Childrens Services - Integrated Health Center	(918) 712-3401	207
Midtown Family Health Center	(918) 295-6942	191, 207, 208
Nowata Family Health Center	(918) 273-9911	191, 208
Tulsa Health Center (Main Office)	(918) 587-2171	207
Dental Department	(918) 587-2171	191
Medical	(918) 587-2171	207
Transportation – Pickup Scheduling	(918) 295-6160	221
West Tulsa Family Health Center – Sandy Park	(918) 295-9375	208
Muscogee (Creek) Nation Department of Housing	(918) 549-2500 • (800) 482-1979 toll-free	199, 200
Muscular Dystrophy Association (MDA), Eastern Oklahoma	(918) 749-7997	197, 205, 218
National	(800) 572-1717 toll-free	197, 205, 218
MDA Care Clinic, Tulsa	(918) 747-7517	197
Musculoskeletal Transplant Foundation (MTF) Biologics	(732) 661-0202 • (800) 946-9008 toll-free	215
My Driver Transportation and Companion Service	(918) 491-9929	221
Myasthenia Gravis Foundation of America, Oklahoma Chapter	(800) 541-5454 toll-free	197, 218
MyMedicare.gov	24-Hour Helpline: (800) 633-4227 toll-free TTY: (877) 486-2048 toll-free	210
N		
Narcolepsy Network, Inc.	(888) 292-6522 toll-free	197, 217
Narcotics Anonymous	(918) 747-0017 • (888) 749-0017 toll-free	185, 218
National Active and Retired Federal Employees Association (NARFE)	(703) 838-7760 • (800) 456-8410 toll-free	194, 203
National Alliance for Caregiving	(202) 918-1013	186
National Alliance on Mental Illness (NAMI)	(918) 587-6264 • Helpline: (800) 950-6264 toll-free	212, 218
National Association for Continence	(800) 252-3337 toll-free	197
National Cancer Institute - Cancer Information Services	(800) 422-6237 toll-free	197
National Celiac Association	(888) 423-5422 toll-free	197
National Clearinghouse for Long-Term Care Information	(202) 401-4634	204
National Council on Aging, Inc. (NCOA)	(571) 527-3900	184, 201, 210
BenefitsCheckUp	www.BenefitsCheckUp.org	201
Center for Benefits Outreach & Enrollment	www.ncoa.org/centerforbenefits	184, 210
National Domestic Violence Hotline	(800) 799-7233 toll-free TTY: (800) 787-3224 toll-free	182
National Indian Council on Aging, Inc. (NICOA)	(505) 292-2001	184, 194
Senior Community Service Employment Program	(505) 292-2001	194
National Institute on Aging (NIA)	(800) 222-2225 toll-free • TTY: (800) 222-4225 toll-free	197
National Kidney Foundation	(800) 622-9010 toll-free	197
Patient Information Helpline	(855) 653-2273 toll-free	197
National Mental Health Consumers' Self-Help Clearinghouse	(800) 553-4539 toll-free	218
National Multiple Sclerosis Society, Oklahoma Chapter	(918) 488-0882	197, 218
National	(800) 344-4867 toll-free	197, 218
National Osteoporosis Foundation	(800) 231-4222 toll-free	198
National Suicide Prevention Lifeline and Veterans Crisis Line	(800) 273-8255 toll-free • TTY: (800) 799-4889 toll-free Text: 838255	189, 212
Native American Wills Clinic	(405) 208-5017	203

Organization	Main Phone	Page
Neighbor for Neighbor, Inc.	(918) 425-5578	191, 199, 200, 204, 208, 211, 214, 223, 227
Circle Housing	(918) 425-5578	200
Dental Clinic	(918) 425-5578	191
Food Store	(918) 425-5578	214, 223
Home Repairs	(918) 425-5578	199
Legal Clinic	(918) 425-5578	204
Medical Clinic	(918) 425-5578	208
Prescriptions	(918) 425-5578	211
Vision Services	(918) 425-5578	227
Neighbors Along the Line	(918) 584-1111	204, 208, 211, 214, 223
Food Pantry	(918) 584-1111	214, 223
Legal Aid Services	(918) 584-1111	204
Medical Clinic	(918) 584-1111	208
Prescriptions	(918) 584-1111	211
NewView Oklahoma Low Vision Center	(918) 779-7772 • (855) 811-9699 toll-free	192, 205, 227
Nursing Home Compare	www.medicare.gov/nursinghomecompare	204
Nursing Home Star Ratings	www.oknursinghomeratings.com	204
OASIS Adult Day Services, Sapulpa	(918) 224-0410	183
Office of Disability Concerns - Client Assistance Program	(405) 521-3756 • (800) 522-8224 toll-free	192
OK VINE: Oklahoma's Criminal Tracking and Victim Notification System	(877) 654-8463 toll-free • TTY: (866) 847-1298 toll-free	183
Oklahoma Attorney General's Office		183, 189
Consumer Protection Unit	(405) 521-2029	189
Public Safety/Victim Services	(405) 521-3921 • (877) 522-7233 toll-free	183
Tulsa Office	(918) 581-2885	189
Oklahoma Corporation Commission – Tulsa	(918) 581-2296 • (800) 522-8154 toll-free	189
Oklahoma City	(405) 521-2211	189
Oklahoma Council of the Blind	(877) 578-6212 toll-free	227
Oklahoma Department of Human Services	(405) 251-2281 • Senior Info Line: (800) 211-2116 toll-free	184, 194, 199, 202, 204, 205, 210
ADvantage Program	(918) 933-4900 • (800) 435-4711 toll-free	199, 204, 205, 224
Aging Services Division	(405) 521-2281 • (800) 211-2116 toll-free	184, 194, 202
Adair County	(918) 797-2900 • (800) 225-0049 toll-free	202
Cherokee County	(918) 207-4500 • (800) 225-9868 toll-free	202
Craig County	(918) 713-5000 • (800) 572-6844 toll-free	202
Creek County	(918) 746-3300 • (800) 572-6834 toll-free	202
Delaware County	(918) 435-3001 • (800) 433-6772 toll free	202
Mayes County	(918) 824-4900 • (800) 815-7572 toll free	202
McIntosh County	(918) 689-1200 • (800) 219-3238 toll-free	202
Muskogee County	(918) 684-5300 • (800) 815-7573 toll free	202
Nowata County	(918) 273-2327 • (800) 815-7574 toll-free	202
Okfuskee County	(918) 623-3100 • (800) 884-1528 toll-free	202
Okmulgee County	(918) 752-2000 • (800) 884-1582 toll-free	202
Osage County	(918) 287-5800 • (800) 884-1573 toll free	202
Ottawa County	(918) 541-2400 • (800) 884-1715 toll-free	202
Pawnee County	(918) 762-3606 • (800) 270-0786 toll free	202
Rogers County	(918) 283-8300 • (800) 270-0804 toll free	202
Sequoyah County	(918) 776-8000 • (800) 270-0805 toll-free	202
Supplemental Nutrition Assistance Program (SNAP)	(405) 521-3444 • (866) 411-1877 toll-free	214, 224
Tulsa County - 72b McClain	(918) 430-2300 • (800) 734-7509 toll free	202
Tulsa County - 72c Downtown	(918) 581-2401 • (800) 734-7516 toll free	202
Wagoner County	(918) 614-5000 • (800) 734-7518 toll free	202
Washington County	(918) 338-5700 • (800) 734-7512 toll free	202
Oklahoma Department of Mental Health and Substance Abuse Services	24-Hour Crisis Line: (918) 293-2100	190
Oklahoma Department of Public Safety	(405) 425-2424	192, 193, 221
Medical Desk	(405) 425-2078	193
Physical Disability Parking Permit	(405) 425-2424	192, 221
Oklahoma Department of Rehabilitation Services		192, 194, 198, 205, 227
Deaf and Hard of Hearing	(918) 836-5556	192, 198, 205
Visual Services	(918) 551-4900	192, 227
Vocational Rehabilitation Services	Voice: (918) 581-2301	192, 194
For other DVR offices, schools or facilities, call	(800) 487-4042 toll-free	205, 227

Organization	Main Phone	Page
Oklahoma Disability Law Center	Voice/TTY: (918) 743-6220 Voice/TTY: (800) 880-7755 toll-free	192, 204
Oklahoma Health Care Authority (OHCA)	(405) 522-7300 • (800) 522-0310 toll-free	203, 205
Oklahoma Healthy Aging Initiative (OHAI)	(918) 779-7367 • (855) 227-5928 toll-free	184, 186, 202
Oklahoma Housing Finance Agency	(405) 848-1144 • (800) 256-1489 toll-free	200
Oklahoma Indian Legal Services, Inc.	(405) 943-6457 • (800) 658-1497 toll-free	204
Oklahoma Insurance Department	(800) 522-0071 toll-free	189, 203, 205, 211
Consumer Assistance/Claims Division/Insurance Grievance	(405) 521-2991 • (800) 522-0071 toll-free	189, 203
Medicare Assistance Program – Statewide	(800) 763-2828 toll-free	189, 203, 211
Medicare Assistance Program – Tulsa	(918) 295-3700	189, 203
Medicare Assistance Program (MAP) at LIFE Senior Services	(918) 664-9000, ext. 1189 • (866) 664-9009 toll-free	189, 203, 211
Seniors Medicare/Medicaid Fraud, Abuse and Waste Reduction Program (SMP)	(800) 763-2828 toll-free	205, 211
Tulsa Office	(918) 295-3700	205, 211
Oklahoma Library for the Blind and Physically Handicapped	(405) 521-3514 • (800) 523-0288 toll-free TTY: (405) 521-4672	192, 227
Oklahoma Medical Transport	(918) 924-4434	221
Oklahoma Natural Gas Company (ONG)	(800) 664-5463 toll-free	225
Natural Gas Leak/Emergency Line	(800) 458-4251 toll-free	225
Oklahoma Pardon and Parole Board	(405) 521-6600	183
Oklahoma Respite Waiver Program	Senior Info Line: (800) 211-2116	185, 196, 199
Area Agencies on Aging (INCOG)	(918) 584-7526	185
Oxford HealthCare	(918) 258-1111 • (800) 316-2222 toll-free	185, 196, 199
Oklahoma Safety Council Defensive Driving Course	(918) 622-4771 • (866) 622-4771 toll-free	193
Oklahoma Silver Haired Legislature (OSHL)	(405) 522-3069	184
Oklahoma State Department of Health		
Long-Term Care Division	(405) 271-6868	204
Tulsa Division of Vital Records - James O. Goodwin Health Center	(918) 594-4840	190
Birth or Death Certificates	(877) 817-7364 toll-free	190
Oklahoma Tax Commission	(918) 581-2399	220
Oklahoma United We Ride	(405) 951-3408	221
Okmulgee Indian Health Center	(918) 591-5762	191, 208
Dental Clinic	(918) 591-5721	191, 208
OK-SPLASH (60+ Legal Aid Services)	(855) 488-6814 toll-free	196, 204
Osage County Nutrition Program	(918) 287-2242	214, 222
Osage Nation		
Adult Protective Services	(918) 287-5335 • (800) 460-4615 toll-free	183
Burial Assistance Program - Constituent Services	(918) 287-5662 • (800) 320-8742 toll-free	190
Elder Nutrition - Pawhuska	(918) 287-5454	214
Fairfax	(918) 287-5248	214
Family Violence Prevention Department	(918) 287-5422 • 24-Hour Crisis Line: (866) 897-4747 toll-free	190
Senior Service Program	(918) 287-5452	186
Transportation Services	(918) 287-5270	221
OSU - Oklahoma State University		
Body Donor Program	(918) 561-8446	215
OSU Medical Center	(918) 599-1000 • Physician Finder: (918) 599-4678	208
OSU - Collinsville	(918) 938-0040	208
OSU Family Medicine - Eastgate	(918) 439-1500	208
OSU Family Medicine - Healthcare Center	(918) 582-1980	208
OSU Family Medicine - North Regional	(918) 732-4686	208
OSU Family Medicine - Physician Office Building	(918) 584-5364	208
OSU Internal Medicine - Houston Center	(918) 382-5064	208
OSU - Jenks Riverside	(918) 209-5170	208
OSU - Midtown	(918) 748-8111	208
OSU - OB/GYN Houston Center	(918) 586-4500	208
OSU - OMM Healthcare Center	(918) 561-1131	208
OSU - Sand Springs	(918) 215-5100	208
OSU - South Tulsa	(918) 392-3444	208
OSU Women's Health - OMM Healthcare Center	(918) 561-8543	208
Wound Care and Hyperbaric Center	(918) 599-5874	209

Organization	Main Phone	Page
OU Physicians	(918) 619-4400	195, 208
Family Medicine Center	(918) 619-4600	208
Schusterman Center Clinic	(918) 619-4400	195, 208
John Carment, MD	(918) 619-4400	195
Brent Beasley, MD	(918) 619-4400	195
South Memorial	(918) 634-7600	208
Sports Medicine, Tandy Family YMCA	(918) 619-4639	208
Surgical Specialists Clinic - Bersen Medical Plaza	(918) 634-7500	208
Wayman Tisdale Specialty Health Clinic	(918) 619-8700	208
OU - University of Oklahoma		
Dental Hygiene Clinic, Bartlesville	(918) 331-3218	191
OU Nursing - Care Management	(866) 416-4980 toll-free	188
Willed Body Program	(405) 271-2424, ext. 46282	215
Owasso Community Resources	(918) 272-4969	202, 214, 223, 228
Oxford HealthCare - Community Care Division	(918) 258-1111 • (800) 316-2222 toll-free	185, 196, 199
P		
Parkinson Foundation of Oklahoma, Tulsa	(918) 574-8499	198, 218
Oklahoma City	(405) 810-0695	198
Parkside Psychiatric Hospital & Clinic	(918) 588-8888 • 24-Hour Crisis Line: (877) 522-1959 toll-free TTY: (918) 588-8802	190
Pawhuska Indian Health Center	(918) 287-4491	208
Pawnee Nation		
Community Health Representative (CHR) Program	(918) 762-3873, ext. 1	221
Food Distribution Program	(918) 762-2541	223
Special Diabetes Program - Health and Community Services Center	(918) 762-3873	209
Transportation	(918) 762-3873, ext. 1	221
Violence Against Women Program	(918) 762-3873 • Crisis Line: (918) 399-3310	183
Pelivan Transit	(800) PELIVAN (282-2014) toll-free	221
PFLAG Tulsa (Parents Families and Friends of Lesbians and Gays)	(918) 928-7818	219
Porter-Arkansas Verdigris Valley Health Center	(918) 483-0111	191
Progressive Supranuclear Palsy (PSP) and Other Related Brain Diseases Support Group	(918) 557-8784	219
Public Service Company of Oklahoma	24-Hour Helpline: (888) 216-3523 toll-free	225
R		
Relay Oklahoma	Customer Service/Voice/TTY: (800) 676-3777 toll-free	192, 198
Restless Legs Syndrome Foundation	(512) 366-9109	198
Restore Hope Ministries	(918) 582-5766	214, 224
Food Program	(918) 582-5766	214, 224
Rent Assistance	(918) 878-7999	224
Retirement Jobs	www.retirementjobs.com	194, 215
Revitalize T-Town	(918) 742-6241	199
Road Scholar	(800) 454-5768 toll-free	215
Rogers County Adult Day Center	(918) 341-7588	184
RSVP of Tulsa (Retired Senior Volunteer Program)	(918) 280-8656	228
Rx for Oklahoma - Prescription Assistance	(918) 295-6138 • (877) 794-6552 toll-free	211
S		
Safeline	24-Hour Help Line: (800) 522-7233 toll-free	190
Safenet Services	(918) 341-1424	183
24-Hour Crisis Line	(918) 341-9400 • (888) 372-9400 toll-free	183
Mayes County – Including Protective Orders	(918) 825-0190	183
Rogers County – Protective Orders	(918) 923-4962	183
Saint Francis Health System		
Auxiliary	(918) 494-1185	228
Sleep Disorders Center	(918) 502-5600	217
Salvation Army	(918) 582-7201	214, 224
Center of Hope	(918) 582-7201	224
Sand Springs Community Services, Inc.	(918) 245-5183	200, 224

Organization	Main Phone	Page
Sapulpa Indian Health Center	(918) 224-9310	191, 209, 212
Dental Clinic	(918) 224-9310	191
Medical Clinic	(918) 224-9310	209
Pharmacy/Prescriptions	(918) 224-9310	212
SendaRide	(800) 731-1885 toll-free	222
Senior Citizens Hearing Aid Project	(580) 622-4913 • (866) 309-1717 toll-free Videophone: (405) 294-3977	198
Senior Corps	(405) 858-7278 • (202) 567-0592	228
Senior Job Bank	www.seniorjobbank.org	194, 215
Sertoma Hearing Aid Recycling Program (SHARP)	Voice/TTY: (918) 832-8742 24/7 Voice Line: (888) 311-3523 toll-free	198
Service Corps of Retired Executives (SCORE)	(918) 581-7462	228
Services & Advocacy for LGBT Elders (SAGE) Tulsa Chapter at Dennis R. Neill Equality Center	Helpline: (918) 743-4297	184
Share House	(918) 619-6403	224
Silver Elite by Hillcrest	(918) 579-6060, ext. 2	215
Skiatook Family Resource Center	(918) 396-1137	224
Social Security Administration	Tulsa: (866) 931-7106 toll-free National: (800) 772-1213 toll-free	190, 192, 194, 203, 217
Death Benefits	TTY: (800) 325-0778 toll-free	194, 203, 217 190
Disability Benefits	(866) 931-7106 toll-free • (800) 772-1213 toll-free TTY: (800) 325-0778 toll-free	192, 217
Online Services	(866) 931-7106 toll-free • (800) 772-1213 toll-free	
Social Security Fraud Hotline	TTY: (800) 325-0778 toll-free	217
Bartlesville	www.ssa.gov/onlineservices	217
Muskogee	(800) 269-0271 toll-free • TTY: (866) 501-2101 toll-free	217
Okmulgee	(877) 836-1557 toll-free • TTY: (800) 325-0778 toll-free (877) 575-5195 toll-free • TTY: (918) 687-2394 (855) 287-4791 toll-free • TTY: (918) 756-2286	217 217
SoonerRide	(877) 404-4500 toll-free • TTY: (800) 722-0353 toll-free	222
South Tulsa Community House	(918) 742-5597	224
St. John Listings – See Ascension St. John		231
Strength for Caring – A Place for Caregivers	www.dailystrength.org/group/caregiver	215
Substance Abuse and Mental Health Services Administration (SAMHSA)	National 24/7 Helpline: (800) 662-4357 toll-free National 24/7 Suicide Prevention Lifeline: (800) 273-8255 toll-free Disaster/Distress 24/7 Helpline: (800) 985-5990 toll-free (877) 726-4727 toll-free • TTY: (800) 487-4889 toll-free	185, 212 212 185, 212
Supplemental Nutrition Assistance Program (SNAP)	(405) 521-3444 • (866) 411-1877 toll-free	214, 224
Supportive Services for Veteran Families	(918) 588-8418	226
Survivor Room/The Fitting Room	(918) 584-3322 • (918) 582-1975	198
Swallowing & Neurological Rehabilitation Support Groups	(918) 928-4700	219
T		
Take Them A Meal	www.takethemameal.com	215
TenderCare Private Services	(580) 326-9180 • (888) 926-9180 toll-free	188
The Caregivers Library	(804) 327-1111	186
The Center for Individuals with Physical Challenges	(918) 584-8607	192, 215
The Tristesse Grief Center	(918) 587-1200	196, 218
Total Source for Hearing-loss and Access (TSHA)	Voice/TTY: (918) 832-8742 24/7 Emergency Interpreter: (888) 311-3523 toll-free	198, 205, 219
TRICARE		
Humana Military Health Care Services	(800) 444-5445 toll-free	226
Senior Pharmacy Program	(877) 363-1303 toll-free	212
TU Law Legal Clinic	(918) 631-5799	204
Tulsa Advocates for the Rights of Citizens with Developmental Disabilities (TARC)	(918) 582-8272 • (800) 688-8272 toll-free	193
Tulsa Amputee Group Support (TAGS)	(918) 906-2359	219
Tulsa and Creek County Senior Nutrition Program	(918) 835-4160	214

Organization	Main Phone	Page
Tulsa Area United Way	(918) 583-7171	228
Tulsa C.A.R.E.S. (Center for AIDS Resources, Education and Support)	(918) 834-4194 • (800) 474-4872 toll-free	198
Tulsa City-County Health Department	(918) 582-9355	209
Bixby WIC Clinic	(918) 582-9355	209
Broken Arrow WIC Clinic	(918) 582-9355	
Central Regional Health Center	(918) 582-9355	209
Collinsville Health Center	(918) 582-9355	209
James O. Goodwin Health Center	(918) 582-9355	209
Mingo WIC Clinic	(918) 582-9355	209
North Regional Health and Wellness Center	(918) 582-9355	209
Owasso WIC Clinic	(918) 582-9355	209
Sand Springs Health Center	(918) 582-9355	209
South Peoria WIC Clinic	(918) 582-9355	209
Tulsa City-County Library		193, 202, 216, 219
Community Information	(918) 549-7323	202
Homebound Services	(918) 549-7480	193
Outreach and Literacy Services	(918) 549-7480	216
Tulsa Organizations & Services	(918) 549-7415	219
Tulsa City Parks	(918) 596-2100 • Dial 311 in Tulsa	216
Central Community Center	(918) 596-1444	216
Hicks Community Center	(918) 669-6355	216
Lacy Community Center	(918) 596-1470	216
Oxley Nature Center	(918) 596-9054	216
Redbud Valley	(918) 596-9054	216
Reed Community Center	(918) 591-4307	216
Whiteside Community Center	(918) 596-1525	216
Tulsa Clinical Research		
Ralph W. Richter, MD	(918) 743-2349	195
Tulsa Community College Dental Hygiene Program	(918) 595-7022	191
Tulsa Cornerstone Assistance Network	(918) 583-3670	224
Tulsa County Assessor	(918) 596-5100	220
Tulsa County Bar Association	(918) 584-5243	204
Tulsa County District Attorney	(918) 596-4805	183
Tulsa County Medical Society	(918) 743-6184	209
Tulsa County Parks Department	(918) 596-5990	216
Bixby Community Center	(918) 366-4841	216
Chandler Park Community Center	(918) 591-6053	216
Haikey Creek Park	(918) 369-5998	216
LaFortune Community Center	(918) 496-6220	216
O'Brien Community Center	(918) 591-6008	216
South County Community Center	(918) 746-3780	216
Tulsa County Social Services	(918) 596-5560 • TTY: (918) 596-8707	190, 209, 212, 224
Tulsa Crime Stoppers	(918) 585-5209	189
Tulsa Day Center for the Homeless, Inc.	(918) 583-5588	188, 209, 224
Tulsa Dream Center	(918) 430-9984	204, 209, 214, 224
Legal Assistance Clinic	(918) 430-9984	204
Medical Clinic	(918) 430-9984	209
Nutrition Services	(918) 430-9984	214, 224
Tulsa Harvest House	(918) 884-7667	224
Tulsa Housing Authority	(918) 582-0021 • TTY: (918) 587-4712	200
Tulsa Osteopathic Medical Society	(918) 527-4771	209
Tulsa Public Schools Volunteer Program	(918) 746-6800	228
Tulsa Transit	(918) 582-2100	222
Broken Arrow Connection	(918) 582-2100	222
Lift Program	(918) 582-2100 • (877) 232-7433 toll-free	222
Night Line	(918) 582-2100	222
Reduced Fare Program	(918) 582-2100	222
Super Seniors Program	(918) 582-2100	222
Tulsa VA Dental Clinic	(918) 628-2574	191, 226
Jack Montgomery VA Center in Muskogee	(888) 397-8387, ext. 2574 toll-free	191, 226

Organization	Main Phone	Page
Tulsa Vet Center	(918) 628-2760	226
Tulsa Weather Coalition	Dial 211	224
Tulsa Wound Care and Hyperbaric Center - OSU Medical Center	(918) 599-5874	209
U		
Uber	www.uber.com/cities/tulsa	222
United Community Action Program, Inc.	(918) 762-2561	224
United Ostomy Associations of America	(918) 446-8542	219
United States Senate Special Committee on Aging Anti-Fraud Hotline	(855) 303-9470 toll-free	183
University of Oklahoma Dental Hygiene Clinic, Bartlesville	(918) 331-3218	191
U.S. Department of Agriculture (USDA)		
Housing Repair Assistance	(405) 742-1000 • (800) 522-3819 toll-free	199
Rural Development, Housing Direct Loans	(800) 522-3819 toll-free	200
U.S. Department of Housing and Urban Development	(918) 292-8983	200
Reverse Mortgage Counseling	(800) 569-4287 toll-free	194
U.S. Geological Survey Senior Pass	(888) 275-8747 toll-free	216
U.S. National Library of Medicine at National Institutes of Health	(888) 346-3656 toll-free	198
U.S. Railroad Retirement Board	(877) 772-5772 toll-free	211, 217
V		
Veterans Affairs	(800) 827-1000 toll-free	
Behavioral Medicine Clinic	(918) 610-2000 • (866) 398-5033 toll-free Crisis Line: (800) 273-8255, option 1 toll-free	184, 190, 194, 226
Burial Benefits	(800) 827-1000 toll-free	190
Ernest Childers VA Outpatient Clinic, Tulsa	(918) 628-2500 • (888) 397-8387 toll-free	207, 211, 220, 226
Insurance Center	(800) 669-8477 toll-free	203, 226
Jack C. Montgomery VA Medical Center	(918) 577-3000 • (888) 397-8387 toll-free	184, 226
National Caregiver Support Line	(855) 260-3274 toll-free	186, 226
National Office	(800) 827-1000 toll-free	184, 194, 226
VA Dental Clinic	(918) 628-2574 • (888) 397-8387, ext. 2574 toll-free	191
Veterans Crisis Line	(800) 273-8255, option 1 toll-free	184, 190, 226
VFW Post 577 - Benefits Office	(918) 585-9148	226
Vintage Housing	(918) 664-9000, ext. 1223	200
Volunteers of America Oklahoma	(918) 307-1500	194, 200, 229
Affordable Senior Housing	(918) 307-1500	200
Bartlesville Office	(918) 331-0300	228
Bernice Office	(918) 256-9812	228
Muskogee Office	(918) 683-1578	195, 228
Tulsa Office	(918) 307-1500	228
W		
Wagoner Area Neighbors	(918) 485-2309	214, 224
Warren Clinic		
Insung Kim, MD	(918) 497-3650	195
Well Spouse Association	(732) 577-8899 • (800) 838-0879 toll-free	186
Workforce Oklahoma		
Sapulpa American Job Center	(918) 224-9430	194
Tulsa American Job Center	(918) 796-1200	194
X		
Xavier Medical Clinic	(918) 583-7233	209
Y		
YMCA of Greater Tulsa		
Daily Family YMCA	(918) 369-9622	216
Hutcherson Family YMCA	(918) 382-9622	216
Owasso Family YMCA	(918) 272-9622	216
R.C. Dickenson Family YMCA	(918) 872-9622	216
Tandy Family YMCA	(918) 280-9622	216
Westside YMCA	(918) 446-1424	216

GUIDE TO ADVERTISERS

Aberdeen Heights Assisted Living	103	Grace Hospice	157
Aberdeen Memory Care	105	Grace Skilled Nursing and Therapy	111
Alzheimer's Association, Oklahoma Chapter	99	Green Country Care Center	109
Amada Senior Care Oklahoma	Inside Front Cover	Green Tree Assisted Living & Memory Care	103
Aspen Health & Rehabilitation	115	Griswold Home Care	141
Autumn Park	67	Grove Nursing Center	109
Baptist Village Communities (see multiple locations) ..	63	Hartford Villas	67
Bellarose	65	Heartland Village	67
Bios Health	135	Heritage Landing	67
Bridges Health	111	Heritage Point of Tulsa	99
BrightStar Care of Tulsa	137	Hickory Crossing	67
Brookdale Senior Living (see multiple locations).....	97	Hospice of Green Country	153
Brookhollow Landing	67	IGNITE Medical Resorts – Adams PARC	113
Canoe Brook (see multiple locations)	103	Kenosha Landing	67
Cardinal Heights	67	Lake Drive Care & Rehab Center	2
Carriage Crossing	67	Legend at Mingo Road	103
Cedarhurst Senior Living	69	Legend at Tulsa Hills	103
Claremore Skilled Nursing and Therapy	111	Legend Senior Living	103
Comfort Keepers	145	Leisure Village Health Care Community	2
Cornerstone Village	67	LIFE PACE	150, 161
Couch Pharmacy	6	LIFE Senior Services	151, 155, 179
Country Oaks	67	LIFE's Adult Day Health	99, 119
Covenant Living of Bixby	71	LIFE's Care Management	105
Cura-HPC	157	LIFE's Senior Centers	59, 75, 163
Emerald Care Center of Claremore	123	LIFE's SeniorLine Information and Resource Counseling	4, 6, 164, 175, 219
5400 South Apartments	73	LIFE's Vintage Newsmagazine	167
FamilyWatch	125	LIFE's Vintage Housing	67
First Call	147	LIFE's Volunteer Resources Program	64
Forest Hills Assisted Living Community	2	Maplewood Care Center	117
Forest Hills Care and Rehabilitation Center	2	Medicare Assistance Program (MAP) at LIFE Senior Services	7, 210
Glenwood Skilled Nursing and Therapy	111		

GUIDE TO ADVERTISERS

Memorial Park Cemetery	179	Senior Star at The Arbors	91
MGM Healthcare	2	Senior Star at Woodland Terrace	1
Mobility One Transportation	164	Senior Suites	Back Cover
Montereau	61	Sequoyah Pointe Skilled Nursing & Therapy	111
Moore Fitzgerald Funeral Services	179	Sheridan Terrace	73
(see multiple locations)		Southern Hills Rehabilitation Center	127
MyChoice In Home Senior Services	145	Southern Hills Retirement Community	77
Oklahoma Elder Law Group	27	Southern Oaks Care Center	109
Oklahoma Methodist Manor	65	The Ambassador Skilled Nursing & Therapy	111
Oklahoma State University Medical Center	117	The Cottage at Woodland Hills	250
Oxford Glen Memory Care Residence	99	The Courtyards at Claremore	111
Oxford Healthcare	141	The Courtyards at The Ambassador	111
Park Village	67	The Gardens	109
Phoenix Healthcare	109	The Highlands at Owasso	Inside Back Cover
Physician's Choice Hospice	155	The Linden at Stonehaven Square	93
Pioneer Village	67	The Parke	89
Prairie House Assisted Living and Memory Care ..	101	The Springs Skilled Nursing and Therapy	111
Prairie Village	67	The Villages at Southern Hills	95
Rainbow Health Care Community	2	Town Village	69
Redbud Village	67	Treetops Apartments	71
Right at Home	133	Triad Eye Institute	75
River Ridge	67	Tulsa Nursing Center	119
RoseRock Healthcare	159	UnitedHealthcare	4
Saint Francis All Saints	65	University Park	111
Saint Francis Home Health	143	Memory Care Skilled Nursing & Therapy	
Saint Francis Hospice	155	University Village	115
Saint Francis Warren Clinic	7	Vandever House	67
Saint Simeon's	121-122	Visiting Angels of Green Country	139
Seasons Hospice	158	West Oak Village	67
Senior Helpers Tulsa	139	Wilhoit Properties	67
Senior Star at Burgundy Place	1	Woodland Village	67
Senior Star at Plantation House	91	Woodlands Skilled Nursing & Therapy	111

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