

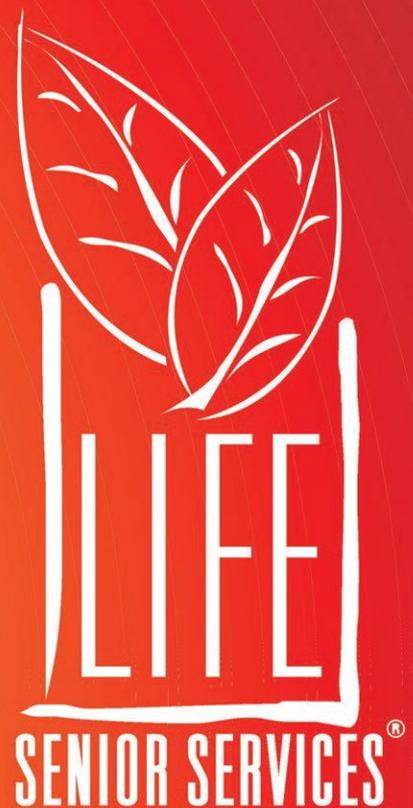
LIFE's

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# Vintage Guide to Housing & Services

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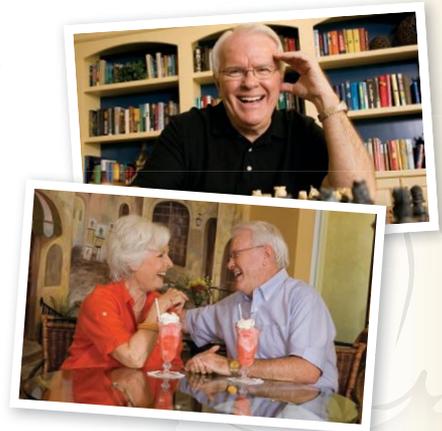
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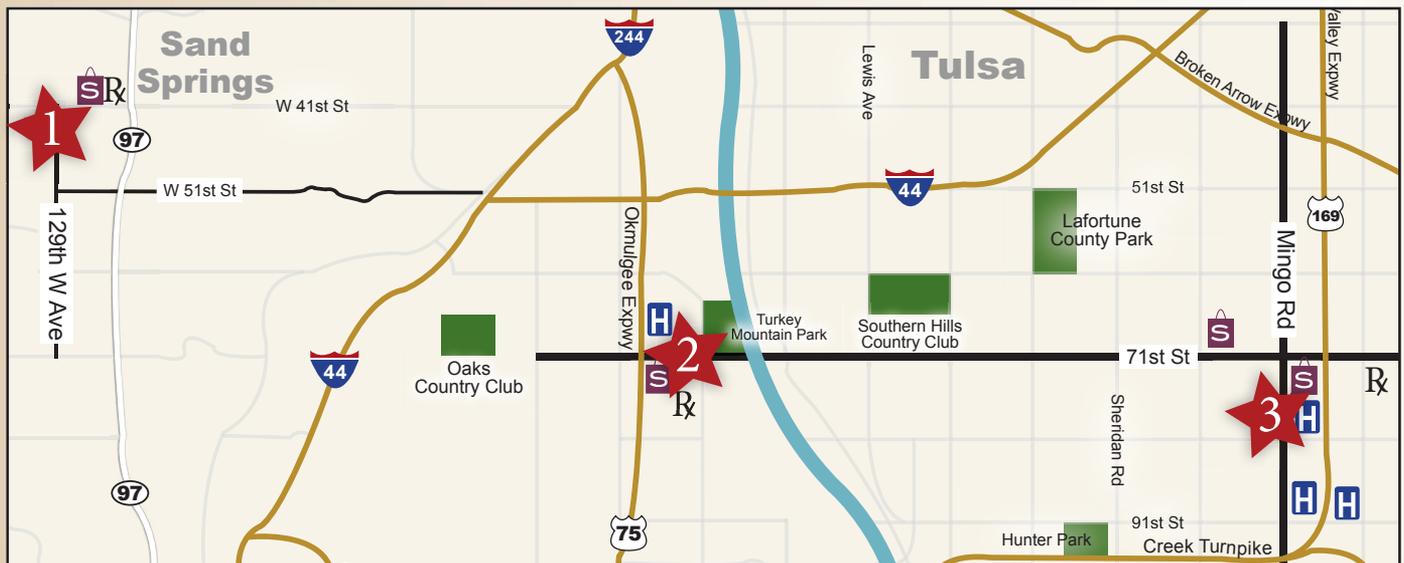


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This section features 27 helpful articles including caregiving tips, legal matters, Medicare information and useful checklists.

### Section 2: Senior Housing Options

Find an extensive directory of nearly 242 options from independent living to nursing facilities, in a format that allows for easy comparisons.



### Section 3: Special Services



You will find comprehensive listings made up of adult day services, home care, hospice and specialty hospitals.

### Section 4: Community Services

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



### Section 5: Quick Reference

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

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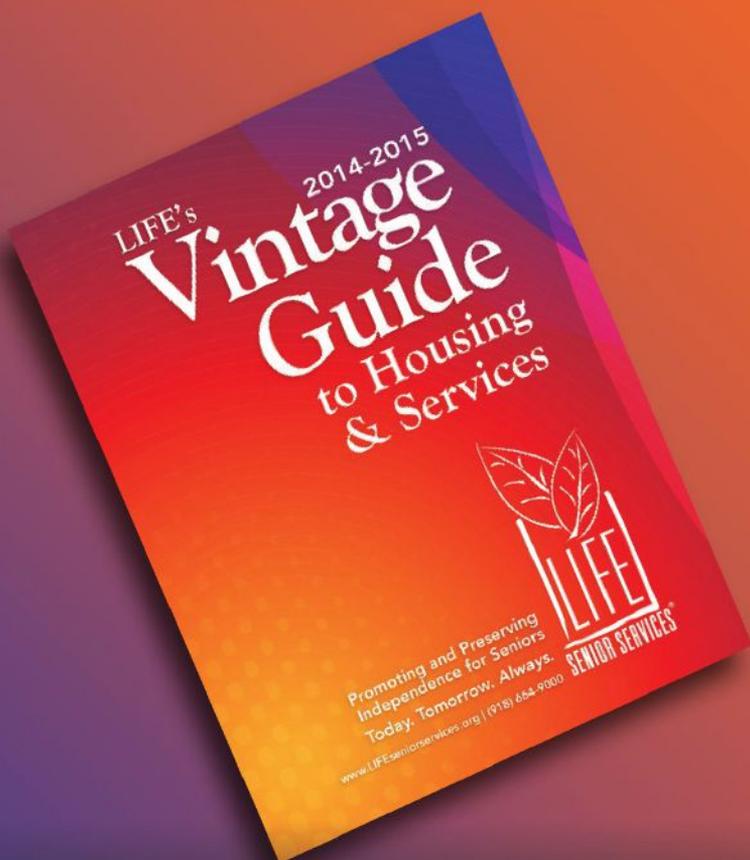
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## Look for the Leaves!

The leaves designate LIFE's SeniorLine or other programs of LIFE Senior Services.

# Learn the best way to navigate the **VINTAGE GUIDE!**



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2. Don't be pressured to make an immediate decision. Always ask for and wait until you receive written material about any offer and then thoroughly do your research.
3. Don't give your credit card, banking, Social Security, Medicare or other personal information over the phone unless you initiated the call.
4. Don't be afraid to be assertive and say "no thanks" and hang up the phone.
5. Register your telephone number on the National Do Not Call Registry list at [www.DoNotCall.gov](http://www.DoNotCall.gov) or by calling 1-888-382-1222.

For more tips on how to protect yourself from scams, contact the Medicare Assistance Program at LIFE Senior Services at (918) 664-9000 or visit [www.LIFEseniorservices.org](http://www.LIFEseniorservices.org).

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# HELPFUL Terms & Definitions

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

**Activities of Daily Living (ADLs)** – Basic self-care tasks including feeding, toileting, grooming, dressing, bathing, walking and transferring (such as moving from bed to wheelchair.) **33**

**Adult Day Services (ADS)** – Provides social opportunities and some health services for adults who need care in a safe place outside the home during the day. Services can include blood pressure monitoring, hair salon, showers, medication management, meals and activities. ADS also gives caregivers a much needed break for respite and the ability to continue working while caregiving. **34-36**

**Advance Directive** – A legal document that dictates treatment preferences and the designation of a surrogate decision-maker should a person become unable to make medical decisions on their own behalf. **24-26**

**Assisted Living** – Combines housing and support services to maximize the residents' self-reliance and self-sufficiency. Assisted living may include housekeeping, meals, activities, respite, transportation, medication management, linen services and more. **29**

**Caregiver** – Anyone – a spouse, sibling, adult child – who is responsible for the care of someone who has poor mental health, is physically disabled or whose health is impaired by sickness or old age. **18-21**

**Conservator** – A person appointed by a court to manage someone else's financial affairs when that person is no longer able. **24-26**

**Continuous Care** – When a patient has a medical crisis that requires close medical attention, a hospice

provider can arrange for inpatient care or provide round-the-clock care in the patient's home. When the crisis is over, the patient may be able to return to routine home care. **164**

**Dementia** – The loss of intellectual functions (thinking, remembering, reasoning) of sufficient severity to interfere with a person's daily functioning. Dementia is not a disease in itself, but rather a group of symptoms that may accompany certain diseases or conditions. Symptoms may also include changes in personality, mood and behavior. **50-51**

**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. **43-44**

**Durable Power of Attorney** – A legal document that allows a person to act on another's behalf, even when the grantor of the document loses capacity. **24-26**

**Guardian** – A person appointed by the court to take care of the person or property of another. **24-26**

**Guardianship** – Refers to a situation where a court appoints an individual as a legal guardian for an elderly person who is deemed to be incapacitated, whether partially or fully. The individual appointed as legal guardian is fully liable for the health and well-being of the person. **24-26**

**Health Care Proxy** – Named in an advance directive, this individual is designated to make health care decisions when the patient is unable. The health care

proxy has a responsibility to abide by the wishes of the patient and should be trustworthy. **24-26**

**Hospice Care** – Philosophy and approach to providing comfort and care at life's end, in lieu of heroic life-saving measures. It can include medical, counseling and social services, and is provided in-home, in specialized hospitals or in hospice care centers. **43-44**

**Hospital Acute Care** – Patient is treated for a brief but severe illness or while recovering from surgery. Acute care is usually given in a hospital and involves intensive or emergency care for a short period of time. **176**

**Incapacity** – Lack of physical or mental ability to manage one's own affairs, as decided by the court. **24-26**

**Instrumental Activities of Daily Living (IADLs)** – The complex skills needed to live independently. These skills include managing finances, handling transportation (driving or managing public transit), shopping, preparing meals, using the telephone and other communication devices, managing medication, housework and basic home maintenance.

**Living Will** – Same as advance directive. **24-26**

**Long-Term Care** – A variety of services that includes medical and non-medical care. It can be provided in a person's home, retirement community or in assisted living or nursing facilities. **33**

**Medicaid** – Public health care for low-income seniors, pregnant women and children. **39-40**

**Medicare** – Public health insurance for people 65 and older and adults with disabilities. Part A is hospital insurance, Part B is coverage for doctors and Part D is medication coverage. Part C is HMO or PPO-style insurance and can combine parts A, B and D or just A and B. **40, 54-59**

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

**Mental Capacity and Competence** – The ability to perceive, understand and appreciate all relevant facts

and to make a rational decision based on those facts; to understand the nature and effect of one's actions. **24-26**

**Non-Skilled Home Care Services** – Assistance with ADLs and IADLs. Services may also include assistance with transportation, shopping or running errands, medication reminders, companionship or respite care. **138**

**Nursing Facility** – Provides 24-hour skilled care for residents who generally rely on assistance for ADLs and IADLs. **39-40**

**Palliative Care** – Is a medical specialty that focuses on the relief of pain, stress and other debilitating symptoms of serious illness. The individualized plan can be delivered at the same time as other treatment. The goal is to relieve suffering and provide the best possible quality of life for patients and their families. Palliative care is not end-of-life care. **44**

**Personal Care Services** – Help with the most personal ADLs including assistance with dressing, bathing, walking, exercise, getting out of bed, toileting or eating. **138**

**Power of Attorney** – A legal document that allows a person to act on another's behalf as long as the grantor of the document has capacity. **24-26**

**Respite** – a temporary break from the responsibilities taken on by a family caregiver. Respite can be provided by a companion service, adult day services, home health agency, assisted living or nursing facilities. **18**

**Skilled Home Care Services** – Provided by a registered nurse, licensed practical nurse, physical therapist, occupational therapist, speech therapist or social worker. A physician's order is required for these skilled services. Skilled services are usually medical-based or clinical services for acute or short-term care at home. **138**

**Trust** – Is a legal arrangement and estate planning tool; typically eliminates probate. **24-26**

**Will** – A legal document that communicates how a person wishes personal assets and property to be distributed on or after death. A will is probated. **24-26**

# Talking about important

# LIFE ISSUES

## with your family

Discussing key aging issues with your loved one can be a difficult conversation to approach. According to a national survey, seniors and their adult children rarely discuss aging issues with one another, and many suspect that this trend goes beyond the parent/child relationship and can even apply to spousal and other caregivers. While we can't always predict the changes we will experience as we grow older, we do know that the most common changes are related to health, living arrangements, the need for assistance, finances and end-of-life issues. Often, by talking about these important life issues and planning ahead, families find it easier to cope with the changes, crisis decision-making can be avoided, and personal control is retained even in difficult situations.

While the majority of those surveyed said they are comfortable discussing these important issues, the reality is they seldom do. The main reason mentioned: No one is starting the conversation.

So how and where do you start? Begin by thinking about the “what ifs.” Here are some scenarios and questions to get you started:

- What if your loved one had a stroke and could no longer live alone? Where would they want to live? In their own home with help? With their family? In assisted living?

- What if your loved one developed significant memory loss? Who would they want to pay their bills and help them make financial or medical decisions?
- What if your loved one had a heart attack and needed help? What in-home or community-based services could help? What could you do to help?

## STARTING THE CONVERSATION

### Setting the Stage

- Be alert to natural opportunities to talk about these issues and ask questions. For example, if someone you know has gone through an aging-related situation, ask them about how their family might handle a similar situation.
- Consider getting together with your loved one to talk about these issues. You could even use this article as a stimulus for the meeting.
- Meet in-person if possible. These subjects are more difficult to discuss on the phone. If a face-to-face meeting isn't possible, be sure to set aside time to talk uninterrupted.
- Choose a time and place that is comfortable and relaxing. Keep distractions to a minimum. Often it is helpful to avoid busy times like the holidays.

### Other Helpful Tips:

- Before meeting, consider making a checklist of the topics you'd like to discuss.
- Involve others. Parents may want to talk with all their children together or adult children may want their siblings present.
- Start out slow and easy. Don't try to cover everything in one marathon conversation.
- Remember to respectfully listen to one another.

## IMPORTANT TOPICS TO DISCUSS

### Health Matters

It's important to develop a plan before health problems arise. Should this happen, you'll need to know the following about your loved one:

- What are their current health problems, physicians, medications and hospital preference?
- What kind of health insurance do they have? Is it adequate? Where is the policy?
- Do they have a living will/advance directive, and if so, where is it? Who is named as health care proxy?
- Is there a durable power of attorney for health care? Who has been given the responsibility to make health care decisions?
- What is the emergency plan? Who would help in an emergency? A neighbor? A friend? Do they have a key and know how to contact family?

### Living Arrangements and Long-Term Care

Most seniors have a strong desire to maintain their independence, yet growing older often brings changes that present obstacles to this. Discussing preventative measures may help maintain their independence. Some topics include:

- Driving status. Has your loved one had any recent fender benders or accidents? When was their last vision exam? Do current glasses provide adequate correction? Have they taken a driving review class lately?
- Need for additional help. Where would they like to receive needed help? In their home? Are they willing to use in-home or community-based services? Are they receptive to other living arrangements, e.g. living with family, assisted living or other residential care? What can they afford?

### Financial Planning

Making sure finances are in order can bring peace of mind to the entire family and provide protection when life changes do occur. Topics to discuss include:

- What is the overview of financial resources and expenses?
- Who can sign on the bank accounts? Who will pay bills in the event of an emergency?
- Is there a durable power of attorney for financial matters? Who has been given the responsibility to manage financial issues?
- Has your loved one completed any estate planning? Who are the financial advisors?
- What are the locations of their bank and investment accounts and other important financial documents?

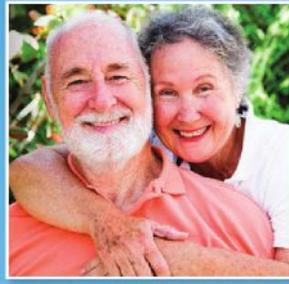
### End-of-Life Issues

These are important issues for families to discuss before the time comes. When you share your wishes it means things will be handled the way you prefer, and your family won't be left guessing about what to do. Topics include:

- Desires for medical care if terminally ill
- Feelings about heroic measures
- Location of living will/advance directive
- Instructions for funeral and burial/cremation arrangements
- Location of possible burial policy
- Location of current will and whether it is up-to-date
- Names and contact information of legal advisors

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

**For additional explanations on the legal documents mentioned in this article, read *Legal Matters and Older Adults* on page 24.**



# Does My Loved One Need Help?

Are you concerned for a loved one and their ability to safely remain in their home? Completing this simple assessment will help you identify potential risks and threats to their independence, and will give you a starting point for finding options to address those needs.

	Yes	No
<b>Physical Health</b>		
Has your loved one been diagnosed with any chronic illnesses or diseases?		
Have they been hospitalized recently?		
Have they fallen or had accidents because of weakness, dizziness or inability to get around?		
Has there been a recent change in weight – especially unexplained weight loss?		
<b>Mental Health</b>		
Has your loved one been diagnosed with Alzheimer's disease or another form of dementia or memory loss?		
Have they been diagnosed with a mental health disorder such as depression, anxiety or psychosis?		
Are they showing signs of confusion, disorientation or isolation? What about mood swings or forgetfulness? Sadness or loneliness?		
Do they have mental or emotional problems that might make them a threat to themselves or others?		
<b>Medication Use</b>		
Is your loved one taking multiple medications – either prescription, over-the-counter or supplements?		
Do they ever forget to take their medicines or skip doses to save money?		
Do they have trouble taking their medications as directed, i.e. the right amount at the right time and with the proper foods or liquids?		

	Yes	No
<b>Daily Living Skills</b>		
Do they have difficulty bathing or dressing?		
Do they have trouble getting up from a chair, walking or navigating stairs?		
Do they have trouble making it to the bathroom in time?		
Do they have trouble using the phone or getting help in case of an emergency? Have they ever forgotten to hang up the phone?		
Do they need help shopping, preparing meals, doing housework or yard work?		
Do they have poor eating habits? Have they lost interest in their favorite foods? Does the refrigerator contain old or outdated food?		
Have they ever forgotten to turn off the stove, oven or water?		
Is their home unkempt and does it need cleaning? Is this a change?		
Do you worry about their driving abilities or think they shouldn't be driving? Have they had any accidents, near misses or tickets recently?		
<b>Home and Community Safety</b>		
Are you concerned about how safe your loved one's neighborhood is?		
Does their home have safety issues, i.e., throw rugs, smoke alarms that don't work or can't be heard, steps that can't easily be navigated, wiring problems or inadequate heating and air conditioning?		
Do they refuse to use a wheelchair, walker, hearing aids or other assistive devices necessary for safety?		
Are they vulnerable to telephone, mail or door-to-door solicitations or fraud?		
Are they unable to maintain the house or keep up with needed repairs?		
Have they ever gotten lost or been unable to find their way home?		
<b>Socialization - Support Systems - Interests - Lifestyles</b>		
Has your loved one stopped having frequent contact with family and friends?		
Do they lack family or friends nearby to call on for help?		
Are they reluctant to leave the house? Have they lost touch with church, work or social groups that they previously enjoyed?		
Do they watch too much TV or sleep too much during the day?		
Have they lost interest in their favorite hobbies or pastimes, church or senior center activities?		
<b>Appearance and Hygiene</b>		
Have you seen a decline in your loved one's personal hygiene, i.e. unkempt hair or clothes, poor oral hygiene, unshaven, body or urine odor?		
Do they wear the same clothes over and over?		
<b>Finances</b>		
Is your loved one unable to live comfortably on their current income?		
Do they have trouble managing their money or checkbook?		
Are bills piling up or going unpaid? Have their utilities ever been shut off?		
Are they receiving mail from lots of charities and feeling the need to respond to all requests?		
Can they afford their medications?		

**These questions are phrased in such a way that "Yes" answers suggest a possible area of concern. If you answered "Yes" to more than three or four questions, call LIFE's SeniorLine at (918) 664-9000 and we'll visit with you about services, programs and resources that can help.**

# 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 bill paying or medication management?
- Providing personal care such as bathing, dressing, toileting, feeding or laundry?
- Perceiving your loved one as dependent upon you to make decisions for them?
- Seeking and managing paid assistance and other services for your loved one?
- Considering changing your work or living arrangements to allow you more time to care for a loved one?
- Considering long-term care placement?

... then you are  
a caregiver.

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

### Stages of Caregiving

**Stage 1 – Basic caregiving.** This is when you're "just helping out." You are doing things like assisting with banking, paying bills, shopping and 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 – Seeking assistance.** Is your caregiving role starting to exhaust and consume you? If so, it is time to seek support services. Education, respite care and in-home services, as well as adult day services can help.

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

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



# Long Distance CAREGIVING

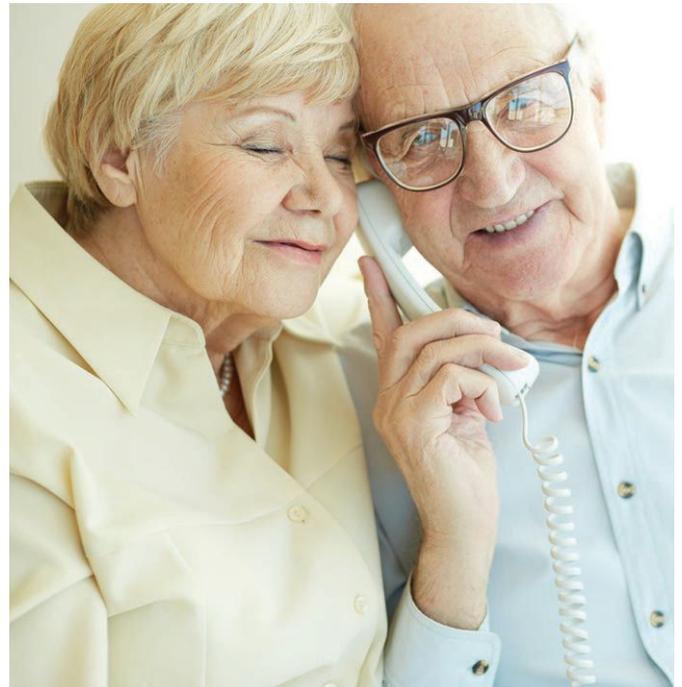
As a caregiver, if you live more than one hour away from your loved one, then you are considered to be a long-distance caregiver.

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

## Identify the Need for Help

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

- Is there food in the refrigerator that is safe and healthy to eat? Check expiration dates. Are they eating regular meals?
- Has the condition of the home, inside or outside, changed?
- Are there piles of unopened mail? Have the bills been paid?
- Do they have regular visits from friends or family?
- How is their grooming and personal appearance?
- Are they able to drive safely? (Have them drive you around to observe.)



## Establish Support Contacts

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

- **Case/care managers** - they can help navigate home and community-based services that may

*continued on the next page*

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

- **Family, friends and neighbors** - make a list of their phone numbers and addresses. Ask if you can check in with them to find out how your loved one is doing. Arrange for them to stop by the care recipient's home for regular visits.
- **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 group to assure regular visits, an occasional meal or social activity.
- **Home care services** - you can hire a home health agency to help with bathing, personal care, activities, meal preparation and medication preparation.

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

For additional explanations of legal documents, read *Legal Matters and Older Adults* on page 24.

### **Make the Most of Your Visits**

Few long-distance caregivers are able to spend as much time with their loved one as they would like.

The key is to use your time effectively:

- Make appointments with your loved one's physician, lawyer and financial advisor during your visit to participate and encourage any type of planning or decision making.
- Meet with neighbors, friends and other relatives to hear how they think your loved one is doing. Ask if they have observed any behavioral changes, health problems or safety issues.
- Take time to connect with your loved one by talking, listening to music, going for a walk or participating in activities that you both enjoy together.

### **Caring for a Loved One in a Facility**

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

- Work with the managing nurse and physician. Agree on a time when you can call to get updates on your loved one's condition and progress.
- Call family, friends or other regular visitors and ask for their observations.
- When you visit, meet with the staff members who have primary responsibility for your loved one's care.

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

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### **Important Documents**

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

- Medical history
- HIPAA release

# Caregiver Stress and Strain:

## *Tips for Taking Care of Yourself*

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

### **Caregiving can be Rewarding *and* Stressful**

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

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

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

### **Signs of Caregiver Stress**

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

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

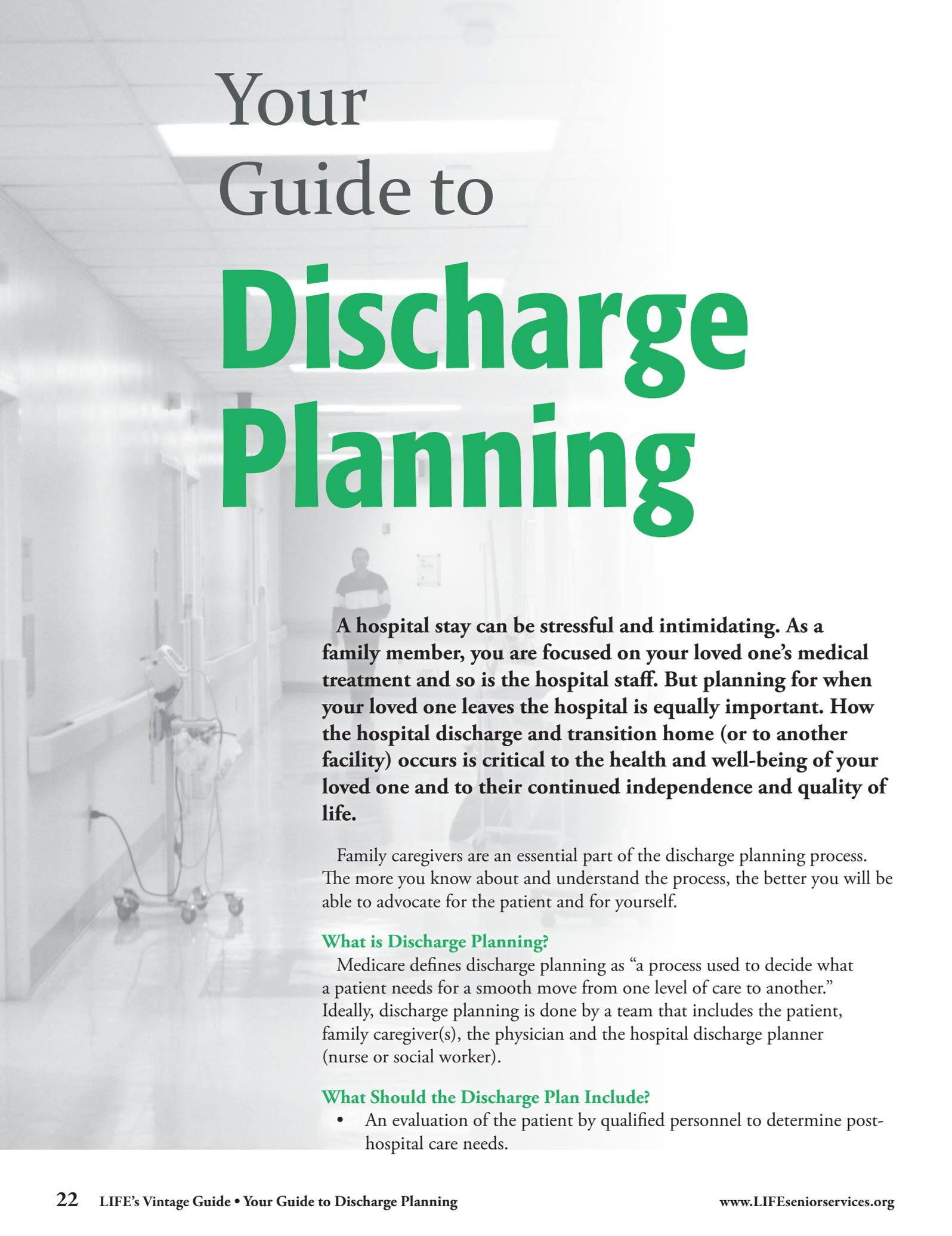
As a caregiver, you are more likely to experience symptoms of depression or anxiety. In addition, you may not get enough physical activity or eat a balanced diet, which only increases your risk of medical problems, such as heart disease and diabetes.

### **Strategies for Dealing with Caregiver Stress**

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

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

*Source: Mayo Clinic*



# Your Guide to **Discharge Planning**

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

Family caregivers are an essential part of the discharge planning process. The more you know about and understand the process, the better you will be able to advocate for the patient and for yourself.

### **What is Discharge Planning?**

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

### **What Should the Discharge Plan Include?**

- An evaluation of the patient by qualified personnel to determine post-hospital care needs.

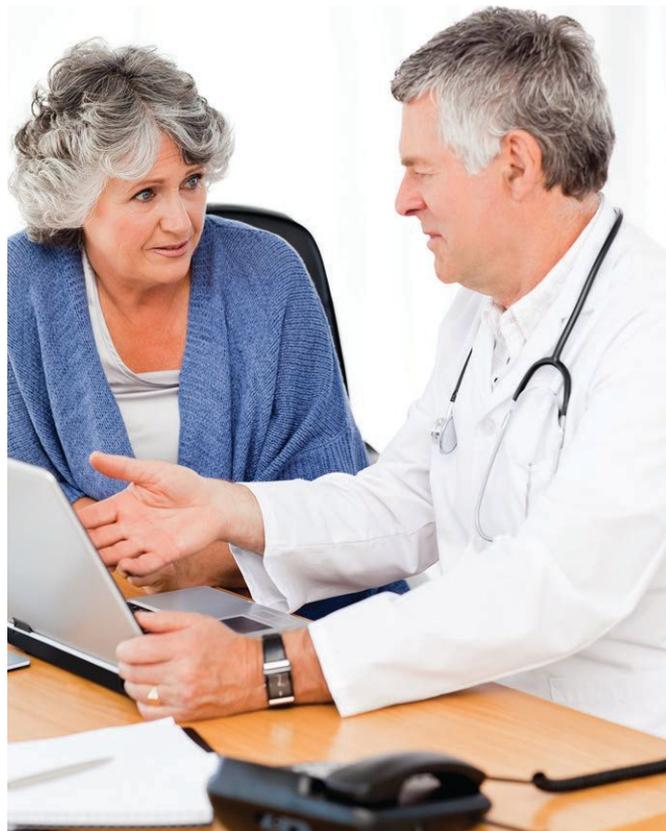
- A discussion with the patient or their proxy to assess the post-hospitalization situation and access to family and other supports.
- A determination of Medicare or insurance eligibility for the recommended discharge services.
- A plan for homecoming or transfer to another care facility, e.g., rehabilitation center, skilled nursing, assisted living or a nursing home.
- Referrals to in-home or community-based services, e.g., home health care, adult day services or case management.
- A discussion surrounding any possible problems or changes that could occur at home and a list of necessary equipment rentals or home modifications.
- A review of all medications taken prior to admission and all the medications prescribed to be taken post discharge to ensure no duplications, omissions or harmful side effects.
- A complete written medication list with dosage instructions.
- The teaching and practicing of specific patient care procedures.
- Establishing the dates and times of follow-up appointments.
- A 24-hour phone number for the caregiver to call and speak with a health care professional regarding any health or care-related concerns.
- Transportation home from the hospital.

### What Can You Do?

As the caregiver, it is critical for you to meet with the discharge planner early in the process. In addition, while your loved one is in the hospital, keep a notebook with all the names and contact information of the people who are involved in your loved one's hospital care and discharge plan. *Your Discharge Planning Checklist*, published by the Centers for Medicare and Medicaid Services, includes a useful checklist of suggested questions. It's available by calling 1-800-MEDICARE. Be sure to keep all care instructions and referral information in your notebook.

### What if You do Not Agree with the Discharge Date?

If you do not agree with your loved one's date of



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

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

### Sources and Additional Information

*A Family Caregiver's Guide to Hospital Discharge Planning*, by the National Alliance for Caregiving and the United Hospital Fund of New York.

*Discharge Planning: A Guide for Families and Caregivers and Strategies for Working with a Discharge Planner*, by Family Caregiver Alliance: National Center on Caregiving.



# Legal Matters *and* Older Adults

Almost everyone would prefer to have a say in who is given the authority to manage their affairs if the time comes they can no longer make those decisions on their own. Likewise, most people want to decide for themselves how their estate and personal items will be distributed upon their death.

Pre-planning ensures your affairs are handled in the manner you desire and is one of the greatest gifts you can give to your family and friends. Crucial planning documents include an advance directive for health care, durable power of attorney (DPOA), will, and depending upon your circumstances, possibly a trust.

## **Advance Directive for Health Care**

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

- Provide, decline or withdraw life-sustaining medical care.
- Appoint a health care proxy (someone you choose to make medical decisions for you

when you are not able to do so).

- Donate specified organs or the entire body for transplantation or research.

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

The advance directive can be revoked at any time and in any manner that indicates your intention to revoke. Inform all those who received a copy that

it has been revoked and request they destroy their copy. Inform your physician that your advance directive has been revoked and ask him or her to make the revocation part of your medical record. Completing a new advance directive automatically revokes the old one.

Your advance directive should be reviewed every few years, and especially after a major, life-changing event. If you recently moved to Oklahoma, you should review any previously executed end-of-life documents from your former state and execute an Oklahoma Advance Directive for Health Care.

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

An Oklahoma Advance Directive for Health Care can be downloaded free from these websites:

- [www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)
- [www.okbar.org/public/brochures](http://www.okbar.org/public/brochures)
- [www.senior-law.org](http://www.senior-law.org)

### **Durable Power of Attorney (DPOA)**

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

Powers of attorney can be immediately effective or effective upon a certain event, and either very restrictive or very broad. Typically one names a trusted family member or friend as his power of attorney. It is important that the person named be trustworthy and conscientious as he could



potentially use the powers to the disadvantage of the one creating the DPOA. The DPOA can be changed or terminated at any time, provided the creator is not incapacitated, and automatically terminates at the death of the creator. If you change or terminate your DPOA, it is important to notify all relevant parties. The DPOA is an inexpensive alternative to a court-supervised guardianship or conservatorship, which is necessary when a person becomes incapacitated without pre-planning. While there is a uniform statutory form for a power of attorney (durable) at 15 O.S. § 1001-1020, it is strongly advisable to consult an attorney to draft a DPOA.

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



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

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

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

**Limited Guardianship** – gives the guardian only the powers specified by the court over the ward’s

property and/or person. The ward keeps power to manage his property or make decisions about his care in the areas not taken away by the court. This is granted when the court determines that the ward is only partially incapacitated.

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

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

## Will

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

## Trust

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

# Independent Living

## EVALUATION CHECKLIST

Facility Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Questions for Your Telephone Call	Yes	No
Are all apartments private?		
Do any units have kitchens or kitchenettes?		
How many floors in the building? Are there elevators?		
What different sizes and types of units are available?		
How many living units are in the facility?		
Is a contract available that details all fees, services and admission and discharge policies?		
Are additional services available on the same campus if needs change?		
Can residents choose their own doctors, therapists and pharmacies?		
Are there planned activities?		
Does the facility provide EMSA/TotalCare ambulance service membership?		
How does the facility bill for services?		
Under what conditions would a resident have to leave the facility?		

Your Visit		
Date(s) visited: _____ Circle: First visit Second visit Third visit		
Day of the week: _____ Circle: Morning Afternoon Evening		
Do you understand everything in it?		
What are the entrance fees?		
What is the monthly rent?		
What is the security deposit?		
Are deposits refundable?		

	Yes	No
Circle the utilities that are included: Electricity Gas Phone Cable Other:		
How are rate increases handled?		
How are late payments handled?		

<b>Services and Amenities</b>		
What specific services are available?		
Are the services included in the fee?		
If there's an additional cost, how much?		
How often are services provided?		
What health care services are provided?		
Linen/laundry provided? Can residents do their own laundry?		
Do you provide transportation? Cost?		
Are meals provided? What days? Cost and location?		
What levels of care are addressed in the contract?		
Who determines level of care? Services for each level?		
Can residents have personal furniture?		
Can residents come and go?		
Can residents have pets?		
Does the facility offer worship services?		
Is there a parking fee for residents? Visitors?		

<b>General Questions</b>		
Is the facility clean? Cheerful?		
Is there friendly interaction between staff and residents?		
Do the residents look happy?		
Is there an emergency generator or alternative power source?		
Is the floor plan logical and easy to follow?		
Are rooms large enough for a resident's needs?		
Do you offer special services? Beauty salon or exercise?		

<b>Notes</b>

# The Difference Between Residential Care Assisted Living and an Assisted Living Community

Understanding the differences between the various types of senior communities can sometimes be confusing. Although the differences are few, they are distinct.

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

Most facilities that market themselves as “Assisted Living Facilities” are large communities where the resident has his/her own apartment and private bathroom. They tend to have a strong activity program and there is often a Registered Nurse or Licensed Vocational Nurse on staff to oversee resident care.

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

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

The smaller home-like space of residential settings can benefit residents who may become overwhelmed by long hallways and confusing layouts. For those who

can’t always initiate their own activities, residential settings reduce the chance for isolation. Residential homes can personalize activities for individuals, rather than aim to please large groups.

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

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

## Cost of Assisted Living or Residential Care Homes

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

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

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

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

# Assisted Living Facility

## Evaluation Checklist

Facility Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

	Yes	No
<b>Questions for Your Telephone Call</b>		
Do any units have kitchens or kitchenettes?		
Are special care units available, such as for individuals with Alzheimer's disease or dementia?		
Is a contract available that details all fees, services and admission and discharge policies?		
Are additional services available on the same campus if needs change?		
Can residents choose their own doctors, therapists and pharmacies?		
Is there a written care plan for each resident?		
What role does the resident have in developing the care plan?		
What different sizes and types of units are available?		
How many living units are in the facility?		
Does the facility provide EMSA/TotalCare ambulance service membership?		
How does the facility bill for services?		
What happens if a resident runs out of money?		
Under what conditions would a resident have to leave the facility?		

	Yes	No
<b>Your Visit</b>		
Date(s) visited: _____ Circle: First visit Second visit Third visit		
Day of the week: _____ Circle: Morning Afternoon Evening		
Is the contract easy to read?		
Do you understand everything in it?		
What are the entrance fees?		
What is the monthly rent?		
What is the security deposit?		
Are deposits refundable?		
Circle the utilities that are included: Electricity Gas Phone Cable Other:		
How are rate increases handled?		
How are late payments handled?		

	Yes	No
<b>Services and Amenities</b>		
What specific services are available?		
Are the services included in the fee? If there is an additional cost, how much is it?		
How often are services provided?		
What health care services are provided? Are linens/laundry provided?		
Are transportation services provided?		
Are all meals served seven days a week?		
If not, circle which are: Breakfast Lunch Dinner Snacks		
When and where are meals served?		
What levels of care are addressed in the contract?		
Who determines level of care? Are there services for each level?		
Can residents have personal furniture?		
Can residents come and go at will?		
Can personal visitors come and go at will?		
Is there a parking fee for residents? Visitors?		

	Yes	No
<b>General Questions</b>		
Is the facility clean? Cheerful?		
Is there friendly interaction between the staff and residents?		
Do the residents look happy? Are they up and about?		
Is there an emergency generator or alternate power source?		
Is the floor plan logical and easy to follow?		
Are rooms large enough for a resident's needs?		
Is smoking allowed? Where?		
Does the facility offer worship services? When? What kind?		
Can residents have pets? Restrictions?		
Circle common areas in the facility: Living Room Den Library Snack Area Game Room Other		
Circle special services available: Bank Café Beauty Salon Exercise Other		

Notes

# Helping Seniors Remain at Home with the ADvantage Program

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

## The ADvantage Program

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

Currently, the monthly income limit is \$2,163 per individual with no more than \$2,000 in assets (not including the value of your home or your car). You also must need "nursing home level of care" to qualify for the program. Nursing home level of care means that without the services the waiver provides, you would be at risk for going to a nursing home. Oklahoma's Department of Human Services (OKDHS) determines if you meet these criteria and are eligible for the program.

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

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

- Personal care assistance with daily activities like bathing, housekeeping, meals and shopping
- Adult day services
- Assisted living facility (not yet available in all areas of the state)
- Respite care
- Nursing services
- Physical, occupational, speech and respiratory therapies
- Home-delivered meals

- Home modification including installation of ramps or widening a bathroom doorway
- Medical equipment and supplies such as grab bars, incontinence or diabetic supplies
- Hospice care
- Prescription drugs through Medicare Part D

## How the Program Works

To apply for Oklahoma's ADvantage program, call your local Department of Human Services (OKDHS) office or the toll-free ADvantage line at (800) 435-4711.

You will be sent a packet of forms requesting your financial information that must be returned within ten days. An OKDHS nurse will also visit you at home 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 also get to choose which ADvantage-certified agency you want to use 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 is used to develop your personal care plan. Your team will meet with you to discuss your goals and create a plan of services. You lead your team, which is made up of the case manager, a nurse, other service providers and any friends or family you wish to include. Your case manager helps arrange and coordinate your services, and contacts you at least monthly, to make sure you are getting what you need. Your plan can be changed as your needs change. You can receive your services for as long as you need them, provided that your needs can be safely met at home and you continue to meet the program's level of care and financial requirements.

# WHAT IS LONG-TERM CARE?

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

## Who Needs Long-Term Care?

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

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

## Cost of Long-Term Care

Paying for care on your own is expensive – on average, an Oklahoma nursing home costs from \$47,000 up to \$56,600 per year, depending on the location and whether you have a private or semi-private room. Care in an assisted living facility averages more than \$35,000 per year. Average rates are \$20 an hour for home health aides employed by sampled licensed home health agencies. Adult day services is the least expensive long-term care option at an average cost of \$60 a day for up to 11 hours of care. For more information on adult day services, see the article on page 34 and the listing of providers on page 134.

## Who Pays for Long-Term Care?

Despite common belief, most people end up paying for most or all of their long-term care out of their own income or assets. Medicare does not cover the cost of

long-term care, especially non-skilled assistance with activities of daily living, which is a major focus of long-term care. It will, however, cover the cost of skilled services or recuperative care for a short period of time after a hospitalization.

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

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

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

## For More Information

It is important to understand the differences among the public programs and private financing options for long-term care services. Each public program and each 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](http://www.longtermcare.gov).

# ADULT DAY SERVICES:

## Person-Centered Daytime Care for Older Adults

More than 65.7 million Americans (29 percent of the population) are caregivers to someone who is ill, disabled or aged. Most family caregivers perform a daily juggling act as they balance their caregiving responsibilities with working, running a household, caring for their immediate families, plus taking care of their own personal needs.

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 services can play in helping them manage their caregiving responsibilities.

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

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

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

Adult day 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 Services

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

1. Do you need help caring for a loved one?
2. Are you worried about their safety when you aren't around?
3. Are you having to leave your loved one alone when you need to work or run errands?
4. Do you find yourself taking time off from work to care for them?
5. Would you feel better if you knew they could eat nutritious meals, get exercise and assistance, and enjoy social activities during the day?
6. Has your relationship with your loved one become strained because the amount of care needed has increased or you spend too much time just with each other?
7. Does your loved one have health issues, forget to take medications, or have care needs that they cannot manage alone?
8. Are they isolated by not having the company of other people?

As a caregiver, it's very important to care for yourself so that you can effectively (and happily) care for someone else. For information about programs near you, please refer to the adult day services section that begins on page 134.



*Discover  
a whole new way  
to spend the day.*

Redeem for  
**THREE FREE VISITS**  
to LIFE's Adult Day Services.



**LIFE**  
SENIOR SERVICES<sup>®</sup>



# Discover what **LIFE** has to offer.

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

## **NORTH**

902 East Pine Street  
Tulsa, OK 74106

## **CENTRAL**

5950 East 31st Street  
Tulsa, OK 74135

## **BROKEN ARROW**

3106 South Juniper Avenue  
Broken Arrow, OK 74012

To arrange up to three free visit days, call LIFE's SeniorLine at (918) 664-9000 and ask for the Family Assistance Coordinator at the location of your choice. Tour the facility, meet staff, learn about the services offered and experience the program first-hand.

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

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



# ADULT DAY SERVICES: How to Choose a Quality Program

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

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

## Step 1: Determine Your Needs

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

Specific services that may be important:

	YES	NO
Assistance with eating, walking, transferring, toileting		
Nursing services – breathing treatments, insulin injections, medication management, etc.		
Therapies including physical, speech and occupational		
Health monitoring – blood pressure, blood sugar, etc.		
Personal care – bathing, shaving, hair care, foot care		

	YES	NO
A safe, secure environment		
Social activities		
Educational activities		
Nutritious meals and snacks		
Special diets		
Exercise		
Mental stimulation		
Caregiver support		

## Step 2: Beginning the Search

To find adult day services in your area, review the list of providers beginning on page 134. To locate other Oklahoma providers, go to <http://www.ok.gov/health/pub/wrapper/ltc.html>. Start by calling the adult day centers you are considering and ask for a flyer or brochure or visit their website. Continue your search and plan your questions. Here are some suggestions to get you started:

Who is the owner or sponsoring agency?
Is it a non-profit or for-profit organization?
How many years has it been in operation?

*continued*

	YES	NO
Is it licensed by the Oklahoma State Department of Health?		
Is it nationally accredited by CARF (Commission on the Accreditation of Rehabilitation Facilities)?		
What are the days and hours of operation?		
Is transportation assistance available?		
Are special services available (e.g., hair care, assisted showers, nursing care and medication management and physical, occupational or speech therapy)?		
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 – bathing, shaving, hair care, foot care?		
Does the center offer different levels of care?		
What are the staff credentials? What is the staff to participant ratio?		
Are meals provided? Can they accommodate special dietary needs?		
What kind of activities do they offer? Are there group or individual programs?		

### 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.

	YES	NO
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?		
Was the facility clean, pleasant and free of odor?		
Was it wheelchair accessible?		
Was the furniture sturdy and comfortable?		
Was there a quiet place within the program area?		
Did you see cheerful faces on staff and participants?		
Do they have volunteers that help?		
Are participants involved in planning activities or making other suggestions?		

### Step 4: Check References

Talk to two or three people who have used the center you are considering. Ask for their opinion.

### Step 5: What to Expect

It's important to remember that a change in routine can be challenging for you and your loved one. It may take several days or even a little longer to adjust to the new routine and the new setting. Knowing what to expect is important for both of you. During this transition, if you run into any difficulty or have concerns, be sure to ask staff for their suggestions and support. Keep in mind that this transition period is temporary; your loved one will soon enjoy and look forward to their days at the center.

# Home Care Agency

## EVALUATION CHECKLIST

*Home care services cover a wide range of health and other supportive services delivered in a person's home. If you're considering home care services, you may want to ask these questions in order to choose the best provider for your needs.*

**Home Health Agency:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

LICENSING AND HISTORY	YES	NO
Do they conduct a state and national background check on all staff? Are staff members drug tested?		
Can the agency provide references from hospitals, doctors, discharge planners or former clients?		
Is the agency accredited by a state or nationally-recognized group?		

QUALITY OF CARE	YES	NO
How does the agency hire and train caregivers?		
Does the agency provide continuing education?		
Are the caregivers licensed and insured?		
How closely does the agency's supervisor evaluate the quality of home care?		
Does the agency have a quality improvement program?		
Do the agency's employees seem professional and helpful?		
If you're considering a home health aide:		
Does the home health aide have a positive attitude?		
Are you and your loved one comfortable with the home health aide?		

COSTS	YES	NO
How does the agency handle expenses and billing?		
Does the agency provide literature explaining all services and fees, as well as detailed explanations of all the costs associated with home care?		
Will agency fees be covered by health insurance or Medicare?		



# 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, health care services, personal care, recreation and other services to seniors and adults with disabilities who need daily assistance and care. Deciding which nursing home is best for a loved one can be stressful. Most families don't know where to begin. The following information can help make this important decision less difficult.

## Finding Nursing Home Care: Where to Begin

- Talk with your loved one who will be living in the nursing home. What are their preferences? Including them as much as possible in the conversation and decision is important and can help them better adjust to what is a necessary but often difficult change in their life.
- Talk with other family members. Ask for their help in finding and selecting a nursing home. Sharing the information-gathering and decision-making with other family members can reduce the stress and increase everyone's comfort with the final decision.
- Ask people you trust, like your family, friends, neighbors or clergy if they have had personal experience with nursing homes. They may be able to recommend a nursing home to you.
- Ask your loved one's doctor if he or she provides care at any local nursing homes. If so, ask which nursing homes he or she visits so your loved one may continue to see their doctor while in the nursing home.
- Narrow your options down to three to six nursing homes to visit. If possible, take another family member or friend with you and use the *Nursing Home Checklist* on page 41 to help you know what questions to ask and 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 to staff (especially the nursing assistants), residents and their family members if you can. *For a more detailed checklist, visit [www.medicare.gov/nursinghomecompare](http://www.medicare.gov/nursinghomecompare).*
- Visit "Nursing Home Compare" at [www.medicare.gov](http://www.medicare.gov) and use the Five-Star Quality Rating System to

compare the nursing homes you have selected. The 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](http://www.oknursinghomeratings.com) to view ratings on nine measures of quality and overall rankings for participating Oklahoma nursing homes.
- Remember the nursing home you select is not an irrevocable decision. You can always choose to move to another facility and although moving is difficult, an extra move may be better for you than choosing to stay at a facility that isn't right for you.
- Family involvement doesn't end when a loved one enters a nursing home. The family simply takes on a new role – making sure others are providing good care.

## Note: Nursing Home Care is Not the Only Option

Oklahoma's Medicaid ADvantage Program provides in-home and community-based services to qualifying individuals to help delay or prevent altogether the need for nursing home placement. For more information, see *Helping Seniors Remain at Home with the ADvantage Program* on page 32.

## Paying for Nursing Home Care: The Options

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

**Private Pay:** About one-third of nursing home residents pay for their nursing home care out of their own personal income and savings. Of course, an extended nursing home stay can rapidly deplete one's savings. Many people exhaust their personal resources after only six months and must then turn to Medicaid for assistance. That's why it's important to contact the Department of Human Services when a person is first admitted to the nursing home –

even before Medicaid assistance is needed. Getting correct Medicaid guidance early on helps families understand how to best use individual resources to pay for long-term care and how to protect as many of the assets as possible for the spouse remaining in the home (community spouse).

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

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

**Veterans Administration:** Assistance with nursing home costs may be available to eligible veterans. Some veterans may be eligible for care at a VA nursing home. For more information, contact the Veterans Administration at (800) 827-1000 or go to [www.va.gov](http://www.va.gov).

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

#### **Oklahoma 2014 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 \$2,163. Individuals with a monthly income more than \$2,163, but less than \$4,365 may still be eligible through use of a Medicaid Income Pension Trust. [For more information on a Medicaid Income Pension Trust Fund, contact your local Department of Human Services (DHS) 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 care to qualify for Medicaid assistance.

Resource limits for married couples are different; see Spousal Impoverishment guidelines that follow.

#### **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 make sure that the spouse still at home (the community spouse) will have the money needed to pay for living expenses by protecting a certain amount of the couple's resources, and, if needed, at least a portion of the nursing home resident's income.

**Resource Eligibility for Married Couples:** When a couple applies for Medicaid, an assessment of their resources or assets is made. The couple's resources, regardless of ownership, are combined as the couple's “countable resources.”

The couple's home, household goods, automobile 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, certain life insurance and burial policies. Note: There are strict regulations that govern the transfer of assets to family members or others. Transfer of assets can result in disqualification for Medicaid assistance.

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

**Division of Assets Guidelines:** Generally speaking, division of assets guidelines state that a maximum Protected Resource Amount (PRA) of \$117,240 is subtracted from the couple's combined countable resources and retained by the community spouse if the couple had double that amount, \$234,480, when one of them enters the nursing home. The remaining half of the assets, as well as any excess assets over \$234,480, can then be spent on the couple; and may be used to pay for the needed nursing home care until the resident qualifies for Medicaid.

**Spousal Income Protection:** The community spouse may retain up to \$2,931 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 office of the Oklahoma Department of Human Services (DHS). To locate your local DHS office, see the Medicaid Information section beginning on page 199.

# NURSING HOME

## Evaluation Checklist

Nursing Home: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of First Visit: \_\_\_\_\_ Second Visit: \_\_\_\_\_

Morning  Afternoon  Evening

Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday

THE BASICS	YES	NO
Is the nursing home Medicare-certified?		
Is the nursing home Medicaid-certified?		
Does the facility provide EMSA/TotalCare ambulance service membership?		
Has the facility's license ever been revoked?		
Is it accepting new patients?		
Is there a waiting period for admission?		
Are background checks conducted on all of the staff?		
Does the nursing home have its own doctor?		
Are special care units available, such as for individuals with Alzheimer's disease or dementia?		
Is transportation available for visits to the resident's personal physician?		
Are care planning meetings held at times easy for residents/family to attend?		
Does the nursing home have an active family council?		
How many licensed nurses are on duty at each shift? RNs      LPNs		
What is the patient-to-staff ratio?      Patient-to-Nurse?      Patient-to-Aide?		
What is the visitation policy?		
What is the discharge policy?		

QUALITY OF LIFE	YES	NO
Are residents' rights posted?		
Does the staff knock before entering a resident's room?		
Are the doors shut when a resident is being dressed or bathed?		
Is the location of the facility convenient for family and friends to visit?		
Does the nursing home meet cultural, religious or language needs?		
Does the nursing home have outdoor areas for residents and staff?		
Other:		

CARE ISSUES	YES	NO
Are residents clean and well-groomed?		
Does the staff interact well with residents?		
Are residents participating in activities and exercise?		
Do the residents have the same caregivers on a daily basis?		
Does the staff respond quickly to calls for help?		
Is there fresh water available in the rooms?		
Does the food look and smell good?		
Are the residents offered choices of food at mealtimes?		
Are the residents receiving assistance eating or drinking as needed?		
Are there nutritious snacks available throughout the day and evening?		
Is physical therapy available for as long as the resident needs it?		
Does the staff have special training to deal with dementia?		
Are there special units or services for special needs, such as Alzheimer’s disease or dementia?		
Other:		

SAFETY	YES	NO
Do the hallways have handrails?		
Do rooms and bathrooms have grab bars and call buttons?		
Are there safety locks on the doors and windows?		
Are there security and fire safety systems?		
Is there an emergency generator or alternate power source?		
Is the floor plan logical and easy to follow?		
Other:		

**For additional information about the nursing facilities you are considering:**

- Visit “Nursing Home Compare” at [www.medicare.gov](http://www.medicare.gov). The Five-Star Quality Rating system includes health inspection results, nursing home staff data, quality measures and fire safety inspection results.
- Use the “Focus on Excellence Ratings System” at [www.oknursinghomeratings.com](http://www.oknursinghomeratings.com) to view ratings on ten measures of quality and overall rankings for participating Oklahoma nursing homes.

NOTES

# UNDERSTANDING HOSPICE CARE

The word “hospice” frightens many people; they believe accepting hospice care means giving up hope. That is far from the truth. Hospice services can be a tremendous source of help and comfort and are focused on improving the quality of a patient’s life.

## **What is hospice?**

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

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

## **How does hospice work?**

Anyone can inquire about hospice services. Unless restricted by an insurance provider, selection of a hospice service provider is a personal choice. A referral to a hospice provider from the individual’s physician is required to begin care. Generally, hospice is recommended when the patient is expected to live six months or less.



Once the referral is received, hospice staff will visit the individual to assess the overall needs and wishes and set up an interdisciplinary care team that includes the individual and the primary caregiver. The care team works together to create a plan of care specifically to meet the needs and desires of the individual and the family.

The hospice team includes: physicians, nurses, hospice aides, social workers, chaplains, speech, physical and occupational therapists when needed, and trained volunteers.

Among its major responsibilities, the interdisciplinary hospice team:

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

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

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



### **What is palliative care ?**

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

### **Where are hospice services provided?**

Hospice services most often are provided in the comfort of home. This can be at their own home, long-term care or assisted living facility, a family member's home, hospital or special end-of-life care facility.

### **How is hospice paid for?**

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

# Hospice Agency

## EVALUATION CHECKLIST

**Facility Name:** \_\_\_\_\_

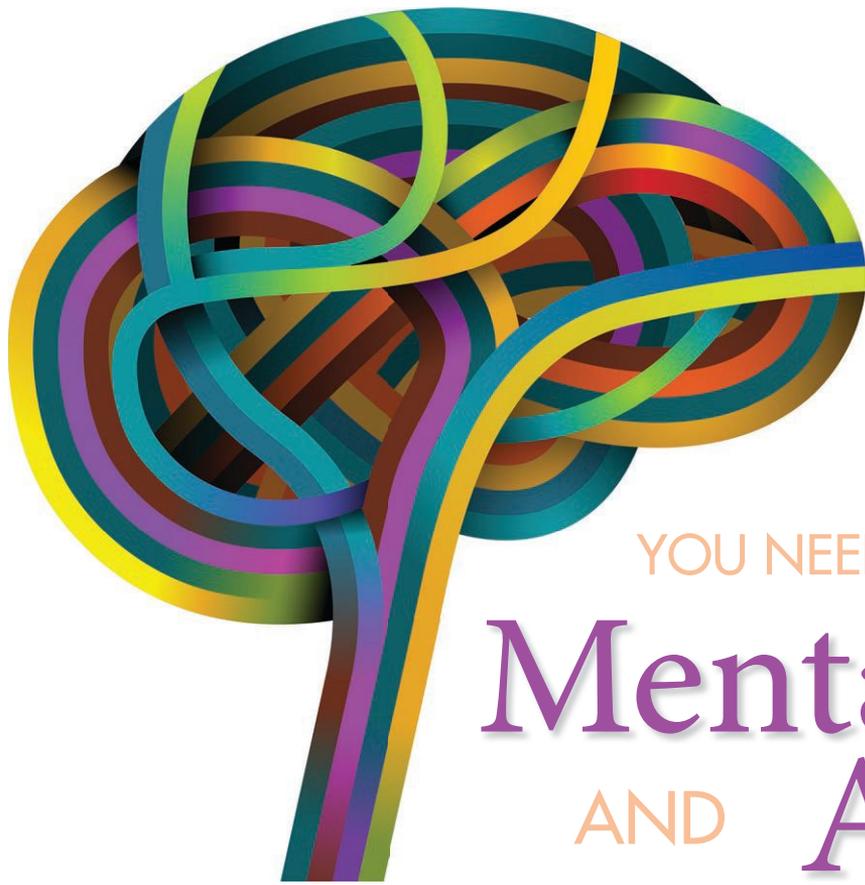
**Contact Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

	YES	NO
Is the agency accredited by a state or nationally-recognized group?		
Is the hospice agency licensed by the state?		
Is the hospice agency Medicare-certified?		
How many years has the agency been in business?		
Does the hospice require you to have a primary caregiver as a condition of admission?		
What responsibilities are expected of the primary caregiver?		
How quickly can the hospice agency start services?		
What special programs, in addition to routine hospice care, are available?		
What are the hospice agency's geographic service boundaries?		
Are you required to sign a Do Not Resuscitate (DNR) form or an Advance Directive before being admitted?		
Are you allowed to retain your personal physician?		
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 of Home Care?		
What medical equipment is typically provided to a patient?		
Equipment can include (check box):		
Electric hospital beds		
Alternating pressure mattresses		
Bedside commodes		

*Resources: Oklahoma Hospice and Palliative Care Association (OHPCA), [www.okhospice.org](http://www.okhospice.org)  
and National Hospice and Palliative Care Organization (NHPCO), [www.nhpc.org](http://www.nhpc.org)*



# Ten Facts

YOU NEED TO KNOW ABOUT

## Mental Health AND Aging

As many as one in five older adults experience mental health concerns that are not a normal part of aging – the most common of which are depression and anxiety. In most cases, these mental health issues respond well to treatment. Sadly, far too often older adults do not seek or receive the help they need. Left undiagnosed and untreated, mental health illnesses have serious implications for older adults and their loved ones. That's why it's important to understand these ten facts about mental health and aging.

### 1 **Mental health problems are not a normal part of aging.**

- While older adults may experience many losses, deep sadness that lingers may signal clinical depression. Similarly, an anxiety disorder is different from normal worries.
- One in four American adults has a diagnosable mental disorder during any one year.
- About six percent of older adults have a diagnosable depressive illness.

### 2 **Mental health is as important as physical health.**

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

### 3 **Healthy older adults can continue to thrive, grow and enjoy life!**

- Reading, walking and socializing are just a few of the activities that many individuals enjoy at any age. Exercising the mind and body and maintaining social connections are good for one's mental health, too!

## 4 Mental health problems are a risk for older adults, regardless of history.

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

## 5 Suicide is a risk among older adults.

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

## 6 It is important to consult with a health care professional if you have:

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

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

- Eighty percent of older adults recovered from depression after receiving treatment that included both psychotherapy and anti-depressant medication.

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

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

## 9 Misdiagnosis and avoidance are common.

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

## 10 Older adults have specific mental health care needs.

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

From *Ten Facts About Mental Health and Aging*.  
Reprinted with permission from Older Women's League  
(OWL); (800) 825-3695; [www.owl-national.org](http://www.owl-national.org)

# How to Manage Feelings of Loneliness and Depression

Many older adults suffer from feelings of loneliness and/or depression. Loneliness includes a sense of feeling alone or without companionship, social isolation or feelings of sadness. Loneliness also includes a desire to have close and meaningful relationships in your life with people who show mutual care and understanding.

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

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

- Feeling sad or blue
- Feeling tired or without energy

- Having difficulty concentrating, remembering things or making decisions
- Loss of interest in doing activities that one previously enjoyed
- Experiencing weight loss or gain
- Having feelings of guilt or worthlessness

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

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

- Try to think about what is positive in your life. One way to do this is to make a list of things for which you are grateful and read it to yourself when you are feeling sad.
- Make sure you are eating right. It is recommended that you eat three nutritious meals a day and have nutritious snacks. Avoid eating junk food or food with high sugar or fat content.

- Make sure you are getting six to eight hours of sleep a night – we all feel better when we have had a good night’s sleep.
- Exercise according to your doctor’s advice.
- Make a list of free or low-cost activities and try to do something you enjoy every day. Some examples might include:
  - Gardening
  - Taking a cooking class
  - Volunteering
  - Inviting a friend over for coffee or tea
  - Taking a walk
  - Taking a bubble bath
  - Going to the library
  - Reading or listening to music
  - Writing

- Make and nurture friendships - try to schedule some type of social activity at least one day each week. If your friends are not available, reach out to someone else that may be feeling lonely and invite them to do something.
- Let friends and loved ones know how you are feeling and ask for support.

If you or a loved one is in need of counseling, see the Mental Health, Behavioral Health and Counseling section beginning on page 222.

Occasionally older adults experience feelings of worthlessness, serious depression or even wishing they were no longer living. If you or someone you love is experiencing these feelings, get help and call 1-800-273- TALK (8255), The National Suicide Prevention Hotline, 24-hours a day.

# How Lonely Are You?

from: *AARP The Magazine* | September 24, 2010

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



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

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

*UCLA Loneliness Scale © Dr. Daniel Russell*

# AN OVERVIEW OF Dementia

Memory often changes with age, but memory loss that disrupts daily life is not a typical part of aging. In fact, 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. About five to eight percent of all people over the age of 65 have some form of dementia, and this number doubles every five years above that age.

## What Causes Dementia?

Because dementia is the set of symptoms, not the root disease, it can be caused by:

- Diseases that cause degeneration or loss of nerve cells in the brain such as Alzheimer's, Parkinson's and Huntington's.
- Diseases that affect blood vessels, such as stroke, which can cause a disorder known as multi-infarct dementia.
- Toxic reactions, like excessive alcohol or drug use.
- Nutritional deficiencies, like vitamin B12 (which can be reversed if caught early) and folate deficiency.
- Infections that affect the brain and spinal cord, such as AIDS dementia complex and Creutzfeldt-Jakob disease.
- Certain types of hydrocephalus, an accumulation of fluid in the brain that can result from developmental abnormalities, infections, injury or brain tumors.

- Head injury – either a single severe head injury or chronic smaller injuries.
- Illnesses other than in the brain, such as kidney, liver and lung diseases, can all lead to dementia.

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

Dementia symptoms vary depending on the cause, but common signs and symptoms include:

- Memory loss
- Difficulty communicating
- Inability to learn or remember new information
- Difficulty with planning and organizing
- Difficulty with coordination and motor functions
- Personality changes
- Inability to reason
- Inappropriate behavior
- Paranoia
- Agitation
- Hallucinations

## When to See a Doctor

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

*Sources: [www.mayoclinic.com](http://www.mayoclinic.com) and [www.webmd.com](http://www.webmd.com)*

# Warning Signs of Alzheimer's Disease

Alzheimer's disease is a fatal disorder. It is just one of 70 different types of dementia and accounts for 50 to 80 percent of dementia cases. Warning signs of Alzheimer's disease include:

- **Memory changes that disrupt daily life.** Especially in the early stages, common signs include: forgetting recently-learned information, forgetting important dates or events, asking for the same information over and over, or relying heavily on family members or memory aids.
- **Challenges in planning, problem-solving and concentration.** Some people may experience changes in their ability to develop and follow a plan or work with numbers. Following familiar recipes, keeping track of monthly bills and maintaining concentration may become difficult.
- **Difficulty completing familiar tasks.** Having trouble driving to a familiar location or remembering the rules of a favorite game are both common red flags.
- **Confusion about time or place.** Alzheimer's can cause people to lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately and they may forget where they are or how they got there.
- **Trouble understanding visual images and spatial relationships.** For some, visual comprehension issues may develop. They may begin to have difficulty judging distance or direction when driving, catching a ball or even picking something up. In terms of perception, they may pass a mirror and mistake their own image for another, thinking it is someone else.
- **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").
- **Misplacing things and losing the ability to retrace steps.** A person with Alzheimer's disease may put things in unusual places, or lose things and be unable to retrace their steps to find them. They may even accuse others of stealing. This may occur more frequently over time.
- **Decreased or poor judgment.** People with Alzheimer's disease may experience changes in judgment or ability to make decisions. They may use poor judgment when dealing with finances, such as giving large amounts of money to telemarketers. They may pay less attention to bathing or grooming.
- **Withdrawal from work or social activities.** Someone who has dementia may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.
- **Changes in mood and personality.** People with Alzheimer's disease may become confused, suspicious, depressed, fearful or anxious. They may become more easily upset.

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

*Adapted information from: 10 Warning Signs of Alzheimer's Disease  
© 2009 Alzheimer's Association*



# Driving *and* Older Adults

Most 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. Conditions such as dementia or early stages of Alzheimer's disease may make some drivers unable to evaluate their driving properly.

The following steps and resources are useful whether you are concerned about your own driving or the driving abilities of another person.

## Step 1: Assess the Situation

Read the "15 Warning Signs" box on page 53 to identify areas of concern. It may help to have someone ride with you, or with the person about whom you are concerned, to observe driving habits first hand.

Helpful resources are available at [www.seniordriving.aaa.com](http://www.seniordriving.aaa.com).

## Step 2: Talk About It

As people age, they tend to look first to family members (spouse and children) for candid advice concerning their well-being and health issues. Have conversations early and often. Start the conversation out of a sincere sense of caring for the person's well-being and base it on specific things you have observed.

## HELPFUL RESOURCE

- *Family Conversations with Older Drivers*, available for download or by request from The Hartford, We Need to Talk: Family Conversations with Older Drivers, 200 Executive Blvd., Southington, CT 06489. [www.thehartford.com/mature-market-excellence/family-conversations-with-older-drivers](http://www.thehartford.com/mature-market-excellence/family-conversations-with-older-drivers).

## Step 3: Consider Your Options

There are many ways to address driving issues and concerns. The options you choose will depend on the type and degree of impairment. One size does not fit all, and, while no longer driving may be the only answer in some cases, stopping too early can cause a person's overall health to decline prematurely.

## HELPFUL RESOURCES AND OPTIONS

- Take a classroom or online refresher course such as the AARP Driver Safety Program. For more information, call (888) 227-7669 or visit [www.aarp.org/drive](http://www.aarp.org/drive).
- For information on driving skills assessment, education for continued safety and planning for post-driving needs, go to [www.seniordriving.aaa.com](http://www.seniordriving.aaa.com).
- For guidance on making adjustments to maximize comfort and control of a vehicle, visit [www.seniordriving.aaa.com](http://www.seniordriving.aaa.com), click on Maintain Mobility & Independence; Car

- Buying, Maintenance & Assistive Accessories.
- For information about memory loss and driving, download or order *At the Crossroads: Family Conversations about Alzheimer's Disease, Dementia & Driving* from [www.thehartford.com/mature-market-excellence/publications-on-aging](http://www.thehartford.com/mature-market-excellence/publications-on-aging).
- Additional resources include: AARP's *Older Driver Skill Assessment and Resource Guide: Creating Mobility Choices* (D14957). Order from AARP Fulfillment, EE 01251, 601 E. Street NW, Washington, DC 20049 and *Driving Safely While Aging Gracefully* from the National Highway and Traffic Safety Administration.
- For information on local resources, see the *Driving Assessments and Resources* section on page 188.
- Encourage the driver to consider and gradually begin using other methods of transportation,

such as rides from family and friends, public transportation, paratransit services such as Tulsa Transit's Lift Program, taxis or other public or private transportation options. See the *Transportation Resources* section on page 214. It may be helpful to accompany the person during initial trials of alternate forms of transportation.

#### **Step 4: Seek Additional Help if Necessary**

If the person is not taking proper action in response to your concern and the impairment is increasingly obvious, it may be necessary to involve the driver's doctor.

In Oklahoma, 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.

## 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. Slower response to unexpected situations.
7. Medical conditions or medications that may be affecting your ability to handle the car safely.
8. Frequent "close calls" (e.g., almost crashing).
9. Trouble judging gaps in traffic at intersections and on highway entrance/exit ramps.
10. Other drivers honking at you and instances when you are angry at other drivers.
11. Friends or relatives not wanting to ride with you.
12. Difficulty seeing the sides of the road when looking straight ahead.
13. Being easily distracted or having a hard time concentrating while driving.
14. Difficulty turning around to check over your shoulder while backing up or changing lanes.
15. Frequent traffic tickets or warnings by traffic or law enforcement officers in the last year or two.

**If you notice one or more of these warning signs, you may want to have your driving assessed by a professional or attend a driver refresher class. See the *Driving Assessments and Resources* section on page 188. You may also want to consult with your doctor if you are having unusual concentration or memory problems, or other physical symptoms that may be affecting your ability to drive.**

# 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
- Part D – Prescription Drug Coverage

## Medicare Part A

### 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 health care services. You must meet certain conditions to receive these benefits.

### How Much Does Part A Cost?

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

### Hospital Deductible for 2014:

- The Medicare beneficiary pays:
- \$1,216 deductible for a hospital stay of 1-60 days
  - \$304 per day for days 61-90
  - \$608 per day for days 91-150
  - All costs after 150 days

### Skilled Nursing Coinsurance for 2014:

The Medicare beneficiary pays:

- \$0 coinsurance for the first 20 days
- \$152 per day for days 21-100
- All costs after 100 days

### When Can I Sign Up for Part A?

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

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

## Medicare Part B

### What is Medicare Part B?

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

### How Much Does Part B Cost?

Most people will pay the standard monthly Part B premium of \$104.90 for 2014. In some cases, your monthly premium amount may be higher if you didn't

sign up for Part B when you were first eligible. Also, some people pay a higher premium based on their modified adjusted gross income. If you are single and your annual adjusted gross income is more than \$85,000 or if you are married with an annual adjusted gross income of more than \$170,000, your Part B premium may be higher than the standard premium. The 2014 annual deductible is \$147. After you meet the deductible, you will pay 20 percent of the Medicare-approved amount for most Part B covered services. To confirm whether or not you have Part B coverage, look on your red, white and blue Medicare card for “Medical (Part B).”



**When Can I Sign Up for Part B?**

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

**Note:** If you are not already getting benefits, you should call Social Security at 1-800-772-1213 three months before your 65th birthday, even if you plan to continue working.

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

- **General Enrollment Period** – Between January 1 and March 31 each year. Your coverage will begin on July 1. The cost of your Part B will go up 10 percent for each full 12-month period you could have had Part B but didn't sign up for it. You may have to pay a late enrollment penalty as long as you have Part B, unless you qualify for a Special Enrollment Period.
- **Special Enrollment Period** – If you didn't take Part B when you were first eligible because you or your spouse were working and you had group health coverage based on that work, you can sign up for Part B during a Special Enrollment Period. People

## 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"> <li>• Medicare provides this coverage</li> <li>• You have your choice of doctors</li> <li>• Generally, you pay deductibles and coinsurance</li> <li>• You pay a monthly premium for Part B</li> <li>• You can join a Medicare Part D prescription drug plan to add drug coverage</li> <li>• 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</li> </ul>	<ul style="list-style-type: none"> <li>• Private insurance companies approved by Medicare provide this coverage</li> <li>• In most plans, you must see plan doctors</li> <li>• Costs, extra benefits and rules vary by plan</li> <li>• You usually pay a monthly premium in addition to your Part B premium</li> <li>• If you want drug coverage, you must get it through your plan (in most cases)</li> <li>• You don't need a Medigap policy</li> </ul>

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).

## 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 co-payments but can also be coinsurance and deductibles. It’s important to call any plan before joining to find out the plan’s rules, what your costs will be and to make sure the plan meets your needs.

### When Can I Join, Switch or Drop a Medicare Advantage Plan?

To join a Medicare Advantage Plan, you must have both Medicare Part A and Part B and live in the plan’s service area. You can join, switch or drop a Medicare Advantage Plan at these times:

- When you first become eligible for Medicare (three months before you turn age 65 to three months after the month you turn age 65).
- If you get Medicare due to a disability, you can join during the three months before to three months after your 25th month of disability.
- Between October 15 and December 7 each year. Your coverage will begin on January 1 of the following year.

- You can dis-enroll from a Medicare Advantage Plan and return to Original Medicare between January 1 and February 14 of each year. During this period, you can also join a Medicare prescription drug plan.

## 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.
- Special Enrollment Period – In certain situations, including if you involuntarily lose your creditable prescription drug coverage, you may get a Special Enrollment Period. You can sign up for Part D and won't have to pay a late enrollment penalty as long as you join a Medicare drug plan within 63 days of losing your creditable coverage.
- If you are eligible for and receive the extra financial help for Part D costs, you have a continuous Special Enrollment Period and can change your Medicare drug plan at any time.

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

## How Do I Qualify for the Extra Help?

You automatically qualify for the Medicare Part D extra financial help if you have Medicare and Medicaid, Medicare and Supplemental Security Income (SSI) without Medicaid or if the state helps pay your Medicare premiums. If you don't automatically qualify, you may qualify for the extra help if you meet certain income and resource guidelines that may change each year. For 2014, the income limit for a single person is \$1,459 in monthly income and \$13,440 in assets. The amount for a married couple is \$1,966 in joint monthly income and \$26,860 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 - (918) 664-9000 or toll-free at (866) 664-9009. You may also contact Medicare at 1-800-MEDICARE (800-633-4227) or visit Medicare's website at [www.medicare.gov](http://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 co-payments. 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 2014 eligibility guidelines for each can be found in the chart below:

### PROGRAM BENEFITS

#### Qualified Medicare Beneficiary (QMB)

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

#### Specified Low-Income Medicare Beneficiary (SLMB)

Pays Medicare Part B monthly premium

#### Qualifying Individual (QI)

Pays Medicare Part B monthly premium

### ELIGIBILITY GUIDELINES

Single: monthly income less than \$973 and assets less than \$7,160  
Married: monthly income less than \$1,311 and assets less than \$10,750

Single: monthly income less than \$1,167 and assets less than \$7,160  
Married: monthly income less than \$1,573 and assets less than \$10,750

Single: monthly income less than \$1,313 and assets less than \$7,160  
Married: monthly income less than \$1,770 and assets less than \$10,750

**Asset Guidelines Have Increased! More People Qualify.**



# CLOSING THE Medicare Part D COVERAGE GAP

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

## What is the Coverage Gap, and How Will I Know if I've Reached it?

Most Medicare prescription drug plans (Part D) have a coverage gap. This means that after you and your drug plan have spent a certain amount of money for covered drugs, there is a temporary limit on the plan's coverage. While in the gap you have to pay a greater share of the costs of your prescription drugs (up to a limit of \$4,550 in out-of-pocket costs in 2014). Every month that you fill a prescription, your drug plan mails you an Explanation of Benefits (EOB) notice, which tells you how much you have spent on covered drugs and if you've reached the coverage gap.

## How Does the Medicare Coverage Gap Discount Program Work?

Drug manufacturers must sign agreements with Medicare to participate in the Medicare Coverage Gap

Discount Program. The agreement specifies that all of the manufacturers' applicable drugs will automatically be discounted at the point-of-sale for coverage gap claims. (Note: “Applicable drugs” are generally covered brand-name Part D drugs including insulin and Part D vaccines.) This discount applies if you buy your prescriptions at a pharmacy or order them through the mail. The discount doesn't include the cost of the pharmacy dispensing fee. The full cost of the drug will count as out-of-pocket spending for the purposes of reaching catastrophic coverage.

Example: Let's assume you've reached the coverage gap and need to fill a prescription for an applicable drug. The price for the drug is \$60 and the dispensing fee is \$2. Once the discount is applied (52.5 percent in 2014) the cost of the drug is \$28.50. After the \$2 dispensing fee is added to the \$28.50 discounted amount, your cost for the prescription will be \$30.50. The amount you spend on drugs while in the coverage gap plus most of the discount you receive will count toward the amount you need to get out of the gap and qualify for catastrophic coverage.

## Who is Eligible for the Savings While in the Coverage Gap?

People who meet all of the following criteria are eligible for discounts under the Medicare Coverage Gap Discount Program:

- They are currently enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (like an HMO or PPO) that includes prescription drug coverage.
- They are not entitled to the “Extra Help” (an income-related subsidy through the federal

government to help people with limited income and resources pay their Medicare prescription drug costs).

- They've reached the coverage gap.

### **Once I've Entered the Coverage Gap, Will All Medicare-Covered Brand-Name Prescription Drugs be Discounted?**

If a drug company has signed an agreement to participate in the Discount Program, all of the covered Part D brand-name drugs they make are discounted during the coverage gap for that calendar year. This includes prescription drugs on the plan's formulary (list of covered drugs) and those covered through an appeal. Manufacturers that produce more than 99 percent of the brand-name drugs used by people with Medicare participate in this program.

### **Will I Get Additional Savings Once I Reach the Coverage Gap if I Have an Enhanced Medicare Drug Plan That Already Includes Coverage in the Gap?**

Yes, you may get a discount after your plan's coverage has been applied to the price of the drug. The 52.5 percent discount for brand-name drugs will apply to the remaining amount that you owe. For example, if you're in a drug plan that offers a 60 percent discount on brand-name drugs (after you have spent a certain amount) and you fill a \$100 brand-name prescription, the cost of your prescription after your plan's savings is \$40. Once the 52.5 percent discount is applied to the \$40 amount, you will pay \$19 for the prescription (plus any dispensing fee), but the full \$40 will count as out-of-pocket spending.

### **What Happens if I Fill a Prescription and Only Part of the Amount is in the Coverage Gap?**

The discount will only apply to the portion of your claim that's in the coverage gap. For example, if you fill a prescription for a brand-name drug that costs \$100, and only \$50 of that cost is in the coverage gap, the discount will only apply to that \$50.

### **How Will I Know if my Prescription Will be Covered at a Discount and What Should I Do if It Isn't?**

Contact your drug plan or ask your pharmacist if the prescription drugs you take are covered at a discount during the coverage gap. Your brand-name drug will be covered under Part D and discounted if it's made by a drug company that's participating in the Medicare Coverage Gap Discount Program and you reach the coverage gap. If your brand-name drug is made by a

drug company that has chosen not to participate in the Discount Program, the drug won't be covered under Medicare Part D. If your drug isn't covered, talk to your doctor or other health care provider to find out if there's another drug that you can take.

### **What if I Don't Get a Discount, and I Think I Should Have?**

If you think that you have reached the coverage gap and you don't get a discount when you pay for your brand-name prescription, you should review your next Explanation of Benefits (EOB) notice. If the discount doesn't appear on the EOB, you should work with your drug plan to make sure that your prescription records are correct and up-to-date. If your drug plan doesn't agree that you are owed a discount, you can appeal by calling 1-800-MEDICARE (1-800-633-4227).

### **What if I Have Other Insurance?**

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

### **How Has Medicare Increased its Coverage for all Other Part D Drugs?**

Medicare has increased its standard coverage by paying a certain percent (28 percent in 2014) of the cost for all other non-brand generic Part D drugs during the coverage gap, including the dispensing fee. If you reach the gap in 2014, you will pay 72 percent of the cost and that amount, including the dispensing fee, will count toward getting you out of the coverage gap. Part D coverage will increase each year and the amount you pay will decrease each year until 2020, when you will only pay 25 percent of the cost.

### **What Additional Discounts and Savings Will People with Medicare Have Over Time in the Coverage Gap?**

- In 2015, people with Medicare will pay 45 percent for covered brand-name drugs and 65 percent for all other covered drugs.
- Over the next several years, the benefits will increase for all covered drugs so that people with Medicare will pay less in the coverage gap.
- By 2020, the coverage gap will close and people will pay only 25 percent for covered brand-name and generic drugs from the time they meet the deductible (if applicable) until they reach the out-of-pocket limit.

# Multi-Level Care Communities

These full-service communities offer a range of living options on one campus. Many include independent living, assisted living and nursing facilities. Services, features, costs and payment sources vary depending on the housing or care option. Contact each community for detailed information.

Levels of Care					
Independent Living	Assisted Living	Residential	Nursing	Home Care	Hospice
<p><b>Ambassador Manor Nursing and Rehabilitation Center</b>                      1340 E. 61st St. • Tulsa, OK 74136                      (918) 743-8978 • (918) 712-5006 fax  <a href="http://www.ambassadormanornursing.com">www.ambassadormanornursing.com</a></p>	●		●		
<p><b>Baptist Village of Broken Arrow</b>                      2801 N. Birch Ave. • Broken Arrow, OK 74012                      (918) 355-0099 • (918) 893-4177 fax  <a href="http://www.baptistvillage.org">www.baptistvillage.org</a></p>	●	●			
<p><b>Baptist Village of Okmulgee</b>                      1500 W. 6th St. • Okmulgee, OK 74447                      (918) 756-5377 • (918) 756-2680 fax  <a href="http://www.baptistvillage.org">www.baptistvillage.org</a></p>	●	●	●		
<p><b>Baptist Village of Owasso</b>                      7410 N. 127th E. Ave. • Owasso, OK 74055                      (918) 272-2281 • (918) 272-7682 fax  <a href="http://www.baptistvillage.org">www.baptistvillage.org</a></p>	●	●	●	●	
<p><b>Brookdale Living</b>  <i>various locations</i>                      (918) 493-1200  <a href="http://www.brookdaleliving.com">www.brookdaleliving.com</a></p>	●	●			

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See Our Ad On Page 73

See Our Ad On Page 73

See Our Ad On Page 73



## An attractive lifestyle meets lifetime security.

There's more to Montereau than enjoying a fun, rewarding retirement lifestyle. This beautiful community in the heart of Tulsa also brings comfort and security to residents and their families by providing a full spectrum of first-rate care services. From assisted living and memory support to rehab therapies and short- and long-term nursing care — all available via direct admission — Montereau means quality of life no matter what health care needs may one day come. Experience the personal touch at Montereau.

Discover all our residency plan options, including Life Care.  
Call 1-866-498-4530 or visit [www.Montereau.net](http://www.Montereau.net).



  
**MONTEREAU**<sup>®</sup>



6800 South Granite Avenue | Tulsa, OK | 1-866-498-4530 | [www.Montereau.net](http://www.Montereau.net)



Levels of Care

	Independent Living	Assisted Living	Residential	Nursing	Home Care	Hospice
<p><b>Claremore Senior Living</b>                      915 E. 16th St. • Claremore, OK 74017                      (918) 343-3850 • (918) 343-3859 fax  <a href="http://www.claremoreseniorliving.com">www.claremoreseniorliving.com</a></p>		●		●		
<p><b>Colonial Manor Retirement Center</b>                      5015 S. Victor Ave. • Tulsa, OK 74105                      (918) 935-3801 • (918) 512-4797 fax  <a href="http://www.colonialmanortulsa.com">www.colonialmanortulsa.com</a></p>	●			●		
<p><b>Country Club of Woodland Hills</b>                      6333 S. 91st E. Ave. • Tulsa, OK 74133                      (918) 252-5451 • (918) 254-5136 fax  <a href="http://www.ccwh-living.com">www.ccwh-living.com</a></p>	●		●			
<p><b>Covenant Place of Tulsa</b>                      7300 E. 121st Pl. S. • Bixby, OK 74008                      (918) 970-4433  <a href="http://www.CovenantPlaceTulsa.org">www.CovenantPlaceTulsa.org</a></p>	●	●				
<p><b>Forest Hills Care, Rehabilitation &amp; Retirement Community</b>                      4300 W. Houston St. • Broken Arrow, OK 74012                      (918) 254-5000 • (918) 254-5681 fax</p>	●	●		●		
<p><b>Gold Medallion Senior Housing and Health Care</b>                      8205 E. 22nd St. • Tulsa, OK 74129                      (918) 622-2151 • (918) 622-2233 fax  <a href="http://www.gold-medallion.com">www.gold-medallion.com</a></p>	●	●	●	●		

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**These Articles May Be Especially Helpful:**

"Talking About Important Life Issues with Your Family," page 14

"Does My Loved One Need Help?" page 16

# Independent Living | Cottage Neighborhood



It is time to trade in your home maintenance and unpredictable expenses for a cottage lifestyle rich with amenities, services, independence, and peace of mind. Homes are nestled among 38 tree-covered acres, and we require NO BUY IN FEE! Your all-inclusive retirement begins at University Village.

## Assisted Living | Apartment Homes

Experience a retirement lifestyle that blends the right amount of personal and quality care with your independence. Our experienced staff and local owners are committed to meeting your retirement needs with unmatched quality and compassionate service.



## New Skilled Center | All Private Rooms



Our new and innovative Skilled Nursing and Rehab Center is now open. With a combination of quality nursing care and outstanding therapy services, our Skilled Center is committed to restoring health and helping patients return home. Long term care and respite services are also available.

**Call for your Personalized Tour Today!**



**UNIVERSITY**  
*Village*

**(918) 299-2661**

8555 South Lewis Ave  
Tulsa, OK 74137

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



Levels of Care

Independent Living	Assisted Living	Residential	Nursing	Home Care	Hospice
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**Green Country Village Retirement Community**

1025 Swan Dr. • Bartlesville, OK 74006  
 (918) 335-2086 • (918) 335-3254 fax  
[www.greencountryvillage.com](http://www.greencountryvillage.com)

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**Heartsworth House Assisted Living and Senior Suites**

821 N. Foreman St. • Vinita, OK 74301  
 (918) 256-7856 • (918) 770-0215 fax  
[www.HeartsworthHouse.com](http://www.HeartsworthHouse.com)

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**Inverness Village**

3800 W. 71st St. • Tulsa, OK 74132  
 (918) 481-9988 • (918) 481-9989 fax  
[www.InvernessVillage.com](http://www.InvernessVillage.com)

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**Linwood Village**

530 S. Linwood Ave. • Cushing, OK 74023  
 (918) 225-2220 • (918) 512-4797 fax

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**Montereau**

6800 S. Granite Ave. • Tulsa, OK 74136  
 (918) 491-5200 • (918) 491-5210 fax  
[www.Montereau.net](http://www.Montereau.net)

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**North County Nursing and Rehabilitation**

2300 W. Broadway St. • Collinsville, OK 74021  
 (918) 371-2545 • (918) 770-0212 fax  
[www.NorthCountySeniorLiving.com](http://www.NorthCountySeniorLiving.com)

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**Oklahoma Methodist Manor**

4134 E. 31st St. • Tulsa, OK 74135  
 (918) 574-2590  
[www.ommtulsa.org](http://www.ommtulsa.org)

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See Our Ad On Page 133

See Our Ad On Page 67

# Our new Town Center was built just for you.



Tulsa Jewish Retirement and Health Center is pleased to announce the construction of our new Town Center. Opening this Spring, this 16-thousand square foot public space is dedicated to enhancing our community and enriching the lives of Tulsa seniors.

In addition to being the hub of activity for TJRHC residents and their families, the Town Center will also serve other seniors in the greater Tulsa community who are interested in participating in our life enrichment programs. **Town Center features will include:**

- *Multi-purpose Room*
- *Heated Indoor Therapy Pool*
- *Dining Venue*
- *Movie Theater*
- *Salon & Spa*
- *Geriatric Assessment Clinic*

2025 E. 71st St.  
phone: 918.496.8333  
web: TJRHCC.org



**TULSA  
JEWISH**  
RETIREMENT  
& HEALTH CENTER

*Come join the young at heart!*

Levels of Care

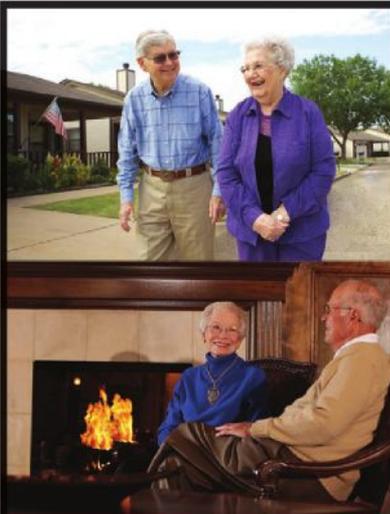
Independent Living	Assisted Living	Residential	Nursing	Home Care	Hospice
	●		●		
●	●				

See Our Ad On Pages 131-132

**Saint Simeon's**  
 3701 Martin Luther King Jr. Blvd. • Tulsa, OK 74106  
 (918) 425-3583 • (918) 425-6368 fax  
[www.saintsimeons.org](http://www.saintsimeons.org)

See Our Ad On Pages 3, 97

**Senior Star**  
*various locations*  
 (918) 592-4400  
[www.seniorstar.com](http://www.seniorstar.com)



# EXPERIENCE *the* DIFFERENCE

Come and see why we are Tulsa's community of choice. You will find all-inclusive retirement living in an elegant environment you will be proud to call home. Choose from our cottage home neighborhood, elegant independent apartment homes, or residential care services. **Quality Living. Quality Care.**

**We Provide Respite Care.**

Respite care can be of great benefit for recovery after a surgery or hospital stay. It is also a welcome relief for caregivers who are caring for loved ones.

*Country Club*  
 OF WOODLAND HILLS

**(918) 252-5451**

6333 S. 91st East Ave. | Tulsa, OK 74133

[www.ccwh-living.com](http://www.ccwh-living.com)



# Oklahoma Methodist Manor

**OKLAHOMA METHODIST MANOR**  
**4134 E. 31ST**

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

## CRESTWOOD - PET FRIENDLY

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

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

Fees are set by size of residence

One time Membership Fees start at \$135,000

**Refundable Plans are available**

Monthly Service Fees start at \$1,500

Includes: 24-hour security, Some Dining, Water/Sewer/Trash, Electric, Cable, Maintenance, Weekly Housekeeping, Urgent Response Service, Assigned Covered Parking, Transportation, Additional Storage Space, Full event calendar. Priority Access to OMM Health Center and Holliman Living Center

## VILLAS - PET FRIENDLY

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

One time Membership Fees start at \$41,000

Monthly Service Fees start at \$1,135

Includes: 24-hour security, Water/Sewer/Trash, Cable, Maintenance, Weekly Housekeeping, Yard Care, Urgent Response Service, Garage Parking, Transportation, Full event calendar. Priority Access to OMM Health Center and Holliman Living Center

## FELT HOUSE- PET FRIENDLY

Efficiency Residences 1 Bedroom 1 Bath Kitchenette  
560 - 670 sq. ft.

**No Membership Fee.** Monthly Fee is \$3,363

Included: 24-hour Security, 3 Meals Daily, Water/Sewer/Trash Electric, Cable, Maintenance, Weekly Housekeeping, Urgent Response Service, Transportation, Meals, Full event calendar, Laundry room. Priority Access to OMM Health Center and Holliman Living Center

## PATIO HOMES - PET FRIENDLY

2 bedroom, 2 bath, 4 Plex homes fully refurbished 1,400 sq. ft.

One time Membership Fees start at \$88,000

Monthly Service Fee start at \$2,814

Includes: 24-hour security, Water/Sewer/Trash, Cable, Maintenance, Weekly Housekeeping, Yard Care, Urgent Response Service, Garage Parking, Transportation, Full event calendar. Priority Access to OMM Health Center and Holliman Living Center

## LAKESIDE HOMES - PET FRIENDLY

2 and 3 bedroom single family homes 1,600-2,900 sq. ft.

One time Membership Fees start at \$92,000

Monthly Service Fees start at \$2,900

Includes: 24-hour security, Water/Sewer/Trash, Cable, Maintenance, Weekly Housekeeping, Yard Care, Urgent Response Service, Garage Parking, Transportation, Full event calendar. Priority Access to OMM Health Center and Holliman Living Center

## OMM HEALTH CENTER HOUSEHOLDS

Call 918-346-6623

Provides skilled nursing care in six distinct households for Rehabilitation/Post Hospital Care, Memory Support, and Long Term Care Medicare and Medicaid certified

## OMM ASSISTED LIVING SERVICES

Call 918-346-6630

Assisted Living Accommodations in the Holliman Living Center are studio and one bedroom private residences. One monthly fee provides a wide variety of personal care services.

**OMM Home Health Service is available for community members only.**



OKLAHOMA  
METHODIST  
**MANOR**

4134 East 31st Street | Tulsa, OK 74135 | 918-574-2590 | [www.ommtulsa.org](http://www.ommtulsa.org)



Levels of Care

Independent Living	Assisted Living	Residential	Nursing	Home Care	Hospice
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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](http://www.villagesatsouthernhills.com)

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**Tulsa Jewish Retirement and Health Center**  
 2025 E. 71st St. • Tulsa, OK 74136  
 (918) 496-8333 • (918) 496-8257 fax  
[www.tjrhcc.org](http://www.tjrhcc.org)

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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](http://www.uvrc.com)

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●	●		●		

**These Articles May Be Especially Helpful:**  
 "Helping Seniors Remain at Home with the ADvantage Program," page 32  
 "Driving and Older Adults," page 52



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

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

821 North Foreman Vinita, OK 74301  
 (918) 256-7856 [www.HeartsworthHouse.com](http://www.HeartsworthHouse.com)



## Forest Hills Helped Me Get My Life Back.

Nancy Core turned to Forest Hills Care & Rehabilitation Center after an unwelcome fall led to a hip fracture and surgery. With the help of the wonderful staff at Forest Hills, we're happy to report that Nancy transitioned home after 6-weeks of physical and occupational therapy.

*"It was very important to me to get back to the active lifestyle I had led before my injury. My Blue Angels at Forest Hills helped me do just that. Now, I have my life back!"*

Whether you're in need of physical, occupational, or speech therapy; Forest Hills has you covered. Our staff of over twenty therapists, will give you the skills and encouragement you need to move forward and never look back.

Call (918) 254-5000 today to learn how you can stay in one of our beautiful rehab suites at our state-of-the-art rehab facility.

« **Sandra Fite, Forest Hills Blue Angel**  
*Physical Therapist Assistant  
Working on therapeutic exercises  
with Nancy Core.*

 **Forest Hills**  
by MGM Healthcare

4300 West Houston  
Broken Arrow, OK 74012  
**(918) 254-5000**

# Independent Living

Independent living options are for older adults who are generally able to take care of themselves. Some of the independent living options that are apartment complexes are not exclusively for older adults, but all have amenities that are senior-friendly. Properties listed as Section 8 receive federal assistance for affordable housing. For details about requirements, amenities and features, please contact the leasing office. For information on EMSA service memberships, see page 214.

To help determine if a senior community meets your needs, please utilize the *Independent Living Evaluation Checklist* on page 27.

## 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

## Basic Information and Services

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio	Water/Sewer/Trash	Electric	Gas	Cable	Transportation	Meal Plan	Pets Allowed	Planned Activities	Laundry Facilities
<b>5400 South Apartments</b> 4700 E. 54th St. Tulsa, OK 74135 (918) 496-9270 (918) 491-0871 fax www.leinbach.com	55	PP		■	■								▲	■	■
<b>Autumn Park</b> 8401 E. 134th St. S. Bixby, OK 74008 (918) 369-8888 (918) 369-8889 fax www.LIFE-vintagehousing.org	62	PP SV		■	■		●	▲	●	▲			●	●	■
<b>Baptist Village of Broken Arrow - Eagle Ridge Patio Homes</b> 2801 N. Birch Ave. Broken Arrow, OK 74012 (918) 355-0099 (918) 893-4177 fax www.baptistvillage.org	55	PP		■	■	■					●	▲	●	■	

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# Carefree and Affordable

## NORTHEASTERN OKLAHOMA SENIOR RETIREMENT COMMUNITIES



### VINTAGE & CHEROKEE HOUSING

**1 & 2 Bedroom Apartments • Full Kitchens with Appliances  
Small Pets Welcome • Planned Activities • Elevator**

#### **BIXBY**

AUTUMN PARK  
8401 E. 134th St.  
(918) 369-8888

#### **BRISTOW**

WOODLAND VILLAGE  
131 E. 9th  
(918) 367-8300

#### **BROKEN ARROW**

KENOSHA LANDING  
2602 W. Oakland Pl.  
(918) 258-0331

#### **BROKEN ARROW**

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  
(918) 322-5100

#### **JAY**

JAY SENIOR HOUSING  
1301 W. Washbourne  
(918) 253-8100

#### **JENKS**

PIONEER VILLAGE  
315 S. Birch  
(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

#### **SAPULPA**

HICKORY CROSSING  
2101 S. Hickory  
(918) 224-5116

#### **SKIATOOK**

WEST OAK VILLAGE  
1002 S. Fairfax Ave.  
(918) 396-9009

#### **STILWELL**

STILWELL SENIOR HOUSING  
400 N. 8th St.  
(918) 696-3050

#### **TAHLEQUAH**

WISDOM KEEPERS  
1286 W. 4th St.  
(918) 453-9900

#### **TULSA**

CORNERSTONE VILLAGE  
1045 N. Yale Ave.  
(918) 835-1300

#### **TULSA**

HERITAGE LANDING  
3102 E. Apache St.  
(918) 836-7070

#### **TULSA**

COUNTRY OAKS  
5648 S. 33rd W. Ave.  
(918) 446-3400

#### **TULSA**

PARK VILLAGE  
650 S. Memorial Dr.  
(918) 834-6400

#### **WAGONER**

YORKSHIRE VILLAGE  
2200 W. Wellington  
(918) 485-8094

#### **UNDER CONSTRUCTION**

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



Serving seniors age 62 or older who meet qualifications and income guidelines.  
Section 8 accepted. Professionally managed by Sooner Management Consultants, Inc.



**Key:**

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- - Available
- HA - Tulsa Housing Authority
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- PP - Private Pay
- S8 - Section 8
- SF - Project-Based S8
- SV - Section 8 Voucher

**Basic Information and Services**

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio	Water/Sewer/Trash	Electric	Gas	Cable	Transportation	Meal Plan	Pets Allowed	Planned Activities	Laundry Facilities
<p><b>Baptist Village of Cleveland</b>                      1001 Baptist Village Dr.                      Cleveland, OK 74020                      (918) 358-2575                      (918) 358-0004 fax                      www.baptistvillage.org</p>	55	PP	■	■			●			●	●	▲		■	■
<p><b>Baptist Village of Okmulgee</b>                      1500 W. 6th St.                      Okmulgee, OK 74447                      (918) 756-5377                      (918) 756-2680 fax                      www.baptistvillage.org</p>	55	PP		■	■	■	●				●	▲	▲	■	■
<p><b>Baptist Village of Owasso - Bradford Park Patio Homes</b>                      7410 N. 127th E. Ave.                      Owasso, OK 74055                      (918) 272-2281                      (918) 272-7682 fax                      www.baptistvillage.org</p>	55	PP	■	■	■	■					●	▲	▲	■	■
<p><b>Baptist Village of Owasso - Residential Living Apartments</b>                      7410 N. 127th E. Ave.                      Owasso, OK 74055                      (918) 272-2281                      (918) 272-7682 fax                      www.baptistvillage.org</p>	55	PP	■	■	■		●				●	▲	▲	■	■

See Our Ad On Page 73

**These Articles May Be Especially Helpful:**

- “Ten Facts You Need To Know About Mental Health and Aging,” page 46
- “The Basics of Medicare,” page 54

WELCOME! COME ON IN!



309

## BROKEN ARROW

Patio Homes, Assistance in Living, Memory Support, Entrusted Hearts by Baptist Village and Medical Equipment, Case Management/My-L.I.F.E.-Guide®

## CLEVELAND

Residential Living, Entrusted Hearts by Baptist Village and Medical Equipment, Case Management/My-L.I.F.E.-Guide®

## OKMULGEE

Residential Living, Personal Care Center, Entrusted Hearts by Baptist Village and Medical Equipment, Case Management/My-L.I.F.E.-Guide®

## OWASSO

Patio Homes, Independence Plus, Assistance in Living, Entrusted Hearts by Baptist Village and Medical Equipment, Case Management/My-L.I.F.E.-Guide®, Health Center and Skilled Nursing



Baptist Village  
Communities

Broken Arrow: (918) 355-0099

Cleveland: (918) 358-2575

Okmulgee: (918) 756-5377

Owasso: (918) 272-2281

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





# Treetops Apartments

**Independent Senior Living**

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

**5001 S. Hickory  
SE of 111th St & 161st E. Ave.  
Broken Arrow**

## (918) 455-8400

Treetops does not discriminate against individuals with handicaps.



# Silver Elite

## FREE Membership Program



**Good Friends. Good Health.**



## Warren Clinic Urgent Care

**Tulsa**  
6160 South Yale  
Warren Clinic at Springer Building  
**918-495-2600**

**Broken Arrow**  
2950 South Elm Place  
Suite 120  
**918-451-5191**



**Looking for a primary care provider?  
Call our referral line at 918-488-6688.**

Extended evening and weekend hours. No appointment required. Visit [warrenclinic.com](http://warrenclinic.com) for complete hours.

- Participating Hospitals:
- Hillcrest Hospital South
  - Hillcrest Medical Center
  - Hillcrest Hospital Claremore
  - Hillcrest Hospital Cushing
  - Hillcrest Hospital Henryetta
  - Bailey Medical Center

**What is Silver Elite?**  
FREE program for people age 60+. It provides opportunities to make friends, learn and have fun! Members also receive inpatient benefits when they require hospital care. Learn more and sign up by calling 918-579-6060 (ext. 2) or visiting [SilverElite.org](http://SilverElite.org).



**hillcrest**  
HealthCare System

**Silver Elite**  
[SilverElite.org](http://SilverElite.org)

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**Basic Information and Services**

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<p><b>Cardinal Heights</b>                      224 S. 19th St.                      Collinsville, OK 74021                      (918) 371-9116                      (918) 371-0926 fax  <a href="http://www.LIFE-vintagehousing.org">www.LIFE-vintagehousing.org</a></p>	62	PP SV		■	■		●	▲	●	▲			●	●	■
<p><b>Carriage Crossing</b>                      28530 E. 141st St.                      Coweta, OK 74429                      (918) 486-4460                      (918) 486-5253 fax  <a href="http://www.LIFE-vintagehousing.org">www.LIFE-vintagehousing.org</a></p>	62	PP SV		■	■		●	▲	●	▲			●	●	■
<p><b>Cobblestone Cottages</b>                      10703 S. Douglas Cir.                      Jenks, OK 74037                      (918) 697-7878  <a href="http://www.cobblestonecottages.com/jenks">www.cobblestonecottages.com/jenks</a></p>		PP		■	■					▲			▲		■
<p><b>Colonial Manor Retirement Center</b>                      5015 S. Victor Ave.                      Tulsa, OK 74105                      (918) 935-3801                      (918) 512-4797 fax  <a href="http://www.colonialmanortulsa.com">www.colonialmanortulsa.com</a></p>		PP	■	■			●	●	●			●	▲	■	■
<p><b>Cookson Hills Hulbert Senior Living</b>                      405 1/2 E. Main St.                      Hulbert, OK 74441                      (918) 718-1618                      (918) 207-0511 fax  <a href="http://www.lyncoproperties.com">www.lyncoproperties.com</a></p>	62	HU PP S8		■			●						▲	■	■

See Our Ad On Page 71

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Today's to-do list:

# Enjoy yourself.

Nurture your mind, body and spirit for a healthier, happier LIFE at LIFE Senior Services' two senior centers for active adults.

Discover what **LIFE** has to offer.

LIFEseniorservices.org | (918) 664-9000

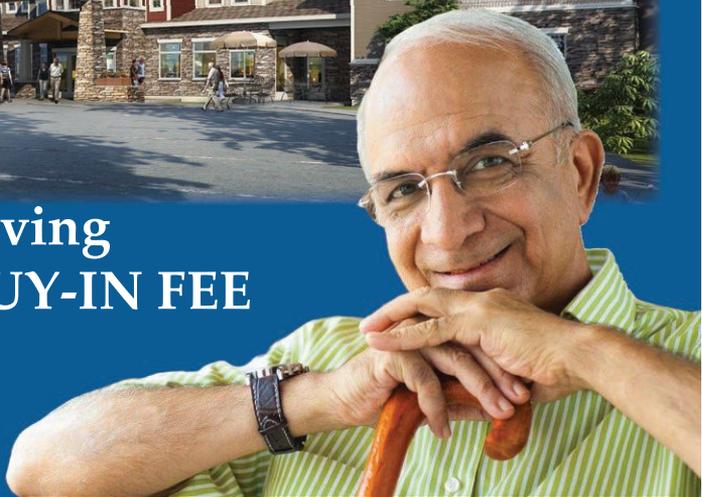
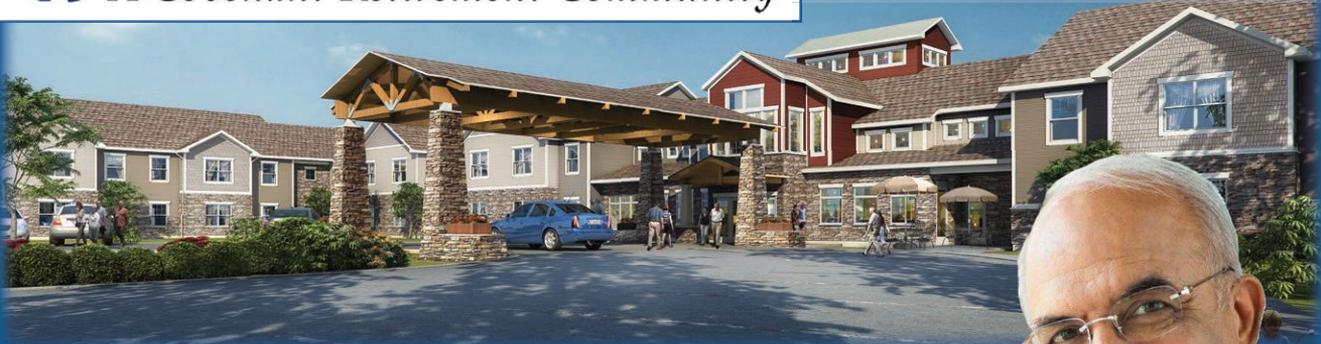


**LIFE**  
SENIOR SERVICES®



**COVENANT PLACE OF TULSA**  
*A Covenant Retirement Community*

**OPENING IN BIXBY  
SUMMER 2015**



**Residential Independent Living  
Assisted Living      NO BUY-IN FEE**

**Call (918)970-4433**

*www.CovenantPlaceTulsa.org*



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

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**Basic Information and Services**

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<p><b>Cookson Hills Tahlequah Senior Housing</b>                      1350 N. Jones Ave., Apt. 300                      Tahlequah, OK 74464                      (918) 718-1618                      (918) 207-0511 fax                      www.lyncoproperties.com</p>														
62	HU PP S8		■			●						▲	■	■
<p><b>Cornerstone Village</b>                      1045 N. Yale Ave.                      Tulsa, OK 74115                      (918) 835-1300                      (918) 835-1305 fax                      www.LIFE-vintagehousing.org</p>														
62	PP SV		■	■		●	▲	●	▲			●	●	■
<p><b>Country Club Gardens</b>                      959 Country Club Dr.                      Tulsa, OK 74127                      (918) 584-5700                      (918) 584-2035 fax</p>														
62	HA HU PP		■	■	■	●						▲	■	■
<p><b>Country Club of Woodland Hills</b>                      6333 S. 91st E. Ave.                      Tulsa, OK 74133                      (918) 252-5451                      (918) 254-5136 fax                      www.ccwh-living.com</p>														
55	PP		■	■	■	●	●	●	●	●	●	▲	■	■
<p><b>Country Oaks</b>                      5648 S. 33rd W. Ave.                      Tulsa, OK 74107                      (918) 446-3400                      (918) 446-1665 fax                      www.LIFE-vintagehousing.org</p>														
62	PP SV		■	■		●	▲	●	▲			●	●	■

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<b>Covenant Place of Tulsa</b> 7300 E. 121st Pl. S. Bixby, OK 74008 (918) 970-4433 www.CovenantPlaceTulsa.org	62	PP		■	■	■	●	●	●	●	●	■	▲	■	■
<b>Crestview Senior Duplexes</b> 3535 N. Martin Luther King Jr. Blvd. Tulsa, OK 74106 (918) 430-0030 (918) 430-0102 fax	55	SV		■	■		●							■	
<b>Crestwood at Oklahoma Methodist Manor</b> 4134 E. 31st St. Tulsa, OK 74135 (918) 574-2590 www.ommtulsa.org	62	PP		■	■		●	●		●	▲	●	●	■	■

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## Setting a New Standard FOR SENIOR LIVING COMMUNITIES

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

**JENKS**

Pioneer Villa  
315 S. Birch  
(918) 298-2992

**COLLINSVILLE**

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

**BIXBY**

Autum Villa  
8401 E. 134th St.  
(918) 369-8888

**SAPULPA**

Hickory Villa  
2101 S. Hickory  
(918) 224-5116

**WAGONER**

Yorkshire Villa  
2200 W. Wellington  
(918) 485-8094

 Equal Housing Opportunity

Minimum Age Requirement of 55.



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<p><b>Disciples Village</b>                      9014 E. 31st St.                      Tulsa, OK 74145                      (918) 622-9318                      (918) 622-2175 fax</p>	62	HU S8 SF		■			●						●	■	■
<p><b>Edgewood at the Gables</b>                      7702 W. Parkway Blvd.                      Tulsa, OK 74127                      (918) 245-8505                      (918) 245-8700 fax                      www.jrkpropholdings.com</p>	62	PP S8 SV		■	■	■	●						▲	■	■
<p><b>Emeritus at Cedar Ridge</b>                      10107 S. Garnett Rd.                      Broken Arrow, OK 74011                      (918) 252-0590                      (918) 252-0591 fax</p>		PP	■	■		■	●	●	●	●	●	●	●	■	■
<p><b>Forest Hills Assisted &amp; Independent Retirement Community</b>                      4300 W. Houston St.                      Broken Arrow, OK 74012                      (918) 254-5000                      (918) 294-8376 fax</p>		PP		■			●	●	●	●	●	▲	●	■	■
<p><b>French Villa</b>                      4752 S. Harvard Ave.                      Tulsa, OK 74135                      (918) 743-6862                      (918) 747-0791 fax</p>		PP		■			●	●	●				▲	■	■

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<b>Garnett Village Senior Housing</b> 3254 S. 120th E. Pl. Tulsa, OK 74146 (918) 622-2888 (918) 622-9209 fax			■			●	●	●				▲	■	■
<b>Gilcrease Hills Estates</b> 1143 N. 24th W. Ave. Tulsa, OK 74127 (918) 582-0220 (918) 582-0221 fax			■	■		●			▲			●	■	■

**Enjoy LIFE**



become a **VOLUNTEER**

To find out how you can volunteer with LIFE, call (918) 664-9000

**LIFE SENIOR SERVICES**

LIVE UNITED United Way

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



Looking for a new apartment? Come take a look at

**Sheridan Terrace**

Independent Senior Living

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

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



Sheridan Terrace does not discriminate against individuals with disabilities.

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<b>Glenwood Senior Living</b> 10221 E. 34th St. Tulsa, OK 74146 (918) 663-7797 (918) 664-1855 fax	62	HA HU PP S8 SF	■	■			●	●	●				▲	■	■
<b>Golden Age Housing</b> 208 Farrow Rd. Mannford, OK 74044 (918) 865-2849		HU		■	■		●						▲		■
<b>Green Country Village Retirement Community</b> 1025 Swan Dr. Bartlesville, OK 74006 (918) 335-2086 (918) 333-2235 fax www.greencountryvillage.com	55	PP	■	■	■		●	●	●	▲	●	●	▲	■	■
<b>Heartland Village</b> 109 E. 38th St. Sand Springs, OK 74063 (918) 241-1200 (918) 241-1201 fax www.LIFE-vintagehousing.org	62	PP SV		■	■		●	▲	●	▲			●	●	■
<b>Heartsworth House Assisted Living and Senior Suites</b> 821 N. Foreman St. Vinita, OK 74301 (918) 256-7856 (918) 770-0215 fax www.HeartsworthHouse.com	55	PP	■	■	■		●	●	●	●	●	●	●	■	■

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<b>Heatherwood Apartments</b> 3002 E. 51st St. Tulsa, OK 74105 (918) 749-2566 (918) 749-2567 fax www.HeatherwoodTulsa.com		PP		■	■	■							▲	■	■
<b>Heritage Landing</b> 3102 E. Apache St. Tulsa, OK 74110 (918) 836-7070 (918) 836-7071 fax www.LIFE-vintagehousing.org	62	PP SV		■	■		●	▲	●	▲			●	●	■

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# LIFE's Case Management

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

Discover what **LIFE** has to offer.

LIFEseniorservices.org | (918) 664-9000



**LIFE**  
SENIOR SERVICES®



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<p><b>Hewgley Terrace</b>                      420 S. Lawton Ave.                      Tulsa, OK 74127                      (918) 584-0063                      (918) 584-0064 fax                      www.TulsaHousing.org</p>	50	HA PP	■	■		●	●	●				▲	■	■
<p><b>Hickory Crossing</b>                      2101 S. Hickory St.                      Sapulpa, OK 74066                      (918) 224-5116                      (918) 224-2136 fax                      www.LIFE-vintagehousing.org</p>	62	PP SV		■	■	●	▲	●	▲			●	●	■
<p><b>Inhofe Plaza</b>                      6565 S. Newport Ave.                      Tulsa, OK 74136                      (918) 743-3337                      (918) 743-3056 fax                      www.TulsaHousing.org</p>		HA HU PP S8 SF SV		■		●	●	●				▲	■	■
<p><b>Inverness Village</b>                      3800 W. 71st St.                      Tulsa, OK 74132                      (918) 481-9988                      (918) 481-9989 fax                      www.InvernessVillage.com</p>	55	PP		■	■	■	●	●	●	●		●	■	■
<p><b>J.B. Milam Apartments</b>                      1302 N. Willow Dr.                      Claremore, OK 74017                      (918) 341-3780                      (918) 341-7784 fax</p>	62	HU S8 SF		■		●	●	●				●	■	■
<p><b>Jay Senior Housing</b>                      1301 W. Washbourne St.                      Jay, OK 74346                      (918) 253-8100                      (918) 253-8101 fax</p>	62	PP S8 SF SV		■	■	●				●		▲	■	■

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<b>Jordan Plaza, Inc.</b> 630 E. Oklahoma St. Tulsa, OK 74106 (918) 584-8939 (918) 592-0442 fax		SF	■	■			●		●		●		●	■	■
<b>Jordan Plaza III Apartments</b> 775 E. Pine St. Tulsa, OK 74106 (918) 582-8940 (918) 582-4807 fax	62	SF		■			●				●		●	■	■
<b>Kenosha Landing</b> 2602 W. Oakland Pl. Broken Arrow, OK 74012 (918) 258-0331 (918) 258-0332 fax www.LIFE-vintagehousing.org	62	PP SV		■	■		●	▲	●	▲			●	●	■
<b>Kirkwood Senior Complex</b> 400 E. 6th St. Sand Springs, OK 74063 (918) 241-8622 (918) 245-0764 fax		HU PP SF		■			●	●	●	▲			▲	■	■
<b>LaFortune Tower</b> 1725 Southwest Blvd. Tulsa, OK 74107 (918) 583-0784 (918) 583-5457 fax www.TulsaHousing.org	18	HA HU	■	■			●	●	●	▲			▲	■	■

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**These Articles May Be Especially Helpful:**

“Legal Matters and Older Adults,” page 24

“Helping Seniors Remain at Home with the ADvantage Program,” page 32

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<b>Linwood Village</b> 530 S. Linwood Ave. Cushing, OK 74023 (918) 225-2220 (918) 512-4797 fax														
	PP	■	■			●	●	●			●	▲	■	■
<b>Lucile Page Manor</b> 253-9A E. 41st St. Sand Springs, OK 74063 (918) 245-3288 (918) 245-3289 fax														
62	HU PP		■			●						▲		■
<b>Mayor Wallis Manor Venture Villa I &amp; II</b> 901 S.E. 9th St. Pryor, OK 74361 (918) 825-1250 (918) 825-0843 fax www.lyncoproperties.com														
62	HU PP S8 SF		■							●		▲	■	■
<b>Montereau</b> 6800 S. Granite Ave. Tulsa, OK 74136 (918) 495-1500 (918) 491-5265 fax www.Montereau.net														
55	PP		■	■	■	●	●	●	●	●	●	●	■	■
<b>Murdock Villa</b> 828 S. Wheeling Ave. Tulsa, OK 74104 (918) 583-2666 (918) 583-2149 fax www.TulsaHousing.org														
	SF		■	■		●	●					▲	■	■
<b>Oklahoma Methodist Manor</b> 4134 E. 31st St. Tulsa, OK 74135 (918) 574-2590 www.ommtulsa.org														
62	PP	■	■	■	■	●	●	●	●	●	●	●	■	■

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- SV - Section 8 Voucher

**Basic Information and Services**

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio	Water/Sewer/Trash	Electric	Gas	Cable	Transportation	Meal Plan	Pets Allowed	Planned Activities	Laundry Facilities
<b>Park Village</b> 650 S. Memorial Dr. Tulsa, OK 74112 (918) 834-6400 (918) 834-6405 fax www.LIFE-vintagehousing.org	62	PP SV		■	■		●	▲	●	▲			●	●	■
<b>Pioneer Plaza</b> 901 N. Elgin Ave. Tulsa, OK 74106 (918) 584-2554 (918) 584-2553 fax www.TulsaHousing.org	18	HA HU	■	■			●	●	●	▲			▲	■	■
<b>Pioneer Village</b> 315 S. Birch St. Jenks, OK 74037 (918) 298-2992 (918) 298-0060 fax www.LIFE-vintagehousing.org	62	PP SV		■	■		●	▲	●	▲			●	●	■
<b>Prairie Rose Gracious Retirement Living</b> 7401 Riverside Pkwy. Tulsa, OK 74136 (918) 495-3600 (918) 495-3615 fax www.holidaytouch.com	55	PP	■	■	■	■	●	●	●	●	●	●	●	■	■
<b>Prairie Village</b> 12877 E. 116th St. N. Owasso, OK 74021 (918) 371-3221 (918) 371-1394 fax www.LIFE-vintagehousing.org	62	PP SV		■	■		●	▲	●	▲			●	●	■
<b>Pythian Manor West</b> 1700 Riverside Dr. Tulsa, OK 74119 (918) 583-4401 (918) 583-3829 fax	62	S8 SF		■			●			▲			▲	■	■

See Our Ad On Page 71

See Our Ad On Page 71

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

**Basic Information and Services**

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio	Water/Sewer/Trash	Electric	Gas	Cable	Transportation	Meal Plan	Pets Allowed	Planned Activities	Laundry Facilities
<b>Quail Creek Villa</b> 7334 S. Memorial Dr. Tulsa, OK 74133 (918) 252-1602 (918) 252-1602 fax	62	HU S8		■			●		●				▲	■	■
<b>Quiet Harbor Apartments</b> 1522 W. 4th St. Skiatook, OK 74070 (918) 396-3661 (918) 396-3681 fax	55	PP S8		■	■		●						▲		■
<b>Redbud Village</b> 14900 S. Broadway St. Glenpool, OK 74033 (918) 322-5100 (918) 322-5101 fax www.LIFE-vintagehousing.org	62	PP SV		■	■		●	▲	●	▲			●	●	■
<b>Saint Simeon's</b> 3701 Martin Luther King Jr. Blvd. Tulsa, OK 74106 (918) 425-3583 (918) 425-6368 fax www.saintsimeons.org	62	PP		■	■		●	●	●	▲	▲	●	●	■	■
<b>Scandia Retirement Community</b> 3510 E. 32nd St. Tulsa, OK 74135 (918) 899-5252 (918) 508-7069 fax www.scandiatulsa.com	55	PP		■	■		●	●	●	●	●	●	●	■	■

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See Our Ad On Pages 131-132

**These Articles May Be Especially Helpful:**

"Ten Facts You Need To Know About Mental Health and Aging," page 46

"The Basics of Medicare," page 54

**Key:**

- - Included
- ▲ - Extra Cost
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- HA - Tulsa Housing Authority
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- PP - Private Pay
- S8 - Section 8
- SF - Project-Based S8
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**Basic Information and Services**

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio	Water/Sewer/Trash	Electric	Gas	Cable	Transportation	Meal Plan	Pets Allowed	Planned Activities	Laundry Facilities
<p><b>Senior Star at Burgundy Place</b>                      8887 S. Lewis Ave.                      Tulsa, OK 74137                      (918) 518-0153                      (918) 299-0846 fax                      www.seniorstar.com</p>	55	PP	■	■	■		●	●	●		●	●	●	■	■
<p><b>Senior Star at Woodland Terrace</b>                      9524 E. 71st St.                      Tulsa, OK 74133                      (918) 379-9052                      (918) 254-9049 fax                      www.seniorstar.com</p>	55	PP	■	■	■		●	●			●	●	●	■	■
<p><b>Sequoyah Creek Apartments</b>                      2750 S. Ash Ct.                      Broken Arrow, OK 74012                      (918) 451-7912                      (918) 451-7913 fax</p>	62	SF		■			●	●	●				▲	■	■
<p><b>Shadybrook Retirement Community</b>                      4203 S. 109th E. Ave.                      Tulsa, OK 74146                      (918) 663-6013                      (918) 663-0640 fax                      www.ccinvest.com</p>		SF		■			●						●	■	■
<p><b>Sheridan Terrace Apartments</b>                      1937 S. 68th E. Ave.                      Tulsa, OK 74112                      (918) 835-7072                      (918) 835-7365 fax</p>	62	SF	■	■			●	●	●				●		■
<p><b>Silver Arrow Estates</b>                      2601 S. Elm Pl.                      Broken Arrow, OK 74012                      (918) 451-0383                      (918) 451-8029 fax                      www.holidaytouch.com</p>	55	PP	■	■	■	■	●	●	●	●	●	●	▲	■	■

See Our Ad On Page 3

See Our Ad On Page 3

See Our Ad On Page 81

**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

**Basic Information and Services**

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio	Water/Sewer/Trash	Electric	Gas	Cable	Transportation	Meal Plan	Pets Allowed	Planned Activities	Laundry Facilities
<b>Skiatook Retirement Community</b> 1504 W. 5th St. Skiatook, OK 74070 (918) 396-3661 (918) 396-3681 fax	62	HU PP S8		■			●						▲	■	■
<b>St. Teresa of Avila Villa</b> 632 N. 19th St. Collinsville, OK 74021 (918) 371-7771 (918) 371-7783 fax www.lyncoproperties.com	62	HU		■			●						●	■	■
<b>Stilwell Senior Housing</b> 400 N. 8th St. Stilwell, OK 74960 (918) 696-3050 (918) 696-3055 fax	62	HU PP S8 SV		■	■		●				▲		●	■	■
<b>Sunset Village Apartments</b> 701 S. McNabb Dr. Mounds, OK 74047 (918) 827-6686 (918) 827-5278 fax www.lyncoproperties.com		HU		■	■				●				●	■	■
<b>Tallgrass Estates</b> 2633 S.E. Mission Dr. Bartlesville, OK 74006 (918) 331-5251 (918) 331-3504 fax www.holidaytouch.com	55	PP	■	■	■	■	●	●	●	●	●	●	▲	■	■
<b>The Broadmoor Retirement Community</b> 8205 E. 22nd St. Tulsa, OK 74129 (918) 622-2151 (918) 622-2233 fax www.gold-medallion.com	55	PP	■	■	■		●	●	●		●	●	●	■	■

See Our Ad On Page 71

See Our Ad On Page 4

**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

**Basic Information and Services**

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio	Water/Sewer/Trash	Electric	Gas	Cable	Transportation	Meal Plan	Pets Allowed	Planned Activities	Laundry Facilities	
<p><b>The Villa of Southern Hills Independent Living</b>                      4515 E. 53rd St.                      Tulsa, OK 74135                      (918) 496-3963                      (918) 496-0774 fax                      www.SouthernHillsRetirement.com</p>	55	HA PP	■	■	■	●	●	●		●	●		■	■	
<p><b>The Villas Senior Living</b>                      402 S. Cedar Ave.                      Broken Arrow, OK 74012                      (918) 355-6690                      (918) 355-6839 fax                      www.thevillasba.com</p>	55	PP		■		●	●	●				●		■	
<p><b>Town Village</b>                      8222 S. Yale Ave.                      Tulsa, OK 74137                      (918) 493-1200                      (918) 493-1201 fax                      www.brookdaleliving.com</p>	55	PP	■	■	■	●	●	●		●	●	●	■	■	
<p><b>Treetops Apartments</b>                      5001 S. Hickory Ave.                      Broken Arrow, OK 74011                      (918) 455-8400                      (918) 451-2066 fax</p>	18	HU PP SF		■		●	●	●				▲	■	■	
<p><b>Tulsa Jewish Retirement and Health Center</b>                      2025 E. 71st St.                      Tulsa, OK 74136                      (918) 496-8333                      (918) 496-8257 fax                      www.tjrhcc.org</p>		PP		■	■	■	●			●	●	●	▲	■	■
<p><b>Tulsa Pythian Manor</b>                      6568 E. 21st Pl.                      Tulsa, OK 74137                      (918) 836-2710                      (918) 836-8946 fax</p>	62	HU PP	■	■		●	●	●					▲	■	■

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See Our Ad On Page 65

**Key:**

- - Included
- ▲ - Extra Cost
- - Available
- HA - Tulsa Housing Authority
- HU - HUD
- PP - Private Pay
- S8 - Section 8
- SF - Project-Based S8
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**Basic Information and Services**

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio	Water/Sewer/Trash	Electric	Gas	Cable	Transportation	Meal Plan	Pets Allowed	Planned Activities	Laundry Facilities
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See Our Ad On Page 63

**University Village Retirement Community**

8555 S. Lewis Ave.  
Tulsa, OK 74137  
(918) 299-2661  
(918) 298-3270 fax  
www.uvrc.com

55	PP				■	●	●	●	●	●	●	▲	■	■
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See Our Ad On Page 71

**Vandever House**

3102 S. Juniper Ave.  
Broken Arrow, OK 74012  
(918) 451-3100  
(918) 449-9455 fax  
www.LIFE-vintagehousing.org

62	PP SV		■	■		●	▲	●	▲			●	●	■
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**Versailles Apartments**

4816 S. Sheridan Rd.  
Tulsa, OK 74145  
(918) 627-6116

55	PP	■	■	■		●	●	●				▲	■	■
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**Wells Building Apartments**

208 E. Dewey Ave.  
Sapulpa, OK 74066  
(918) 224-3200  
(918) 224-3208 fax  
www.wellsbuildingapts.com

62	HA HU PP S8 SF SV	■	■	■		●		●		●		●	■	■
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**West Edison Plaza**

570 N. 39th W. Ave.  
Tulsa, OK 74127  
(918) 584-4224  
(918) 587-5514 fax

62	HU PP SF		■			●	●	●	▲			▲	■	■
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See Our Ad On Page 71

**West Oak Village**

1002 S. Fairfax Ave.  
Skiatook, OK 74070  
(918) 396-9009  
(918) 396-9008 fax  
www.LIFE-vintagehousing.org

62	PP SV		■	■		●	▲	●	▲			●	●	■
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**Key:**

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**Basic Information and Services**

	Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	Cottage/Patio	Water/Sewer/Trash	Electric	Gas	Cable	Transportation	Meal Plan	Pets Allowed	Planned Activities	Laundry Facilities
<b>Will Rogers Senior Apartments</b> 524 W. Will Rogers Blvd. Claremore, OK 74017 (918) 343-0045 (918) 343-2145 fax www.metroplains.com	55	PP SF		■	■		●		●		●		▲	■	■
<b>Wisdom Keepers</b> 1286 W. 4th St. Tahlequah, OK 74464 (918) 453-9900 (918) 453-9902 fax	62	HU PP S8		■	■		●		●			●	▲	■	■
<b>Woodland Manor</b> 8641 E. 61st St. Tulsa, OK 74133 (918) 461-1929 (918) 250-7056 fax www.woodlandmanortulsa.com	55	HA PP S8 SV		■	■		●				●		▲	■	■
<b>Woodland Village</b> 131 E. 9th St. Bristow, OK 74010 (918) 367-8300 (918) 367-8307 fax www.LIFE-vintagehousing.org	62	PP SV		■	■		●	▲	●	▲			●	●	■
<b>Yorkshire Village</b> 2200 W. Wellington St. Wagoner, OK 74467 (918) 485-8094 (918) 485-8685 fax	62	PP SV		■	■		●						●	■	■

See Our Ad On Page 71

See Our Ad On Page 71

See Our Ad On Page 71

**These Articles May Be Especially Helpful:**

“Talking About Important Life Issues with Your Family,” page 14

“How to Manage Feelings of Loneliness and Depression,” page 48

# Assisted Living

Assisted living facilities offer supportive services that help maintain independence. Some assisted living facilities offer memory care. For more information on assisted living and memory care, refer to the *Helpful Terms & Definitions* article on page 12. A facility offering memory care may or may not adhere to Oklahoma's Alzheimer's Disease Special Care Disclosure Act. Check with each location about other amenities and services. For information on EMSA service memberships, see page 214.

To help determine if a senior community meets your needs, please utilize the *Assisted Living Facility Evaluation Checklist* on page 30.

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.

## Basic Information and Services

### Key:

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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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See Our Ad On Page 103

### Aberdeen Heights Assisted Living

7220 S. Yale Ave.  
Tulsa, OK 74136  
(918) 496-0123  
(918) 879-8180 fax  
www.AberdeenHeights.com

55	LC PP	■	■	■	▲	●	▲	●			●	●	●
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See Our Ad On Page 105

### Ambassadors' Courtyards

1380 E. 61st St.  
Tulsa, OK 74136  
(918) 743-7887  
(918) 293-3050 fax  
www.ambassadorscourtyardstulsa.com

	LC PP	■	■	■	▲	●	●	●		■	●	●	●
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See Our Ad On Page 101

### Autumn Leaves Memory Care

7807 S. Mingo Rd.  
Tulsa, OK 74133  
(918) 249-1300  
(918) 249-1301 fax  
www.AutumnLeaves.com

	PP		■		▲	●		●	●	▲		●	●
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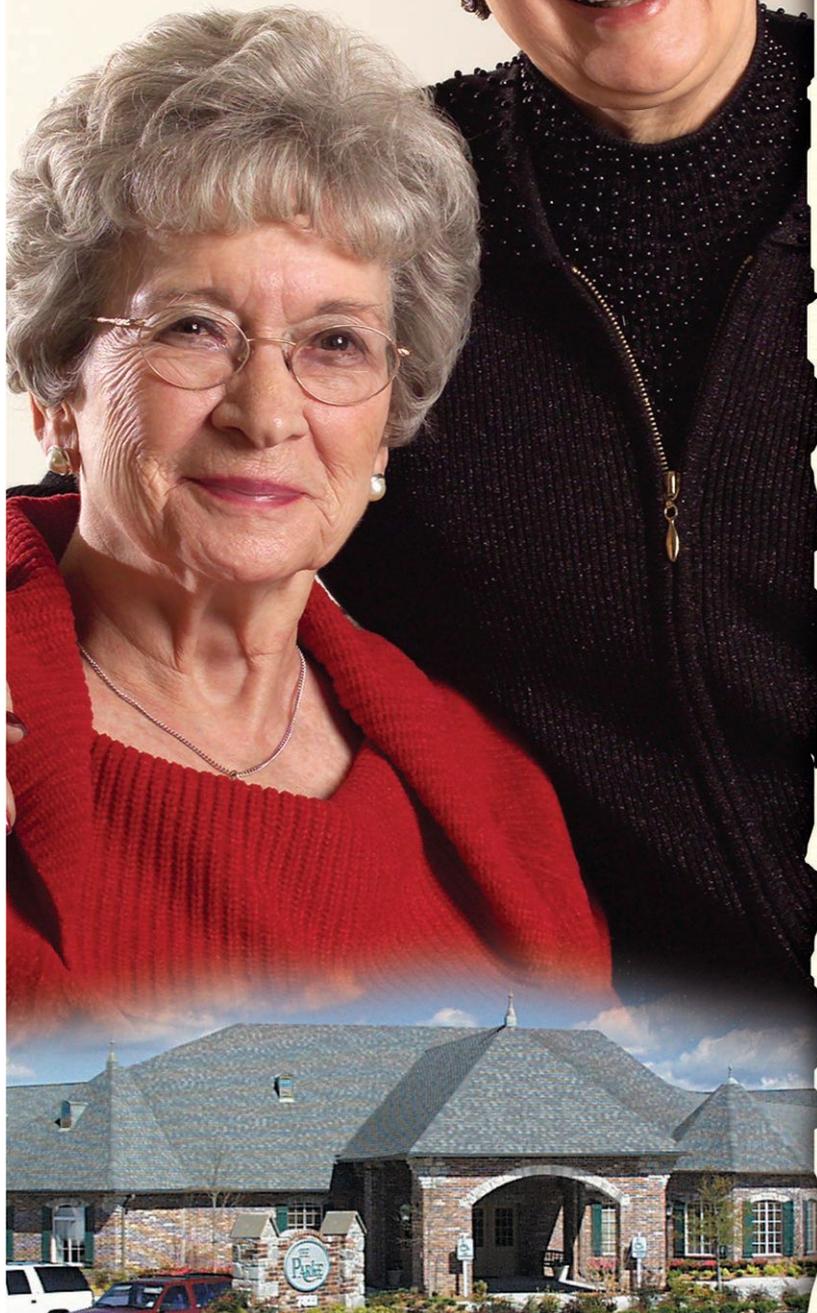
### Avondale Cottage of Pryor

1300 Damon Dr.  
Pryor, OK 74361  
(918) 824-4566  
(918) 824-4566 fax

55	LC PP		■		▲	●	▲	●	●	■	●	●	●
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# “WHY I CHOSE THE PARKE FOR MY MOM.”

Barbara Hubbs with her daughter,  
Diane Villines



*“I liked the fact that The Parke is owned by Tulsans—people I know and trust.*

*The level of assisted living care is just wonderful. If mom needs something, there’s always someone there ready to help.*

*The apartments are very nice. Not institutional or anything like a nursing home – more like a regular home.*

*The staff all know my mom by her first name. That’s important to me. And, mom’s just thriving there.”*

## TAKE A WALK IN THE PARKE.

- Large one & two bedroom flats with fully-equipped kitchens, large living areas, walk-in closets, large windows or sliding glass doors
- Single story design – no steps, no elevators
- Dining room, activities center, entertainment parlor, chapel & library; shuttle service for shopping or medical appointments
- On-site staff includes social director, chef & licensed nurse
- Exercise / wellness programs & housekeeping services provided
- Small pets are welcome
- No endowment required; just month-to-month agreements
- Certain tax advantages may be available
- Locally owned & managed by Terry L. Davis, Don East & Ron St. Clair

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



## Assisted Living Redefined.

On East 76th Street, just one block West of Memorial

7821 East 76th • (918) 249-1262

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

Basic Information and Services

**Key:**

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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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See Our Ad On Page 73

<p><b>Baptist Village of Broken Arrow - The Neighborhoods</b>                  2801 N. Birch Ave.                  Broken Arrow, OK 74012                  (918) 355-0099                  (918) 893-4177 fax                  www.baptistvillage.org</p>	55	LC PP	■	■	■	▲	●	●	●		●	●	●
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See Our Ad On Page 73

<p><b>Baptist Village of Okmulgee</b>                  1500 W. 6th St.                  Okmulgee, OK 74447                  (918) 756-5377                  (918) 756-2680 fax                  www.baptistvillage.org</p>	55	PP	■	■		▲	●	▲	●		▲	●	●
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See Our Ad On Page 73

<p><b>Baptist Village of Owasso - Mimosa Assistance in Living Center</b>                  7310 N. 127th E. Ave.                  Owasso, OK 74055                  (918) 272-2281                  (918) 272-7682 fax                  www.baptistvillage.org</p>	55	LC PP	■	■		▲	●	●			●	●	●
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<p><b>Canoe Brook Assisted Living &amp; Alzheimer's Care</b>                  20102 E. Admiral Pl.                  Catoosa, OK 74015                  (918) 739-4700                  (918) 739-4153 fax                  www.canoebrookseniorcommunities.com</p>	55	LC PP	■	■		▲	●	▲	●	●	●	●	●
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<p><b>Canoe Brook of Broken Arrow</b>                  2621 S. Elm Pl.                  Broken Arrow, OK 74012                  (918) 451-9626                  (918) 451-2417 fax                  www.canoebrookseniorcommunities.com</p>	50	LC PP	■	■	■	▲	●	▲	●		■	●	●
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# the senior star **DIFFERENCE**

At Senior Star we carefully hand pick our associates because we believe our community is more than housing. It's a home. The individuals we choose believe in offering world class service and forming long lasting relationships with not only residents, but with their families.

**At Senior Star your loved one is our loved one.**

*Call to schedule a tour today.*

*It would be our pleasure to welcome your loved one to our community.*



**Senior Star**  
at The Arbors

**918.298.7799**

10201 S. Yale Ave.  
Tulsa, OK 74137

AL# 7215-7215



**Senior Star**  
at Plantation House

**918.756.1253**

1001 South Belmont Ave  
Okmulgee, OK 74447

AL # 5601-5601



**seniorstar.com**

Basic Information and Services

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- PP - Private Pay

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
<b>Clare Bridge of Tulsa</b> 6022 E. 71st St. Tulsa, OK 74136 (918) 494-4011 (918) 494-4742 fax www.brookdaleliving.com		■	■	■	▲	●	▲	●	●	■	▲	●	▲
<b>Clare Bridge Place</b> 1605 N. Hwy. 88 Claremore, OK 74017 (918) 343-3300 (918) 343-9840 fax www.brookdaleliving.com		■	■	■	▲	●	▲	●	●	■	▲	●	●
<b>Clare Bridge Place at Sterling House of Broken Arrow</b> 4001 S. Aspen Ave. Broken Arrow, OK 74011 (918) 451-1987 (918) 451-2585 fax www.brookdaleliving.com		■			▲	●	▲	●	●	■	▲	●	▲
<b>Claremore Senior Living - The Brookfield Assisted Living</b> 915 E. 16th St. Claremore, OK 74017 (918) 343-3850 (918) 343-3859 fax www.claremoreseniorliving.com		■	■		▲	●	▲	●			●	●	●
<b>Comprehensive Community Assisted Living</b> 10018 E. 29th St. Tulsa, OK 74129 (918) 488-6165 (918) 488-8021 fax www.ccrstulsa.com			■			●		●	●	■	●	●	●

– The Villages at Southern Hills –

# SENIOR LIVING HAS NEVER LOOKED THIS GOOD



THE VILLAGES

at SOUTHERN HILLS

SKILLED NURSING • REHABILITATION • ASSISTED LIVING

Call Today!

918.447.6447

Admissions Fax: 918.236.4207

5721 South Lewis Avenue

Tulsa, OK 74105

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

**\*Ask about our monthly activities open to the community!**

Located on the East side of Lewis behind Bank of Oklahoma

The Villages at Southern Hills is a remarkable senior living community offering Assisted Living, Short-term Rehabilitation and Long-term Care. Our various levels of assisted living provide as much independence or specific assistance you may want and need.

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

**TOURS  
DAILY!**

Basic Information and Services

Key:

- - Included
- ▲ - Extra Cost
- - Available
- LC - Long-term Care Insurance
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Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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<p><b>Country Gardens Assisted Living Community</b>                      611 S. Country Club Rd.                      Muskogee, OK 74403                      (918) 686-8100                      (918) 686-7370 fax                      www.countrygardensalf.com</p>	55	LC PP	■	■	■	▲	●	●	●	■	●	●	▲
<p><b>Covenant Place of Tulsa</b>                      7300 E. 121st Pl. S.                      Bixby, OK 74008                      (918) 970-4433                      www.CovenantPlaceTulsa.org</p>	62	PP		■	■	▲	●	▲	●	●	■	●	●
<p><b>Emeritus at Cedar Ridge</b>                      10107 S. Garnett Rd.                      Broken Arrow, OK 74011                      (918) 252-0590                      (918) 252-0591 fax                      www.emeritus.com</p>	55	LC PP	■	■		▲	●	▲	●	▲	■	●	●
<p><b>Emeritus at Lake Country</b>                      1380 Heritage Ln.                      Tahlequah, OK 74464                      (918) 456-7117                      (918) 456-7960 fax                      www.emeritus.com</p>	55	LC PP	■	■	■	▲	●	▲	●		■	●	●

See Our Ad On Page 77



Tulsa's free, Senior Housing Advisory Service, providing a full spectrum of living options for Seniors, reducing time and stress when struggling with where to begin.

# Not Sure Where To Begin?

Call today for an appointment to meet with our Senior Care Consultant

- Personalized Needs Assessment
- Education and Recommendations
- Tours and Transition
- Follow Up Care (all of this at no charge to you)
- Locally Owned



Shelley McKain, CIPC, ITCP  
 Owner/Senior Housing Specialist

(918) 994-6464 • [www.choiceconnections.com/tulsa](http://www.choiceconnections.com/tulsa)  
*Choice Connections Can Fit the Pieces Together For You.*

# AUTUMN LEAVES OF TULSA

7807 S. Mingo Road | Tulsa, OK 74133 | ID# AL7238-7238

## WE ARE MEMORY CARE

Autumn Leaves of Tulsa provides a safe, secure environment for those living with Alzheimer's and other forms of dementia.

Since memory care is all we do, you can rest assured that your loved one is well taken care of and surrounded by specially trained professionals that understand the unique needs of our residents.

**For more information and to take a tour, call (918) 249-1300 today.**



BETTER MEMORY CARE. BY DESIGN.



“We are so grateful to Autumn Leaves, our father is loved and well cared for by an extraordinary group of people.”

– an Autumn Leaves family member



**(918) 249-1300 | [AutumnLeaves.com](https://www.AutumnLeaves.com)**

Basic Information and Services

Key:

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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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<p><b>Emeritus at Magnolia Gardens Assisted Living &amp; Memory Care Community</b>                      3211 Chandler Rd.                      Muskogee, OK 74403                      (918) 683-8388                      (918) 683-8558 fax                      www.emeritus.com</p>	LC PP	■	■		▲	●	▲	●	●		▲	▲	▲
<p><b>Emeritus at Tulsa Senior Living</b>                      5211 S. Lewis Ave.                      Tulsa, OK 74105                      (918) 743-2700                      (918) 743-4343 fax                      www.emeritus.com</p>	LC PP	■	■		▲	●	▲	●	●	■	●	●	▲
<p><b>Forest Hills Assisted &amp; Independent Retirement Community</b>                      4300 W. Houston St.                      Broken Arrow, OK 74012                      (918) 254-5000                      (918) 294-8376 fax</p>	LC PP	■	■		▲	●	●	●	●	■	●	▲	▲

See Our Ad On Page 69



TriadEye.com



TRIAD EYE™  
MEDICAL CLINIC

and Cataract Institute

Dr. Marc L. Abel | Dr. Ryan P. Conley | Dr. Chad Chamberlain

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(800) 325-0113

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Advanced Cataract Surgery | Multifocal Lens Implants | ICL | Corneal Transplants | INTACS  
 LenSx® Laser Assisted Cataract Surgery | iLASIK® | iStent® | Oculoplastics

**Basic Information and Services**

**Key:**

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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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<p><b>Franciscan Villa</b>                      17110 E. 51st St.                      Broken Arrow, OK 74012                      (918) 355-1596                      (918) 355-1788 fax                      www.sjmc.org</p>	50	LC PP	■	■	■	▲	●	●			▲	●	●
<p><b>Green Country Village Retirement Community</b>                      1027 Swan Dr.                      Bartlesville, OK 74006                      (918) 335-2086                      (918) 335-1102 fax                      www.greencountryvillage.com</p>	55	LC PP		■	■	▲	●	●	●		●	●	●

## A FRESH NEW TAKE ON ASSISTED LIVING

Aberdeen Heights offers a stress-free life of comfort and care.

- Spacious apartments
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- Beautiful enclosed courtyards
- Beauty salon
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- Weekly housekeeping and laundry service
- Pets welcome

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**ABERDEEN HEIGHTS**

A Legend Retirement Corp. Community

918.496.0123

7220 South Yale Ave., Tulsa, Oklahoma 74136

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



AL# 7201-7201



Basic Information and Services

Key:

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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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See Our Ad On Page 2

**Green Tree**

4402 S. 129th W. Ave.  
Sand Springs, OK 74063  
(918) 246-8733  
(918) 241-2303 fax

www.LegendSeniorLiving.com

65	LC PP	■	■	■	▲	●	▲	●	●	■	●	●	▲
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See Our Ad On Page 68

**Heartsworth House Assisted Living and Senior Suites**

821 N. Foreman St.  
Vinita, OK 74301  
(918) 256-7856  
(918) 770-0215 fax

www.HeartsworthHouse.com

55	LC PP	■	■	■	▲	●	●	●	■	■	●	●	●
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See Our Ad On Page 4

**Heatheridge Assisted Living & Residential Care Community**

2130 S. 85th E. Ave.  
Tulsa, OK 74129  
(918) 622-9191  
(918) 622-9205 fax

www.gold-medallion.com

55	LC PP	■	■	■	▲	●	●	●		■	●	●	●
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See Our Ad On Page 107

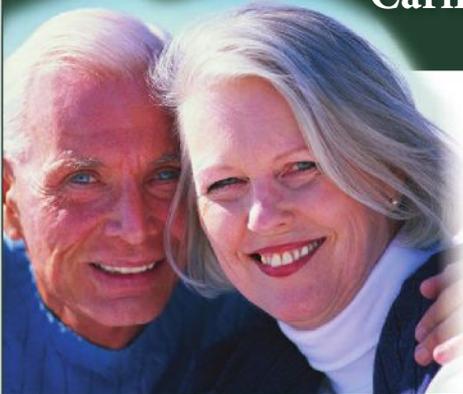
**Homestead of Owasso**

14701 E. 86th St. N.  
Owasso, OK 74055  
(918) 376-2226  
(918) 376-2227 fax

www.homesteadofowasso.com

	LC PP	■	■	■	▲	●	▲	●	●	■	●	●	●
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**Caring For A Loved One With Dementia Is Difficult...  
Finding Care For Your Loved One Is Not**



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

Call today to schedule a tour!  
**(918) 591-2525**

7210 S. Yale Ave • Tulsa, OK

*Southern Plains*  
Alzheimer's Special Care Center

**Basic Information and Services**

**Key:**

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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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**Inverness Village Redbud Court**

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

55	LC PP		■		▲	●	●	●	▲		●	●	●
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**Legend at Mingo Road**

7902 S. Mingo Rd.  
Tulsa, OK 74133  
(918) 893-3500  
(918) 286-8967 fax  
www.LegendSeniorLiving.com

	LC PP		■	■	▲	●	▲	●	▲	■	●	●	▲
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See Our Ad On Page 2

**ELEGANT ASSISTED LIVING**



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Basic Information and Services

**Key:**

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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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See Our Ad On Page 2

<p><b>Legend at Tulsa Hills</b>                      701 W. 71st St. S.                      Tulsa, OK 74132                      (918) 588-3600                      (918) 949-6557 fax                      www.LegendSeniorLiving.com</p>	65	LC PP	■	■	■	▲	●	●	●	▲	■	●	▲
<p><b>Living Rose Christian Assisted Living Center</b>                      1108 N. Fern Ave.                      Broken Arrow, OK 74012                      (918) 258-8152                      www.assistedlivingbrokenarrow.com</p>	40	LC PP		■		▲	●	●	●	●	●	●	●
<p><b>Montereau - The Abbey</b>                      6800 S. Granite Ave.                      Tulsa, OK 74136                      (918) 491-5250                      (918) 491-5235 fax                      www.Montereau.net</p>	55	LC PP	■			▲	●	●	●	■	●	●	●
<p><b>Montereau - The Villa</b>                      6800 S. Granite Ave.                      Tulsa, OK 74136                      (918) 491-5250                      (918) 491-5235 fax                      www.Montereau.net</p>	55	LC PP	■	■	■	▲	●	●	●	■	●	●	●
<p><b>North County Assisted Living</b>                      523 N. 22nd St.                      Collinsville, OK 74021                      (918) 371-1919                      (918) 770-0212 fax                      www.northcountyseniorliving.com</p>	55	LC PP	■	■	■	▲	●	●	●	■	●	●	●
<p><b>Oklahoma Methodist Manor</b>                      4134 E. 31st St.                      Tulsa, OK 74135                      (918) 346-6630                      www.ommtulsa.org</p>	62	LC PP	■	■		▲	●	●	●		●	●	●

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See Our Ad On Page 61

See Our Ad On Page 111

See Our Ad On Page 67

**Basic Information and Services**

**Key:**

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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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See Our Ad On Page 4

**Rainbow Assisted Living Community**

601 S. Main St.  
Bristow, OK 74010  
(918) 367-6500  
(918) 367-5326 fax  
www.gold-medallion.com

55	LC PP	■	■		▲	●	●	●			■	●	●
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See Our Ad On Pages 131-132

**Saint Simeon's**

3701 Martin Luther King Jr. Blvd.  
Tulsa, OK 74106  
(918) 425-3583  
(918) 425-6368 fax  
www.saintsimeons.org

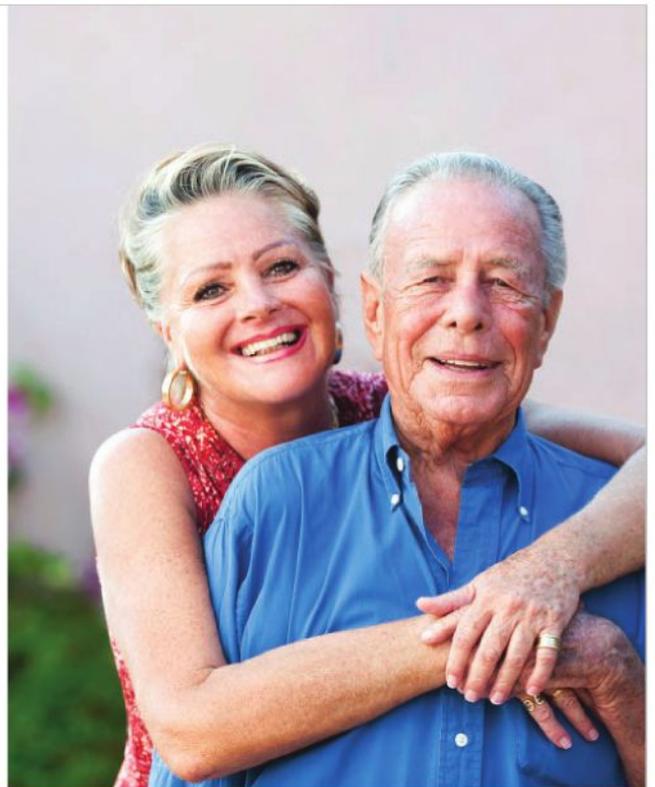
62	LC PP	■	■		▲	●		●		▲		▲	●
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**The right help.  
Right when you need it.**

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



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ASSISTED LIVING  
& MEMORY CARE  
mh A Member of the Midwest Health Family



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**Call us at  
918.376.2226**

14701 East 86<sup>th</sup> Street N · Owasso, OK 74055  
homesteadofowasso.com

Basic Information and Services

**Key:**

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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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<p><b>Sand Plum Assisted Living Center</b>                      9999 E. 121st St. S.                      Bixby, OK 74008                      (918) 369-7100                      (918) 369-7110 fax                      www.merrittproperties.net</p>	55	LC PP	■	■	▲	●	▲	●		■	●	●	▲
<p><b>Senior Star at Plantation House</b>                      1001 S. Belmont Ave.                      Okmulgee, OK 74447                      (918) 756-1253                      (918) 756-2764 fax                      www.seniorstar.com</p>	55	LC PP	■	■	■	▲	●	●			●	●	●
<p><b>Senior Star at the Arbors</b>                      10201 S. Yale Ave.                      Tulsa, OK 74137                      (918) 298-7799                      (918) 298-7307 fax                      www.seniorstar.com</p>	55	LC PP	■	■	■	▲	●	▲		■	●	●	●
<p><b>Southern Plains Alzheimer's Special Care Center</b>                      7210 S. Yale Ave.                      Tulsa, OK 74136                      (918) 591-2525                      (918) 591-2526 fax                      www.jeaseniorliving.com</p>		LC PP	■		▲	●		●	●	■	▲	●	●
<p><b>Sterling House of Broken Arrow</b>                      4001 S. Aspen Ave.                      Broken Arrow, OK 74011                      (918) 451-1987                      (918) 451-2585 fax                      www.brookdaleliving.com</p>		LC PP	■	■	▲	●	▲	●	●	■	▲	●	▲

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Basic Information and Services

Key:

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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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<p><b>Sterling House of Claremore</b>                      1605 N. Hwy. 88                      Claremore, OK 74017                      (918) 343-3300                      (918) 343-9840 fax                      www.brookdaleliving.com</p>	LC PP	■	■	■	▲	●	▲	●	▲	■	▲	●	▲
<p><b>Sterling House of Owasso</b>                      12807 E. 86th Pl. N.                      Owasso, OK 74055                      (918) 272-0202                      (918) 272-0462 fax                      www.brookdaleliving.com</p>	LC PP	■	■		▲	●	●	●	●	■	▲	●	▲



THE BRAINS BEHIND SAVING YOURS.™

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

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- Care Consultations
- Support Groups
- Education and Training
- Caregiver Counseling
- Information and Resources
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Senior Transitions

Seniors on the Move



Let us help you with:

- Choosing a new home
- Downsizing decisions
- Moving coordinator
- Pack – Unpack and settle in

For a complimentary consultation:  
 918-488-0004

Basic Information and Services

**Key:**

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

Minimum Age	Payment	Studio/Efficiency	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Pets Allowed	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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<p><b>Sterling House of Tulsa South</b>                      8231 S. Mingo Rd.                      Tulsa, OK 74133                      (918) 461-1100                      (918) 461-9612 fax                      www.brookdaleliving.com</p>		LC PP	■	■	▲	●	▲	●		■	▲	●	▲
<p><b>The Parke Assisted Living</b>                      7821 E. 76th St.                      Tulsa, OK 74133                      (918) 249-1262                      (918) 250-9666 fax                      www.theparkeassistedliving.com</p>	55	LC PP		■	■	▲	●	●	●		●	●	▲
<p><b>The Villages at Southern Hills</b>                      5721 S. Lewis Ave.                      Tulsa, OK 74105                      (918) 447-6447                      (918) 236-4207 fax                      www.villagesatsouthernhills.com</p>		LC PP	■	■	▲	●	▲	●		■	▲	●	●
<p><b>Tulsa Jewish Retirement and Health Center - Zarrow Manor</b>                      2025 E. 71st St.                      Tulsa, OK 74136                      (918) 496-8333                      (918) 496-8257 fax                      www.tjrhcc.org</p>		LC PP		■	■	▲	●	▲	●		●	●	●
<p><b>University Village Retirement Community</b>                      8555 S. Lewis Ave.                      Tulsa, OK 74137                      (918) 299-2661                      (918) 298-3270 fax                      www.uvrc.com</p>	62	LC PP	■	■	■	▲	●	▲	●	▲	●	●	●

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See Our Ad On Page 99

See Our Ad On Page 65

See Our Ad On Page 63



**North County**  
Assisted Living  
You Guide the Way



We embrace choice. There are variety of activities & events to keep residents active & engaged. And we never forget that...  
*You are the boss in your own home.*

523 W. 22ND ST. COLLINSVILLE, OK 74021 (918) 371-1919  
→ [www.NorthCountySeniorLiving.com](http://www.NorthCountySeniorLiving.com) ←



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**SENIOR RELOCATION & ESTATE SALES**

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- Space Planning for New Home
- Pack and Unpack/Resettle
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- Prepare Home for Sale



**NATIONWIDE NETWORK**

*"Tulsa's Trustworthy Source for Relocation"*  
CaringTransitionsTulsa.com | (918) 948-6872

# LIFE's Adult Day Services

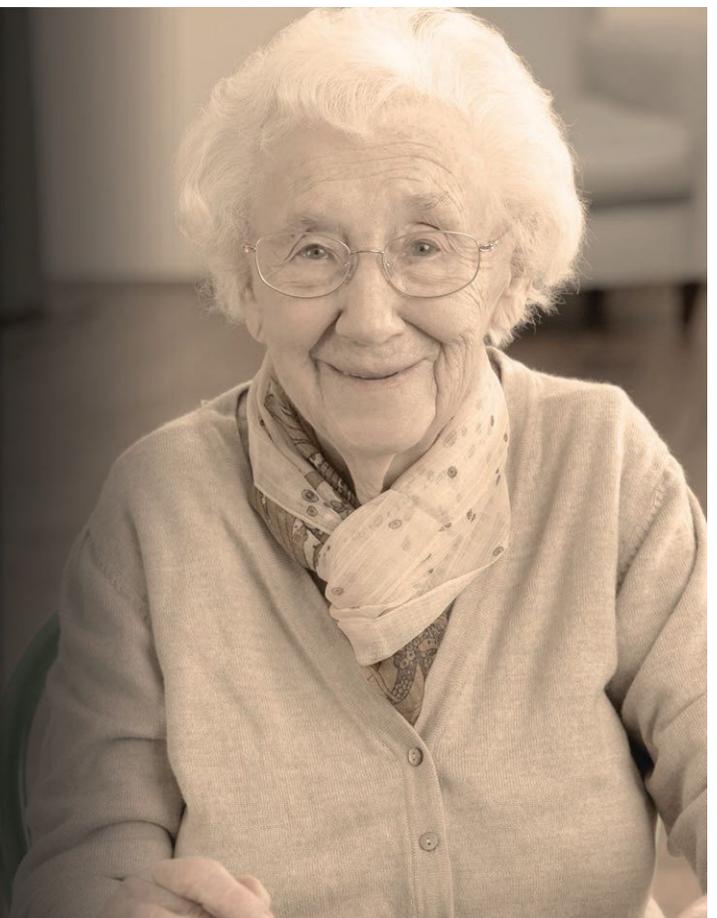
At LIFE's Adult Day Services, we provide a safe, secure daytime environment where people with dementia disease can stay active and thrive while caregivers work, run errands or take some time for themselves.

Discover what **LIFE** has to offer.

Three locations in Tulsa and Broken Arrow.



[LIFEseniorservices.org](http://LIFEseniorservices.org) | (918) 664-9000



# Residential Care

A residential care facility is a living arrangement that combines housing and supportive services and strives to maximize the individual functioning and autonomy of residents. However, residential care facilities cannot provide medical care. Please contact each facility to inquire about rates, fees, payment options, amenities, features and security. For information on EMSA service memberships, see page 214. A facility offering memory care may or may not adhere to Oklahoma's Alzheimer's Disease Special Care Disclosure Act. For more information on assisted living and memory care, refer to the *Helpful Terms & Definitions* article on page 12.

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 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	Housekeeping	Meal Plan	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
<b>A New Leaf Residential Care Home, LLC</b> 2708 S. Hemlock Ave. Broken Arrow, OK 74012 (918) 286-8686 (918) 286-8686 fax	18 LC PP	■	■		▲	●	●	▲		■	▲	●	●
<b>Abby's ResCare Home</b> Tulsa, OK 74136 (918) 495-1199 (918) 499-1499 fax	50 PP		■	■	▲	●	●	●		■		●	●
<b>Baptist Village of Okmulgee</b> 1500 W. 6th St. Okmulgee, OK 74447 (918) 756-5377 (918) 756-2680 fax www.baptistvillage.org	55 PP	■	■		▲	●	▲	●			▲	●	●

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## These Articles May Be Especially Helpful:

"Legal Matters and Older Adults," page 24

"Closing the Medicare Part D Coverage Gap," page 58

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	Housekeeping	Meal Plan	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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<b>Comprehensive Community Rehabilitation Services, Inc.</b> 7112 & 7114 S. Canton Ave. Tulsa, OK 74136 (918) 488-6165 (918) 488-8021 fax www.ccrstulsa.com	18	PP	■			●	●	●	●	■	●	●	●
<b>Country Club of Woodland Hills</b> 6333 S. 91st E. Ave. Tulsa, OK 74133 (918) 252-5451 (918) 252-5453 fax www.ccwh-living.com	55	LC PP	■	■	▲	●	●	●		■	●	●	●
<b>Frankly Home - Elder Care</b> 4006 W. 45th Pl. Tulsa, OK 74107 (918) 445-2377 (918) 445-6498 fax	55	LC PP	■			●	●	●	●	■		●	●
<b>Harvest ResCare Homes I and II</b> Tulsa, OK 74136 (918) 495-1199 (918) 499-1499 fax	50	PP	■	■	▲	●	●	●		■		●	●

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NEWMAGAZINE

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Winner of the 2014 Achievement in Aging Media Partner of the Year Award

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Basic Information and Services

**Key:**

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- - Available
- LC - Long-term Care Insurance
- PP - Private Pay

Minimum Age	Payment	Semi-Private	1 Bedroom	2 Bedroom	2nd Person	Housekeeping	Meal Plan	Planned Activities	Memory Care	Respite	Transportation	Linen Service	Medication Mgmt.
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See  
Our  
Ad On  
Page  
4

<p><b>Heatheridge Assisted Living &amp; Residential Care Community</b>                      2130 S. 85th E. Ave.                      Tulsa, OK 74129                      (918) 622-9191                      (918) 622-9205 fax                      www.gold-medallion.com</p>	55	LC PP	■	■	▲	●	●	●		■	●	●	●
<p><b>McNeal House</b>                      8234 S. Sandusky Ave.                      Tulsa, OK 74106                      (539) 664-5384                      (832) 487-8009 fax</p>	50	LC PP	■	■	▲	●	●	●		■	▲	●	●
<p><b>New Direction Residential Care</b>                      3700 S. Sycamore Ave.                      Broken Arrow, OK 74011                      (918) 451-6848</p>	60	LC PP	■	■		●	●	●	▲	■		●	
<p><b>TrustedKare</b>                      5709 S. 66th E. Ave.                      Tulsa, OK 74145                      (918) 902-9472</p>		PP	■	■	▲	●	●	●		■	●	●	●
<p><b>Wagoner Care Center</b>                      205 N. Lincoln Ave.                      Wagoner, OK 74467                      (918) 485-2203                      (918) 485-6673 fax                      www.wagonercare.com</p>	55	LC PP		■	▲	●	●	●					●
<p><b>Woodland Park Home, ICF/IID</b>  <i>for older adults with developmental disabilities</i>                      5707 S. Memorial Dr.                      Tulsa, OK 74145                      (918) 252-2521                      (918) 512-4797 fax</p>	18	LC PP	■	■	■	●	●	●			●	●	●



*Today's to-do list:*

# Discover LIFE.

**LIFE Senior Services is northeast Oklahoma's most comprehensive nonprofit agency helping seniors stay healthy, active and independent. With a long list of innovative programs, there is so much to discover at LIFE.**

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# Nursing Facilities

A nursing home or facility provides 24-hour care and related services for residents who require medical or nursing care. Services or amenities include nursing care and treatments, memory care, medication administration and supervision, and access to rehabilitation or restorative therapies. Other amenities such as transportation, assistance with shopping/errands, hair salon, EMSA membership, TV, cable TV, ventilator care, wellness programs and on-site health services may also be available. For information on EMSA service memberships, see page 214. To help determine if a senior community meets your needs, please utilize the *Nursing Home Evaluation Checklist* on page 41.

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

Nursing facilities in Oklahoma are licensed under the Nursing Home Care Act, 63 O.S., Section 1-1901 et seq. and the Regulations for Licensure of Nursing and Specialized

## Key:

- - Included
- ▲ - Extra Cost
- - Available
- IN - Insurance
- LC - Long-term Care Insurance
- MC - Medicare
- MD - Medicaid
- OT - Other
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- VA - Veterans Administration
- WC - Worker's Compensation

## Basic Information and Services

	Minimum Age	Payment	Private	Semi-Private	Short-term Care/ Rehab	Long-term Acute Care	Ventilator Care	Memory Care	Dialysis Transportation	Respite	Phone	Planned Activities	Security	Transportation	TV Individual Room	Shopping/Errands	Cable		
<b>Adams PARC Post Acute Recovery Center</b> 6006 S.E. Adams Blvd. Bartlesville, OK 74006 (918) 331-0550 (918) 331-0522 fax www.adamsparc.com		IN MC MD OT PP WC	■		●				●		●	●	●	●	●	●	●	●	
<b>Ambassador Manor Nursing and Rehabilitation Center</b> 1340 E. 61st St. Tulsa, OK 74136 (918) 743-8978 (918) 712-5006 fax www.ambassadormanornursing.com		IN LC MC MD OT PP VA WC	■	■	●	●		■	●	■	●	●	●	●	●	●	●	●	●
<b>Arbor Village Nursing and Rehabilitation</b> 310 W. Taft St. Sapulpa, OK 74066 (918) 224-6012 (800) 231-9032 fax www.ArborVillageNursing.com	18	IN LC MC MD PP VA WC	■	■	●	●		●	●	■	■	●	●	●			●	●	●

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*Matching* OUR EXCELLENCE IN CARE  
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*Featuring:*

**PLUSH COMMON AREAS**

**PRIVATE DINING ROOMS FOR EACH WING**

**FULLY-FURNISHED, PRIVATE REHAB SUITES**

—  —  
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— *Manor* —

Nursing & Rehabilitation Center

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- Separate Alzheimer's Unit
- Planned Activities
- Secure Environment
- Master's Degreed Social Worker
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NURSING & REHABILITATION CENTER

**Short-term in-house rehabilitation**  
in the privacy and comfort of a home-  
like setting to help you return to yours  
as soon as possible.

**Fully-furnished, 6,000 sq. ft.**  
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<b>Autumn Wood</b> 2700 N. Hickory St. Claremore, OK 74017 (918) 283-4949 (918) 283-4508 fax www.autumnwoodmemorycare.com	65	LC MC MD PP	■		●	●		●		■	▲	●	●	▲		●	●
<b>Baptist Village Owasso - Evergreen Health Center</b> 12600 E. 73rd St. N. Owasso, OK 74055 (918) 272-8007 (918) 272-7520 fax www.baptistvillage.org		IN LC MC MD PP	■	■	●	●					●	●	●	●		●	▲
<b>Barnsdall Nursing Home</b> 411 S. 4th St. Barnsdall, OK 74002 (918) 847-2572 (918) 847-2698 fax		IN LC MC MD OT PP VA		■	●	●		●	●	■		●	●	●		●	●
<b>Brentwood Extended Care &amp; Rehab</b> 841 N. 38th St. Muskogee, OK 74401 (918) 683-8070 (918) 683-8234 fax		IN LC MC MD PP WC	■	■	●	●		●	●	■		●	●	●		●	●
<b>Broken Arrow Nursing Home</b> 424 N. Date Ave. Broken Arrow, OK 74012 (918) 251-5343 (918) 258-9942 fax	70	IN LC MD PP WC	■	■		●		●		■		●	●				
<b>Cedarcrest Care Center</b> 1306 E. College St. Broken Arrow, OK 74012 (918) 251-3200 (918) 251-9865 fax www.cedarcrestcarecenter.com	65	IN LC MC MD PP	■	■	●	●		●		■	▲	●	●			●	●

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<b>Cimarron Pointe Care Center</b> 404 E. Cimarron Ave. Mannford, OK 74044 (918) 865-7701 (918) 865-7792 fax		IN LC MC MD PP WC		■	●	●				■	▲	●		●	▲	●	●
<b>Claremore Senior Living - Claremore Nursing Home</b> 920 E. 16th St. Claremore, OK 74017 (918) 341-4857 (918) 341-9199 fax www.claremoreseniorliving.com	65	IN LC MC MD PP WC	■	■	●	●			●	■	▲	●	■	●	▲	●	▲

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# Phoenix Healthcare

## Skilled or Long Term Inpatient Nursing Care

As the Phoenix bird is famous for rising up with unrelenting strength, we follow our symbol working to rise up, building a standard of Oklahoma Nursing Care you can trust. Operated by Oklahoma nursing care professionals with decades of experience caring for elderly Oklahomans.



The Gardens

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judy@gardenstulsa.com  
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Green Country Care Center

*Dementia and Alzheimer's Care*  
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admissions@alztulsa.com  
Between Tulsa and Owasso on Hwy 75

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

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

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<b>Claremore Veterans Center</b> 3001 W. Blue Starr Dr. Claremore, OK 74017 (918) 342-5432 (918) 342-0835 fax www.ok.gov/odva		LC PP VA	■	■	●	●		●	●	■		●	●	●	●	●	●
<b>Cleveland Area Hospital</b> 1401 W. Pawnee St. Cleveland, OK 74020 (918) 358-2501 (918) 358-2590 fax www.clevelandareahospital.com		IN MC OT	■	■	●	●					●	●	●	●			●
<b>Colonial Manor</b> 1815 E. Skelly Dr. Tulsa, OK 74105 (918) 935-3801 (918) 512-4797 fax www.colonialmanortulsa.com		IN LC MC MD PP	■	■	●	●		▲	■	●	●	●	●	●	●	▲	●
<b>Companions Specialized Care Center</b> 6201 E. 36th St. Tulsa, OK 74135 (918) 622-3430 (918) 622-0626 fax www.mycompanions.com	55	IN LC MC MD PP WC	■	■	●	●		●	●	■	▲	●	●	●	●	●	▲
<b>Coweta Manor Nursing Home</b> 30049 E. 151st St. S. Coweta, OK 74429 (918) 486-2166 (918) 486-6308 fax		IN LC MC MD PP VA WC	■	■	●	●		●	●	■	▲	●	●	●	▲	●	●
<b>Fairfax Manor</b> 282 County Rd. 6300 Fairfax, OK 74637 (918) 642-3234 (918) 642-5233 fax		IN MC MD PP	■	■	●	●		●		■	▲	●	●	●		●	●
<b>Forest Hills Care and Rehabilitation Center</b> 4300 W. Houston St. Broken Arrow, OK 74012 (918) 254-5000 (918) 254-5681 fax		IN LC MC PP VA WC	■	■	●	●		●	●	■	■	●	●	■	■	■	■

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<b>Franciscan Villa</b> 17110 E. 51st St. Broken Arrow, OK 74012 (918) 355-1596 (918) 355-1788 fax www.sjmc.org		IN LC MC MD PP WC	■	■	●	●						●	●	●		●	●
<b>George Nigh Rehab, SNF &amp; LTACH/OUHSC</b> 900 E. Airport Rd. Okmulgee, OK 74447 (918) 756-9211 (918) 756-9452 fax http://gnrc.ouhsc.edu		IN LC MC MD PP VA WC		■	●	●		●		●	●	●	●	●	●		●

## Autumn Wood is Northeast Oklahoma's Premier Dementia and Alzheimer's Care Facility.



**AUTUMN WOOD**  
 Long-Term Care  
 Speciality And  
 Skilled Nursing Facility

Our goal is to help individuals with Alzheimer's or other related dementia function at their highest level possible, and help them remain as active and socially engaged as long as possible.

Our experienced and dedicated team of professionals help put both families and residents at ease should the need arise for specialized Alzheimer's/dementia placement.



**Features/Amenities**

- All private rooms
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- 12 rooms per neighborhood
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<b>Glennwood Healthcare</b> 1700 E. 141st St. Glenpool, OK 74033 (918) 291-4230 (918) 291-2429 fax www.glennwoodhealthcare.com	18	IN LC MC MD PP	■	■	▲	●			●	■	▲	●		●		●	●
<b>Grace Living Center - Jenks</b> 711 N. 5th St. Jenks, OK 74037 (918) 299-8508 (918) 296-5612 fax www.gracelivingcenters.com		IN LC MC MD PP VA WC	■	■	●	●		●	●	■		●	●	●		●	●
<b>Green Country Licensed Alzheimer's Care Center</b> 3601 N. Columbia Ave. Tulsa, OK 74110 (918) 428-3600 (918) 428-2259 fax		IN LC MC MD PP WC		■	●	●		●	●	■	▲	●	●	●		●	●
<b>Grove Nursing Center</b> 1503 W. Harber Rd. Grove, OK 74344 (918) 786-3223 (918) 786-7946 fax		IN LC MC MD PP	■	■	●	●		●	●	■	▲	●	●	●	●	●	●
<b>Heartworth Center, Nursing and Rehabilitation</b> 1200 W. Canadian Ave. Vinita, OK 74301 (918) 256-8768 (918) 770-0215 fax www.HeartworthSeniorLiving.com	18	IN LC MC MD PP VA WC	■	■	●	●		■	●	■	●	●	●	●	●	●	●
<b>Heritage Villa Nursing Center</b> 1244 Woodland Dr. Bartlesville, OK 74006 (918) 335-3222 (918) 333-5111 fax www.heritagevillanursing.com	65	IN LC MC MD PP WC	■	■	●	●		●		■	●	●	●	●	●	●	●
<b>Inola Health Care Center</b> 400 N. Broadway Ave. Inola, OK 74036 (918) 543-8800 (918) 543-8801 fax	18	IN LC MC MD PP WC	■	■	●	●	●	●		●	▲	●	●	●	●	●	▲

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**Basic Information and Services**

	Minimum Age	Payment	Private	Semi-Private	Short-term Care/ Rehab	Long-term Acute Care	Ventilator Care	Memory Care	Dialysis Transportation	Respite	Phone	Planned Activities	Security	Transportation	TV Individual Room	Shopping/Errands	Cable
<b>Inverness Village - Heather Hall</b> 3800 W. 71st St. Tulsa, OK 74132 (918) 481-9988 (918) 481-9989 fax www.InvernessVillage.com	55	IN LC MC PP	■		●	●		▲	■	■	●	●	●	●	●	●	●
<b>Leisure Village Health Care Community</b> 2154 S. 85th E. Ave. Tulsa, OK 74129 (918) 622-4747 (918) 622-0304 fax www.gold-medallion.com		IN LC MC MD OT PP WC	■	■	●	●		●	●	■	▲	●	●	●	▲	●	▲

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## Providing The Care You Need ...When You Need It

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.

We offer the following services:

- Short-term Rehabilitation & Long-term Care
- Physical, Occupational, & Speech Therapy
- Diabetes Symptom Management
- Stroke Recovery Care & Therapy
- Orthopedic Rehab & Pulmonary Services
- Wound Care
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<b>Linwood Village</b> 530 S. Linwood Ave. Cushing, OK 74023 (918) 225-2220 (918) 512-4797 fax		IN LC MC MD PP	■	■	●	●				■	●	●	●	●	●	▲	●
<b>ManorCare Health Services of Tulsa</b> 2425 S. Memorial Dr. Tulsa, OK 74129 (918) 628-0932 (918) 622-2060 fax www.hcr-manorcare.com		IN LC MC MD PP VA WC	■	■	●	●			■	■	■	●	●	●	■	■	●
<b>MapleWood Care Center</b> 6202 E. 61st St. Tulsa, OK 74135 (918) 494-8830 (918) 494-9950 fax www.maplewoodok.com		IN LC MC MD OT PP VA WC	■	■	●				●	■	▲	●	●	●		●	●
<b>Montereau - Chateau</b> 6800 S. Granite Ave. Tulsa, OK 74136 (918) 491-5250 (918) 491-5235 fax www.Montereau.net	55	LC MC OT PP WC	■		●	●		●		■	●	●	●	●	●	●	●
<b>Muskogee Nursing Center</b> 602 N. "M" St. Muskogee, OK 74403 (918) 682-9232 (918) 686-8629 fax		IN LC MC MD OT PP WC	■	■	●	●			●	■		●	●	●	●	●	●
<b>North County Nursing and Rehabilitation</b> 2300 W. Broadway St. Collinsville, OK 74021 (918) 371-2545 (918) 770-0212 fax www.NorthCountySeniorLiving.com	18	IN LC MC MD PP VA WC	■	■	●	●		■	●	■	●	●	●	●		●	●

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<b>Northside Nursing Home</b> 102 E. Line Ave. Sapulpa, OK 74066 (918) 224-0833 (918) 227-2405 fax www.northsidenursinghome.com	21	IN LC MC MD PP	■	■	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>Oklahoma Methodist Manor - Health Center</b> 4134 E. 31st St. Tulsa, OK 74135 (918) 346-6623 (918) 743-1174 fax www.ommtulsa.org	62	IN LC MC MD PP	■	■	▲	●	▲			▲	●	●	▲	●	▲	●	

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**THE VILLAGE HEALTH CARE CENTER**  
IN BROKEN ARROW

Privately owned and operated, our services include Physical, Speech and Occupational Therapy. Our Hospice Contract and Restorative Care Programs are just two ways we provide our residents with a full range of quality services.

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*Our Inspiration*

Specializing in Alzheimer's  
 Medicaid & Skilled Care Available  
 Physical, Speech & Occupational Therapy  
 Privately Owned and Operated

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**(918) 251-3200**  
 www.cedarcrestcarecenter.com  
 1306 E. College St. • Broken Arrow  
 Hwy 51 to Broken Arrow, Exit 4 (Kenosha St.)

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<b>Parks Edge Nursing and Rehabilitation Center</b> 5115 E. 51st St. Tulsa, OK 74135 (918) 627-5238 (918) 627-5276 fax www.parksedgenr.com	65	IN LC MC MD PP	■	■	●	●			●	■	●	●	●	●	●		▲
<b>Pawhuska Nursing Home, LLC</b> 1228 Pecan St. Pawhuska, OK 74056 (918) 287-3940 (918) 287-2846 fax	55	IN LC MC MD PP VA WC	■	■	●	●		●	●	■	●	●	●	●	●	●	●
<b>Pleasant Valley Healthcare Center</b> 1120 Illinois St. Muskogee, OK 74403 (918) 682-5391 (918) 684-3295 fax		IN LC MC MD OT PP VA WC	■	■	●	●		●	■	▲	●	●	●	●	●	●	●
<b>Rainbow Health Care Community</b> 111 E. Washington St. Bristow, OK 74010 (918) 367-2246 (918) 367-5326 fax www.gold-medallion.com		IN LC MC MD OT PP WC	■	■	●	●		●	●	■	▲	●	●	●	▲	●	●

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## Wellington Hills

YOUR LIVING & REHABILITATION CENTER

- 24 hour licensed nursing staff
- Ventilator Unit
- Oklahoma's first inhouse Dialysis Unit
- Accepting Bariatric residents

607 Woodland; P.O. Box 111, Eufala, OK 74432 918 689 2508

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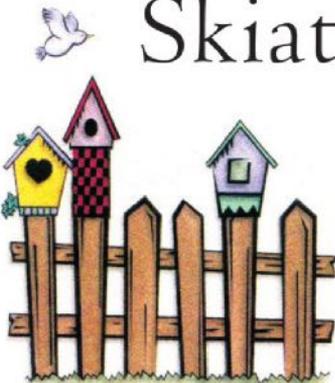
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<b>Ranch Terrace Nursing Home</b> 1310 E. Cleveland Ave. Sapulpa, OK 74066 (918) 224-2578 (918) 227-2907 fax www.ranchterrace.com		IN LC MD PP VA	■	■		●					▲	●	●		■	●	●
<b>Rolling Hills Care Center</b> 801 N. 193rd E. Ave. Catoosa, OK 74015 (918) 266-5500 (918) 266-7600 fax		IN LC MC MD PP WC		■	●	●		●	●	■	▲	●		●	▲	●	●
<b>Saint Simeon's</b> 3701 Martin Luther King Jr. Blvd. Tulsa, OK 74106 (918) 425-3583 (918) 425-6368 fax www.saintsimeons.org	62	LC MC PP	■	■	●			●				●	●	▲	▲	●	▲
<b>Saint Simeon's Memory Care</b> 3701 Martin Luther King Jr. Blvd. Tulsa, OK 74106 (918) 425-3583 (918) 425-6368 fax www.saintsimeons.org	62	LC PP	■	■		●		●				●	●	▲		●	

See Our Ad On Pages 131-132

See Our Ad On Pages 131-132



# Skiatook Nursing Home, LLC

Where Your Family is Our Family

☆☆☆☆ On the Centers for Medicare & Medicaid Services Website  
 Ranked One of the Best Nursing Homes in 2011 - U.S. News & World Report

**Medicare and Medicaid Approved**

**Secured facility • Transportation provided • Advantage Respite Care**

**www.skiatooknursinghome.com**

**318 S. Cherry Street, Skiatook, OK 74070 • 918-396-2149**

**Key:**

- - Included
- ▲ - Extra Cost
- - Available
- IN - Insurance
- LC - Long-term Care Insurance
- MC - Medicare
- MD - Medicaid
- OT - Other
- PP - Private Pay
- VA - Veterans Administration
- WC - Worker's Compensation

**Basic Information and Services**

	Minimum Age	Payment	Private	Semi-Private	Short-term Care/ Rehab	Long-term Acute Care	Ventilator Care	Memory Care	Dialysis Transportation	Respite	Phone	Planned Activities	Security	Transportation	TV Individual Room	Shopping/Errands	Cable
<b>Sand Springs Nursing &amp; Rehab</b> 1025 N. Adams Rd. Sand Springs, OK 74063 (918) 245-5908 (918) 245-3079 fax		IN LC MC MD PP WC	■	■	●	●				■	▲	●		●	▲	●	●
<b>Senior Suites</b> 3501 W. Washington St. Broken Arrow, OK 74012 (918) 250-5405 (918) 455-3566 fax www.senior-suites.com	62	IN LC PP		■	●	●			●	■	●	●	●	●	●	●	●
<b>Sequoyah Pointe Living Center</b> 8515 N. 123rd E. Ave. Owasso, OK 74055 (918) 272-5151 (918) 272-5195 fax	55	LC MC MD PP	■	■	●	●				■		●	●	▲		●	●
<b>Sherwood Manor</b> 2416 W. 51st St. S. Tulsa, OK 74107 (918) 446-4284 (918) 445-8811 fax		IN LC MC MD PP	■	■	●	●			●	■		●	●	●		●	●
<b>Skiatook Nursing Home</b> 318 S. Cherry St. Skiatook, OK 74070 (918) 396-2149 (918) 396-4256 fax www.SkiatookNursingHome.com		IN LC MC MD PP WC	■	■	●				●	■	▲	●	●	●	●	●	▲
<b>Southern Hills Rehabilitation Center</b> 5170 S. Vandalia Ave. Tulsa, OK 74135 (918) 496-3963 (918) 496-0774 fax		IN LC MC MD OT PP VA WC	■	■	●	●			●	■		●	●	●	●	●	●
<b>Southern Oaks Care Center</b> 1401 Fourth St. Pawnee, OK 74058 (918) 762-2515 (918) 762-3704 fax		IN LC MC MD PP	■	■	●	●				■	▲	●	●	●	●	●	●

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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	Ventilator Care	Memory Care	Dialysis Transportation	Respite	Phone	Planned Activities	Security	Transportation	TV Individual Room	Shopping/Errands	Cable
<b>The Cottage Extended Care</b> 2552 E. 21st St. Tulsa, OK 74114 (918) 742-7080 (918) 742-7315 fax www.cottagehealthcare.com	62	IN LC PP		■	●	●			●	■	●	●	●	●	●	●	●
<b>The Gardens</b> 1165 S. Brenner Rd. Sapulpa, OK 74066 (918) 224-0600 (918) 224-6287 fax www.gardenstulsa.com	55	IN LC MC MD OT PP WC	■	■	●	●			●	■	■	●	●	■	●	▲	●
<b>The Highlands at Owasso</b> 10098 N. 123rd E. Ave. Owasso, OK 74055 (918) 928-4800	62	IN LC MC MD PP	■	■	●	●			●	■	●	●	●	●	●	●	●
<b>The Village Health Care Center</b> 1709 S. Main St. Broken Arrow, OK 74012 (918) 251-2626 (918) 258-4736 fax	65	LC MC MD PP		■	●	●					▲	●	●	▲	●	●	●

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Care from the Heart  
**HEARTSWORTH CENTER**  
 Nursing and Rehabilitation

- LONG TERM CARE FROM THE HEART -  
 Our highly-qualified healthcare providers pride themselves on providing rapid recovery and skilled nursing services.

- EAT TO YOUR HEART'S DESIRE -  
 Enjoy freshly prepared, home-cooked meals tailored to your preferences.

1200 West Canadian Avenue Vinita, OK 74301  
 (918) 256-8768 www.HeartsworthSeniorLiving.com

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**Basic Information and Services**

	Minimum Age	Payment	Private	Semi-Private	Short-term Care/ Rehab	Long-term Acute Care	Ventilator Care	Memory Care	Dialysis/Transportation	Respite	Phone	Planned Activities	Security	Transportation	TV Individual Room	Shopping/Errands	Cable
<p><b>The Villages at Southern Hills</b> 5721 S. Lewis Ave. Tulsa, OK 74105 (918) 447-6447 (918) 236-4207 fax www.thevillagesatsouthernhills.com</p>		IN LC MC MD OT PP VA	■	■	●	●			●	■	▲	●	●	●	●	●	●
<p><b>Tulsa Jewish Retirement and Health Center</b> 2025 E. 71st St. Tulsa, OK 74136 (918) 496-8333 (918) 496-8257 fax www.tjrhcc.org</p>		IN LC MC PP	■	■	●	●	●				▲	●	●	▲	●		●
<p><b>Tulsa Nursing Center</b> 10912 E. 14th St. Tulsa, OK 74128 (918) 438-2440 (918) 437-3375 fax www.tulsanc.com</p>	55	IN LC MC MD PP	■	■	●				●	■		●	●	●	■	●	●
<p><b>University Village Retirement Community</b> 8555 S. Lewis Ave. Tulsa, OK 74137 (918) 299-2661 (918) 298-3691 fax www.uvrc.com</p>	62	IN LC MC MD PP	■	■	●	●				▲	●	●	●	●	●	●	●
<p><b>Wagoner Care Center</b> 205 N. Lincoln Ave. Wagoner, OK 74467 (918) 485-2203 (918) 485-6673 fax</p>	55	LC MC MD PP	■	■	●	●				■	▲	●	●	●	●	●	●
<p><b>Wellington Hills Living and Rehabilitation Center</b> 607 Woodland Ave. Eufaula, OK 74432 (918) 689-2508 (918) 689-2555 fax</p>		IN LC MC MD PP VA WC		■	●	●	●	●	●	■	▲	●	●	●	■	●	●
<p><b>Wildwood Care Center</b> 3333 E. 28th St. Tulsa, OK 74114 (918) 630-3003 (918) 512-4887 fax www.colonialmanortulsa.com</p>		IN LC MC MD PP	■	■	●	●			■	■	●	●	●	●	●		●

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# Saint Simeon's

TULSA'S SENIOR COMMUNITY

*A letter to Lindsay Hurley Fick, Saint Simeon's President and CEO*

*Moving to Saint Simeon's was a major change for my mother. She was used to her own home, yard, and independent life. My siblings and I helped her settle in and left with our fingers crossed!*



*Saint Simeon's Resident Milly with daughter Pat and granddaughter Sarah*

*Within days of Mom moving in, we couldn't reach her on the phone. Why? She was out dining, playing games, visiting the peacocks, enjoying special entertainment, and sharing the company of her neighbors. It's clear now – Mom's life grew bigger at Saint Simeon's.*

*Sincerely, Pat*

## *At Saint Simeon's, Residents experience...*

§ A full continuum of personalized, professional care with an unmatched reputation in Tulsa since 1960.

§ A serene 25-acre campus nestled in the Osage Hills.

§ A state-of-the-art Wellness Center featuring a saline, warm water pool and equipment adaptive to senior users.

## COTTAGE LIVING

Charming independent living accommodations for people with active lifestyles. One and two-bedroom ranch-style cottages are available. Three meals and all utilities included in monthly rate.

## ASSISTED LIVING (Memory Support Available)

Four levels of caring, professional assistance.

One level is specifically designed for individuals who need memory support. Assisted Living is managed by a Registered Nurse and staffed 24 hours a day by certified personnel. Three choices of apartment floor plans (Studio, Suite, and One-Bedroom) are available.

## MEMORY CENTER

A nationally-recognized Alzheimer's center that has been providing a safe and comfortable home-like setting for individuals with Alzheimer's and related dementia for 20 years. The center's design offers a secure environment in six home units. The center is managed by a Registered Nurse and staffed 24 hours a day by an RN and/or Licensed Practical Nurse and nurse assistants. Private and semi-private accommodations available.

## HEALTHCARE CENTER

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

## SKILLED NURSING

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



### Our Board

As a not-for-profit organization, solid governance is paramount. Saint Simeon's is blessed with an extraordinary Board of Trustees, bringing diverse talents, backgrounds and expertise. Their dedication is unparalleled and their commitment to the mission of Saint Simeon's is unwavering.

### HOME BOARD OF TRUSTEES

The Rt. Rev. Dr. Edward J. Konieczny, <i>Chair</i>	David Downing	Hal Salisbury
Robert B. Lyon, Jr., <i>Executive Chair</i>	William E. Farrior	Tom Schooley
Gregory Allen Gray, <i>Executive Vice-Chair</i>	Lowell Faulkenberry	Dr. John H. Schumann
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The Rev. Irving Cutter	Jim Langdon	
George S. Dotson	Caron Lawhorn	
	The Rev. Stephen McKee	Lindsay Hurley Fick, <i>President &amp; CEO</i>
	Marilyn Morris	
	Jean M. Pasley	

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Donald B. Atkins	Mrs. Herbert Oven	Mrs. Priscilla C. Tate
Kenneth N. Campbell	Gene Starr	William M. Waller

### FOUNDATION BOARD OF TRUSTEES

The Rt. Rev. Dr. Edward J. Konieczny, <i>Chair</i>	Robin Flint Ballenger	The Rev. Canon John C. Powers
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	Robert W. Merrifield	

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Malcolm Deisenroth, Jr.	Frank G. Eby
-------------------------	--------------



**Saint Simeon's**  
TULSA'S SENIOR COMMUNITY

Saint Simeon's is a 501 (c) (3) nonprofit organization.

Cottage Living § Assisted Living § Memory Center § Healthcare § Skilled Nursing  
Call 918-425-3583 to schedule your personal visit. | [www.saintsimeons.org](http://www.saintsimeons.org)

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**Basic Information and Services**

	Minimum Age	Payment	Private	Semi-Private	Short-term Care/ Rehab	Long-term Acute Care	Ventilator Care	Memory Care	Dialysis Transportation	Respite	Phone	Planned Activities	Security	Transportation	TV Individual Room	Shopping/Errands	Cable
<b>Wood Manor</b> 2800 N. Hickory St. Claremore, OK 74017 (918) 341-4365 (918) 341-7218 fax		IN LC MC MD PP	■	■	●	●		●	●			●	●	●		●	●
<b>York Manor Nursing Center</b> 500 S. York St. Muskogee, OK 74403 (918) 682-6724 (918) 682-8090 fax		IN LC MC MD PP	■	■	●	●					▲	●	●	●		●	●

  
**North County**  
 Nursing & Rehabilitation  
 You Guide the Way

*Enjoy Your Day - Your Way.*

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

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

A Community of Caring  
**Arbor Village**  
 Nursing & Rehabilitation

*Come see the gorgeous, newly renovated*  
 LONG TERM CARE SERVICES/RAPID RECOVERY SUITES

310 WEST TAFT SAPULPA, OK 74066 (918) 224-6012  
 ➔ www.ArborVillageNursing.com ◀

# Adult Day Services

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

A well-run adult day program focuses on enriching the participants' lives by building on their individual skills, knowledge, abilities and strengths. Besides social and recreational services, some adult day centers provide transportation to and from the center; social services including counseling and support groups for caregivers; health support services such as blood pressure monitoring, foot care, therapies, specialized Alzheimer's/dementia care and assistance with personal care such as assisted showers and hair care. Days and hours of operation, scope of services, costs and payment options vary. To help determine if an adult day program meets your needs, please utilize *Adult Day Services: How to Choose a Quality Program* on page 35.

## Key:

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

## Basic Information and Services

	Oklahoma Licensed	Payment	Memory Care	Developmentally Delayed	Therapeutic Activities	Meals/Special Diets	Security	Bathing Assistance	Foot Care	Hair Salon	Respite	Caregiver Support
<b>A Place Close to Home Adult Day Care</b> 12220 S. State Hwy. 51 Coweta, OK 74429 (918) 279-0060 (918) 279-0063 fax	●	AD AS DH FA LC PP SC VA		●	●	●	●	●	●		●	●
<b>Cherokee Elder Care - PACE</b> 1387 W. 4th St. Tahlequah, OK 74464 (918) 453-5554 (918) 431-4112 fax <a href="http://eldercare.cherokee.org">http://eldercare.cherokee.org</a>	●	AD LC PP	●		●	●	●	●	●		●	●
<b>DayBreak Adult Day Health at Elder Care</b> 1223 Swan Dr. Bartlesville, OK 74006 (918) 336-8500 (918) 766-0360 fax <a href="http://www.abouteldercare.org">www.abouteldercare.org</a>	●	AD AS DH FA LC OG OV PP VA	●		●	●	●	●		●	●	●



Today's to-do list:

**Enjoy yourself.**

Whether you are a senior who enjoys making new friends, is in need of activities and personalized care, or a family caregiver seeking respite and support, LIFE's Adult Day Services can make any day a great one.

Discover what **LIFE** has to offer.

Three locations in Tulsa and Broken Arrow.

[LIFeseniorservices.org](http://LIFeseniorservices.org) | (918) 664-9000



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**Basic Information and Services**

	Oklahoma Licensed	Payment	Memory Care	Developmentally Delayed	Therapeutic Activities	Meals/Special Diets	Security	Bathing Assistance	Foot Care	Hair Salon	Respite	Caregiver Support
<p><b>Gatesway Adult Day Center</b>                      1217 E. College St.                      Broken Arrow, OK 74012                      (918) 259-1422                      (918) 259-1419 fax</p>	●	AS DH PP		●	●	●	●					●
<p><b>LIFE's Adult Day Services - 31st &amp; Sheridan</b>                      5950 E. 31st St.                      Tulsa, OK 74135                      (918) 664-9000                      (918) 664-9922 fax  <a href="http://www.LIFEseniorservices.org">www.LIFEseniorservices.org</a></p>	●	AD AS FA LC OG OV PP SC VA	●		●	●	●	●	●	●	●	●
<p><b>LIFE's Adult Day Services - Broken Arrow</b>                      3106 S. Juniper Ave.                      Broken Arrow, OK 74012                      (918) 664-9000                      (918) 455-1161 fax  <a href="http://www.LIFEseniorservices.org">www.LIFEseniorservices.org</a></p>	●	AD AS FA LC OG OV PP SC VA	●		●	●	●	●	●	●	●	●
<p><b>LIFE's Adult Day Services - Pine &amp; Lansing</b>                      902 E. Pine St.                      Tulsa, OK 74106                      (918) 664-9000                      (918) 585-9266 fax  <a href="http://www.LIFEseniorservices.org">www.LIFEseniorservices.org</a></p>	●	AD AS FA LC OG OV PP SC VA	●		●	●	●	●	●	●	●	●
<p><b>OASIS Adult Day Services</b>                      5525 E. 51st St., Ste. 400                      Tulsa, OK 74135                      (918) 749-6969                      (918) 749-6961 fax  <a href="http://www.oasisads.org">www.oasisads.org</a></p>	●	AD AS DH FA LC OG OV PP SC	●	●	●	●	●	●	●	●	●	●

See Our Ad On Page 135

See Our Ad On Page 135

See Our Ad On Page 135

**Key:**

- - Services Available
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**Basic Information and Services**

	Oklahoma Licensed	Payment	Memory Care	Developmentally Delayed	Therapeutic Activities	Meals/Special Diets	Security	Bathing Assistance	Foot Care	Hair Salon	Respite	Caregiver Support
<p><b>OASIS Adult Day Services - Sapulpa</b>                      410 E. Lee St.                      Sapulpa, OK 74066                      (918) 224-0410                      (918) 224-3230 fax                      www.oasisads.org</p>	●	AD AS DH FA LC OG OV PP SC	●	●	●	●	●	●	●	●	●	●
<p><b>Rogers County Adult Day Care</b>                      2680 N. Hwy. 88                      Claremore, OK 74017                      (918) 341-7588                      (918) 341-4055 fax</p>	●	AD AS DH FA PP		●	●	●	●	●			●	

**Have Questions?  
Looking for Answers?**

**Call LIFE.**

LIFE's SeniorLine is the first place to call for information and assistance.

**(918) 664-9000**

**LIFE SENIOR SERVICES**

LIVE UNITED  
United Way  
Toxic Area United Way  
Partner Agency

# Home Care Agencies

Home care is a general phrase that encompasses a wide range of health and other supportive services delivered in a person's home. Home care services can help a person recover from an accident or injury, and they are often appropriate whenever 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. For many, home care services are a cost-effective alternative to institutional care. To help determine if a home care agency meets your needs, please utilize the *Home Care Agency Evaluation Checklist* on page 37.

Home care is an integral part of rehabilitation and long-term care in the home. Home care can consist of skilled care, personal care and companion care. For more information on these services refer to the *Helpful Terms & Definitions* article on page 12. Many home care agencies have special accreditations for higher standards. Ask about accreditation standards.

Home care agencies usually service a specific geographical area, indicated by the Service Mile Radius column in this section. It is important to note that agencies with multiple offices cover a larger area. Use *Service Mile Radius Map* on page 173 for reference purposes.

Home care 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:

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PP - Private Pay

VA - Veterans Administration

WC - Worker's Compensation

## Basic Information and Services

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<b>A Better Life Homecare</b> 309 E. Dewey Ave. Sapulpa, OK 74066 (918) 392-3838 (918) 392-3839 fax www.ABetterLifeHomecare.com		AD LC PP VA WC		●	●		●		50	Bartlesville
<b>Aall Care Home Health</b> 6939 S. 69th E. Ave., Ste. C Tulsa, OK 74133 (918) 622-6446 (918) 622-6442 fax www.aallcare.net		AD IN MD PP VA WC	●	●	●				60	
<b>Accentra Home Healthcare</b> 1400 S.W. Expy. Dr. Broken Arrow, OK 74012 (918) 281-8200 (918) 270-1059 fax www.accentrahealthcare.com		AD MC PP VA WC	●	●			●		50	Oklahoma City

See Our Ad On Page 143



## PRIVATE HEALTHCARE WHEN YOU NEED IT

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

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

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



**BrightStar Care® of Tulsa**  
 918 392 9949 • 5110 S. Yale Ave., Ste. 530, Tulsa, OK 74135  
[www.brightstarcare.com](http://www.brightstarcare.com)

Independently Owned and Operated

**CARING FOR A LOVED ONE?**  
 Create your FREE private Care Community today.  
[www.care-together.com](http://www.care-together.com)



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**Basic Information and Services**

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<b>Affordable Assistance, LLC</b> 1901 W. Concord Cir. Broken Arrow, OK 74012 (918) 249-4663 (918) 254-4974 fax www.affordableassistance.com	55	PP			●		●		30	
<b>Agape Health Care Services</b> 8523 E. 11th St., Ste. B Tulsa, OK 74112 (918) 245-8000 (918) 245-8001 fax www.agapehealthcare.org	18	IN MC PP VA WC	●	●		●	●	●	50	
<b>Allied Home Health</b> 1619 S. Peoria Ave. Tulsa, OK 74120 (918) 742-4269 (918) 742-4493 fax www.alliedhomehealth.org		IN MC PP VA WC	●	●	●	●	●		50	Wagoner
<b>Allwood Home Health</b> 5147 S. Garnett Rd., Ste. A Tulsa, OK 74146 (918) 392-4016 (866) 895-4510 fax		IN MC MD PP WC	●	●			●		80	
<b>Amedisys Home Health of Tulsa</b> 10108 E. 79th St., Ste. A Tulsa, OK 74133 (918) 294-3902 (918) 294-3432 fax www.Amedisys.com		MC MD VA	●	●		●	●		50	Bartlesville Claremore Grove
<b>Angelic Home Health &amp; Hospice</b> 3790 S. Elm Pl. Broken Arrow, OK 74011 (918) 622-3800 (918) 622-1574 fax www.angelichomehealthandhospice.com	65	AD IN MD PP VA WC	●	●		●	●		60	Okmulgee

# IN-HOME SENIOR CARE SERVICES

*Serving Tulsa  
& Surrounding  
Areas for Over  
10 Years!*



## MY PARENTS ALWAYS GAVE ME THE BEST CARE THAT'S WHY I GAVE THEM COMFORT KEEPERS®

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

*Comfort Keepers is a  
licensed agency in Oklahoma*

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### IN-HOME SENIOR CARE SERVICES

Companion Care

24 Hour Care

Housekeeping &  
Meals

Available

Shopping & Errands

**Alzheimer's Client  
and Family Support  
Program**

Incidental

Transportation

Personal Care Services

**NEW!**  
**Skilled Nursing**

*SafetyChoice®* Home  
Safety Solutions

**Services**  
(Medication Management,  
Injections, Range of Motion  
Exercises)



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Keepers®**

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WWW.COMFORTKEEPERS.COM/OFFICE-423

**Key:**

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

**Basic Information and Services**

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<p><b>Angels Care Home Health</b>                      751 N. Aspen Ave.                      Broken Arrow, OK 74012                      (918) 251-0952                      (918) 251-0954 fax                      www.angelscarehealth.com</p>	18	IN MC PP VA WC	●				●		50	Muskogee Pryor Tahlequah
<p><b>A-Premier Senior Home Care, LLC</b>                      3013 N. Hwy. 167, Ste. B                      Catoosa, OK 74015                      (918) 379-0750                      (918) 379-0752 fax                      www.apremierseniorhc.com</p>		IN PP VA WC		●	●	●	●		75	
<p><b>Asbury Inverness at Home</b>                      3800 W. 71st St.                      Tulsa, OK 74132                      (918) 388-3131                      (918) 481-9989 fax                      www.invernessathome.org</p>	55	PP	●	●	●	●	●	●	15	
<p><b>Barnes Home Health Care</b>                      10820 E. 45th St., Ste. 301                      Tulsa, OK 74146                      (918) 610-0089                      (918) 610-0198 fax</p>		IN MC MD PP VA WC	●	●			●		50	
<p><b>BAYADA Home Health Care</b>                      2425 S.E. Nowata Pl.,                      Ste. 200                      Bartlesville, OK 74006                      (918) 333-4745                      (918) 333-0753 fax                      www.BAYADA.com</p>		MC	●			●	●			Tulsa

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**WE CAN HELP YOU STAY IN YOUR HOME**  
*Your Life, Your Way*

**Light Housekeeping • Meal Preparation  
Companionship • Personal Care  
Health Support • Community Activities  
Errands and Shopping • Hospital Sitter  
Specializing in Dementia**

**VA Benefits, Private Pay and  
Long-Term Care Insurance Accepted**



**(888) 559-8847**

**[www.ABetterLifeHomecare.com](http://www.ABetterLifeHomecare.com)**

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**Basic Information and Services**

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<b>Benchmark Home Health</b> 136 N. Greenwood Ave. Tulsa, OK 74120 (918) 592-9000 (918) 592-0049 fax www.benchmarkhh.com		AD MC	●			●	●		50	
<b>Bonny Crest Home Healthcare, Inc.</b> 3105 E. Skelly Dr. Tulsa, OK 74105 (918) 949-4555 (918) 933-5352 fax www.bonnycrest.com		AD IN MC MD VA	●	●	●	●	●		50	
<b>BrightStar Care of Tulsa</b> 5110 S. Yale Ave., Ste. 530 Tulsa, OK 74135 (918) 392-9949 (918) 392-9950 fax www.brightstarcare.com/tulsa		IN MD PP VA WC	●	●	●	●	●		50	
<b>Brookdale Senior Care &amp; Living Solutions</b> 9226 S. Elwood Ave., Ste. A Jenks, OK 74037 (918) 298-0275 (918) 298-4838 fax www.brookdaleliving.com	18	IN MC MD PP VA WC		●	●	●	●			
<b>Care Plus Home Care</b> 8030 S. Memorial Dr., Ste. D-1 Tulsa, OK 74133 (918) 294-9760 (918) 294-9763 fax www.CarePlusHHC.com	18	IN MC PP VA	●	●		●	●		50	

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# Stay in the Comfort of your own Home

✓ **Physician Recommended**

## **24 Hours / 7 Days A Week**

- RNs, LPNs, Home Health Aides & Companions
- Sitter Services & Private Duty Care for Nursing Homes, Private Homes or Hospitals
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- Home Health Care Services
- Hospice and Palliative Care Program

All care professionals are background checked • supervised • bonded • insured

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**(918) 749-9933**

Bartlesville: 1025 Swan Dr., Suite 455

**(918) 331-0900**

Oklahoma City: 5600 N. May Ave., Suite 145

**(405) 848-3555**

**Hospice: 918-746-7828**

RN Owned & Operated

Established in 1974

**Interim**  
HEALTHCARE®

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

**FREE**  
in-Home  
Assessment

**When it matters most, count on us.**

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**Basic Information and Services**

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<p><b>Carter Healthcare &amp; Hospice</b>                      2846 E. 101st St. S.                      Tulsa, OK 74137                      (918) 425-4000                      (888) 622-4329 fax                      www.carterhealthcare.com</p>		IN MC MD PP	●	●		●	●			Bartlesville Muskogee Okmulgee Stillwater Tahlequah Vinita
<p><b>Cleveland Area Home Health</b>                      1310 W. Pawnee St.                      Cleveland, OK 74020                      (918) 358-2483, ext. 4                      (918) 358-2641 fax                      www.cahomehealth.org</p>	18	IN MC MD VA	●				●	●	50	
<p><b>Comfort Keepers</b>                      907 S. Detroit Ave., Ste. 840                      Tulsa, OK 74120                      (918) 749-4433                      (918) 749-2112 fax                      www.comfortkeepers.com/office-423</p>		IN PP VA WC		●	●		●		50	
<p><b>Community Home Health</b>                      2000 W. Blue Starr Dr.                      Claremore, OK 74017                      (918) 342-3621                      (918) 342-4824 fax                      www.chhok.com</p>	18	IN MC MD VA	●	●			●		50	Eufaula Muskogee
<p><b>Companion Home Care</b>                      7941 E. 57th St., Ste.7                      Tulsa, OK 74145                      (918) 407-3124                      (918) 398-0180 fax                      www.chctul.com</p>	18	IN PP VA		●	●		●		30	

See Our Ad On Page 141

# We Care Every Day, In Every Way<sup>®</sup>

Experienced senior care for  
total peace of mind

Errands • Shopping • Light Housekeeping  
Friendly Companionship • Meal Preparation  
Flexible Hourly Care • Respite Care for Families

Tulsa

**(918) 609-5600**

Bartlesville

**(918) 333-7400**

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



*America's Choice in Homecare.*  
**VisitingAngels<sup>®</sup>**  
LIVING ASSISTANCE SERVICES 



Each Visiting Angels agency is independently owned and operated.

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**Basic Information and Services**

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<b>Country Style Health Care</b> 5727 S. Garnett Rd., Ste. G Tulsa, OK 74146 (918) 641-5951 (918) 641-5159 fax		AD IN MC MD VA	●	●			●	●	25	
<b>Elder Care</b> 1223 Swan Dr. Bartlesville, OK 74006 (918) 336-8500 (918) 336-8519 fax www.abouteldercare.org	60	AD IN MC PP VA			●	●	●	●	30	
<b>Emerald Home Care</b> 1831 E. 71st St., Ste. 132 Tulsa, OK 74136 (918) 392-4950 (918) 392-4951 fax www.emeraldhomecaretulsa.com		PP		●	●		●		30	
<b>Encompass Home Health</b> 5800 E. Skelly Dr., Ste. 1200 Tulsa, OK 74135 (918) 524-1100 (918) 524-1101 fax www.ehhi.com		IN MC MD VA WC	●				●		50	Checotah Miami Muskogee Sallisaw Sapulpa
<b>Entrusted Hearts by Baptist Village Owasso</b> 7410 N. 127th E. Ave. Owasso, OK 74055 (918) 272-4694 (918) 272-2267 fax www.entrustedhearts.org		AD IN MC MD PP VA WC	●	●	●	●	●	●	50	
<b>Eton Home Care</b> 4706 W. Urbana St. Broken Arrow, OK 74012 (918) 459-9640 (918) 459-9646 fax <i>Serving individuals with developmental disabilities</i>		AD IN MC MD PP WC	●	●	●	●	●	●		

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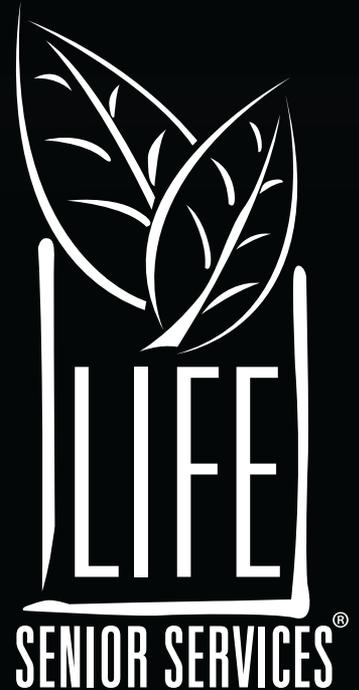


*Today's to-do list:*

# Discover LIFE.

**LIFE Senior Services is northeast Oklahoma's most comprehensive nonprofit agency helping seniors stay healthy, active and independent. With a long list of innovative programs, there is so much to discover at LIFE.**

- Adult Day Services
- Affordable Senior Housing
- Caregiver Support
- Community and Professional Education
- Independent and ADvantage Case Management
- Information and Resource Counseling
- Medicare Assistance Program
- Senior Activity Centers
- Tax Assistance Program
- Vintage Publications
- Volunteer Opportunities



[LIFEseniorservices.org](http://LIFEseniorservices.org) | (918) 664-9000



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**Basic Information and Services**

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<b>Eton Home Health</b> 4706 W. Urbana St. Broken Arrow, OK 74012 (918) 459-9645 (918) 459-9647 fax www.etonhomehealth.com	18	AD IN MC MD PP VA WC	●	●	●	●	●		50	
<b>Evergreen Home Health</b> 9902 E. 43rd St., Ste. B Tulsa, OK 74146 (918) 250-5555 (918) 252-0796 fax	18	IN MC PP VA WC	●	●		●	●		50	
<b>First Call of Tulsa</b> 4125 S. Sheridan Rd. Tulsa, OK 74145 (918) 665-1011 (918) 665-3538 fax www.My-FirstCall.com	18	IN PP VA WC	●	●	●	●	●		75	Oklahoma City
<b>Gentiva Health Services</b> 7666 E. 61st St., Ste. 340 Tulsa, OK 74133 (918) 250-3636 (918) 250-6833 fax www.gentiva.com	18	AD MC VA	●	●			●	●	60	
<b>Girling Health Care</b> 7060 S. Yale Ave., Ste. 500 Tulsa, OK 74136 (918) 665-8886 (918) 665-2909 fax www.girling.com		AD VA	●	●						
<b>Girling Home Health</b> 6130 E. 32nd St., Ste. 116 Tulsa, OK 74135 (918) 481-5280 (918) 481-3585 fax www.girling.com	18	IN MC PP VA WC	●			●	●		50	

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See Our Ad On Page 153



**VNA** Visiting Nurse Association  
OKLAHOMA

*Our care comes with heart.*

**Providing in-home assistance with:**

- ♥ Personal Care/ Bathing
- ♥ Light Housekeeping
- ♥ Meal Preparation
- ♥ Transportation
- ♥ Medication set up By our R.N.
- ♥ Staffed with Certified Home Health Aides
- ♥ Supervised by a Registered Nurse
- ♥ 2 to 24 Hour Care
- ♥ Competitive hourly rates
- ♥ Long-Term Care Insurance Accepted.

**Wellness Services Available:**

- ♥ Adult and Travel Immunizations
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- ♥ Foot Care Program

*Bonded & Insured*

*For a complimentary consultation call:*  
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[www.vnaok.org](http://www.vnaok.org)



There really is **"no place like home"** when recovering from an illness, injury or surgical procedure. **Saint Francis Home Health** offers quality care in the comfort of your own home.

**Services Include:**

- Skilled nurses on call 24 hours a day, 7 days a week
- Certified Wound Ostomy and Continence Nurse
- Home Health Aides
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- Dietitian
- Medical Social Workers
- Long-term, professional employees

State Licensed, Medicare Certified, Joint Commission Accredited



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(918) 664-9000

Care and comfort at a moment's notice.

**S**enior Helpers stands ready to serve your family's needs with personalized, in-home care and expertly trained, professional caregivers.

- Bathing, Dressing, Personal Hygiene Assistance
- Specialized Care for Alzheimer's & Dementia
- Meal Preparation & Light Housework
- Medication Reminders
- Up to 24 hour care

Your in-home care initial assessment is the first step to peace of mind. Call today to learn more.

**918-574-2273**

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**Basic Information and Services**

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<p><b>Green Country Home Health Care, Inc.</b>                      318 N. Missouri Ave.                      Claremore, OK 74017                      (918) 343-5720                      (918) 343-5760 fax                      www.gchhc.com</p>		IN MC MD PP VA WC	●			●	●			
<p><b>Griswold Home Care</b>                      2727 E. 15th St., Ste A                      Tulsa, OK 74104                      (918) 550-8033                      (918) 512-4292 fax                      www.GriswoldHomeCare.com/                      tulsa</p>	18	IN PP VA		●	●	●	●		25	
<p><b>HealthBack Home Health</b>                      2490 W. New Orleans St.                      Broken Arrow, OK 74011                      (918) 449-0030                      (918) 449-0603 fax                      www.healthback.com</p>	18	IN MC VA	●	●		●	●		50	
<p><b>HealthCare Innovations - Private Services</b>                      907 S. Detroit Ave., Ste. 905                      Tulsa, OK 74120                      (918) 496-3300                      (918) 496-3336 fax                      www.hcips.com</p>	18	AD IN MC MD PP VA	●	●	●	●	●		75	Ardmore Broken Arrow Enid Oklahoma City Muskogee Pryor Purcell Sallisaw Weatherford
<p><b>Home Instead Senior Care - Non Medical Assistance</b>                      4815 S. Sheridan Rd., Ste. 110                      Tulsa, OK 74145                      (918) 384-0980                      (918) 384-0981 fax                      www.homeinstead.com</p>		LC PP VA WC	●	●	●	●	●		50	

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**Basic Information and Services**

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<b>Housecalls Home Health Services</b> 817 S. Elm Pl., Ste. 105 Broken Arrow, OK 74012 (918) 663-5242 (918) 664-4903 fax www.allcarehealthsystems.com		IN MC PP VA	●	●	●		●		50	Muskogee Okemah
<b>Interim HealthCare of Tulsa</b> 2828 E. 51st St., Ste. 102 Tulsa, OK 74105 (918) 749-9933 (918) 747-9315 fax www.interimhealthcare.com/tulsa-ok		IN MC MD PP VA WC	●	●	●		●		50	Bartlesville
<b>Loving Arms, LLC</b> (918) 425-0221 (918) 425-0226 fax		PP			●		●			
<b>Magna Health Care Services</b> 4271 W. Albany St. Broken Arrow, OK 74012 (918) 459-5073 (918) 459-5075 fax www.magnahealthcare.com		AD IN MC MD PP VA	●	●	●	●	●		50	

See Our Ad On Page 145



*First Call*®

Your Staffing Source  
 Medical Staffing & Home Care Specialists  
 Call us. We can help.

*I'm Amazing!*™

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

**SERVICES INCLUDE:**

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

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

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**Basic Information and Services**

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<p><b>Maranatha Home Health</b>                      6315 S. Memorial Dr.                      Tulsa, OK 74133                      (918) 252-7323                      (918) 252-7222 fax</p>		IN MC MD PP VA WC	●	●	●	●	●		50	
<p><b>Mashovin Home Health Care, Inc.</b>                      12131 E. Skelly Dr.                      Tulsa, OK 74128                      (918) 245-3337                      (918) 245-3347 fax                      www.mashovinhhc.com</p>	18	AD IN MC MD PP VA WC	●	●			●		50	
<p><b>Maxim Healthcare Services, Inc.</b>                      5314 S. Yale Ave., Ste. 510                      Tulsa, OK 74135                      (918) 496-0001                      (877) 306-6793 fax                      www.maximhomecare.com</p>		AD IN MD PP VA WC	●	●		●	●			
<p><b>May's Housecall Home Health</b>                      1312 S. Garnett Rd., Ste. A                      Tulsa, OK 74128                      (918) 437-0620                      (918) 437-8789 fax                      www.mayshomecare.com</p>		AD IN MC MD PP VA WC	●	●			●		60	Eufaula Okmulgee Ponca City Stillwater Vinita Wagoner
<p><b>Mays Plus, Inc.</b>                      207 W. 5th St.                      Okmulgee, OK 74447                      (918) 752-0291                      (918) 752-0293 fax                      www.mayshomecare.com</p>		AD IN MD PP VA WC	●	●	●		●		100	Stillwater Tulsa Vinita
<p><b>Med-Corp Home Health and Med-Corp Plus</b>                      1340 W. Shawnee St.                      Muskogee, OK 74401                      (918) 686-6842                      (918) 683-5951 fax</p>		AD IN MC MD VA	●	●			●	●	50	Claremore McAlester Vinita




**Extraordinary Home Care at Affordable Rates**

- Caregiver screening process
- Ongoing FREE in-home visits
  - Private pay or insurance
- Licensed, bonded and insured
- Experienced Alzheimer's, MS and ALS caregivers

**ALL INCLUSIVE RATES:**  
**\$17.25/hr | Live-In: \$185/day | Overnight (w/ sleep): \$120**

Call for your **FREE, no-obligation Care Proposal**  
 Tulsa: **918.921.8875**

For valuable home care information and resources:

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*Providing exceptional home care for those you love since 1998.*



**Tulsa's Provider of Choice for RN Care Management at home!**

Personal care at home • Family respite  
 Laundry • Meal preparation  
 Personal grooming • Light housekeeping  
 Medication management • Transportation  
 Disease-Specific Care Programs:  
 Parkinson's • Alzheimer's • Diabetes • Cancer

**RN Care Management Program:**  
 Your own personal RN to coordinate all your needs – even those not covered directly by our agency!  
 Enjoy 24/7 access to our Nurse Line – at no charge!

*With more RNs than any other local private-duty agency, we are committed to providing the highest level of care!*

Call 24 hours a day, 7 days a week...  
**Schedule your FREE consultation today!**



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 10810 E 45th St. Ste 310 • Tulsa, OK 74146

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



**LIFE's ADvantage Case Management**

LIFE's ADvantage Case Management helps qualifying seniors access the services and support they need to keep them living independently at home.

Discover what **LIFE** has to offer.



**LIFE SENIOR SERVICES**

LIVE UNITED United Way  
[LIFEseniorservices.org](http://LIFEseniorservices.org) | (918) 664-9000

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<p><b>Millennium Home Health Care, Inc.</b>                      12129 E. Skelly Dr.                      Tulsa, OK 74128                      (918) 493-6555                      (918) 488-8825 fax                      www.millenniumhhc.com</p>	18	IN MC PP VA	●	●		●	●		75	Bristow Okmulgee Oologah
<p><b>Muscogee (Creek) Nation Home Health</b>                      1108 S. Belmont Ave.                      Okmulgee, OK 74447                      (918) 758-0086                      (918) 758-3025 fax</p>		IN MC MD PP VA WC	●	●		●	●	●	50	
<p><b>One Health Home Health</b>                      2524-A E. 71st St.                      Tulsa, OK 74136                      (918) 712-4200                      (918) 712-8777 fax</p>	18	IN MC MD PP VA	●	●		●	●		50	Idabell Muskogee Oklahoma City Pawhuska
<p><b>Outreach Home Services</b>                      2303 S. York St.                      Muskogee, OK 74403                      (918) 682-6400                      (918) 682-6402 fax</p>		IN MC MD PP	●	●		●	●		50	
<p><b>Oxford HealthCare</b>                      3040 N. Hemlock Cir.                      Broken Arrow, OK 74012                      (918) 258-1111                      www.oxford-healthcare.com</p>	18	LC PP VA WC		●	●	●	●		50	
<p><b>Oxford HealthCare - Community Care</b>                      3040 N. Hemlock Cir.                      Broken Arrow, OK 74012                      (918) 258-1111                      (918) 806-0253 fax                      www.oxford-healthcare.com</p>	60			●	●	●	●			

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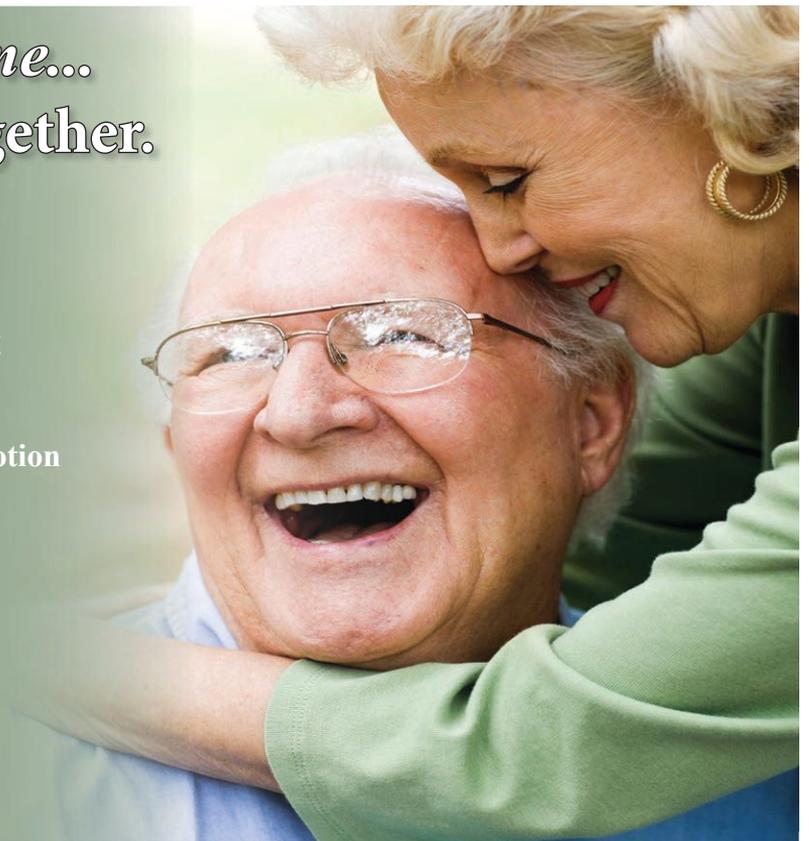
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# Caring for you at home... Keeping Families Together.

With just one phone call...  
Oxford HealthCare can help!

Personal Care · Light Housekeeping  
Transportation · Safety Supervision  
Meal Preparation · Companionship  
Medication Management · Health Promotion

*Call today to schedule your  
complimentary evaluation!*



918-258-1111 • 1-800-316-2222 • [www.oxford-healthcare.com](http://www.oxford-healthcare.com)

## LIFE's Adult Day Services

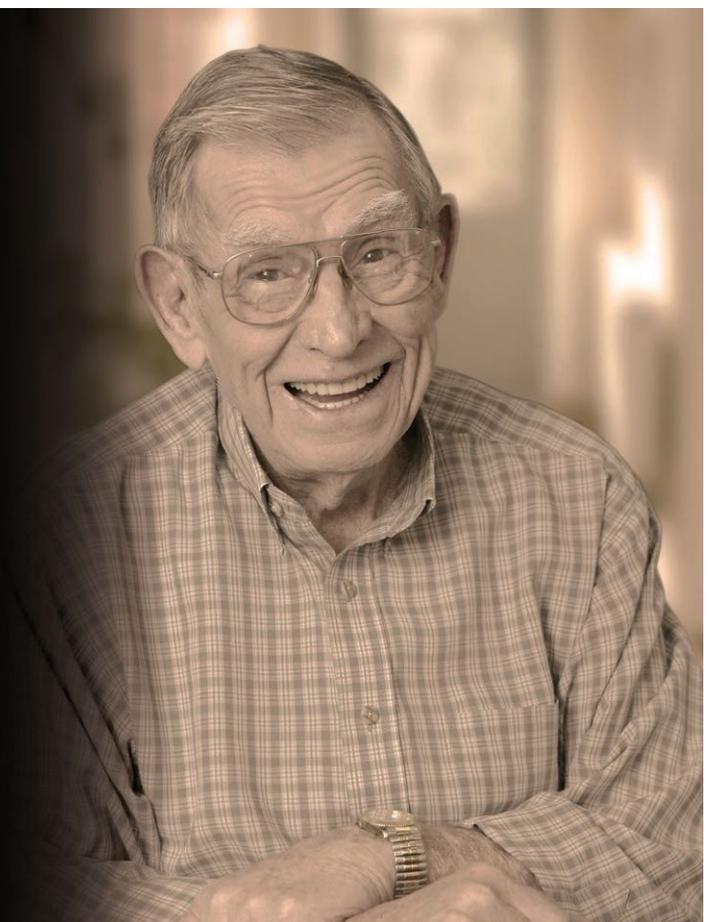
LIFE's Adult Day Services provides a comfortable, safe environment where seniors can relax, regain their strength, and receive health monitoring and support after a hospital stay. Caregivers are assured knowing their loved one is receiving individual care and attention.

Discover what **LIFE** has to offer.

Three locations in Tulsa and Broken Arrow.



[LIFeseniorservices.org](http://LIFeseniorservices.org) | (918) 664-9000



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- PP - Private Pay
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**Basic Information and Services**

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See Our Ad On Page 157

<p><b>Oxford HealthCare - Long Term Care Program</b>                      3040 N. Hemlock Cir.                      Broken Arrow, OK 74012                      (918) 258-1111                      (918) 258-1114 fax                      www.oxford-healthcare.com</p>	AD MD	●	●	●	●	●			
<p><b>Peters Agency Home Health, Hospice &amp; Palliative Care Health</b>                      926 E. Cherokee Ave.                      Sallisaw, OK 74955                      (918) 775-6555                      (918) 775-6587 fax                      www.petersagency.com</p>	AD IN MC MD PP VA WC	●	●	●		●		150	
<p><b>Quality Living Home Care</b>                      7633 E. 63rd Pl., Ste. 300                      Tulsa, OK 74133                      (918) 407-5980                      www.qualitylivinghc.com</p>	IN PP WC		●	●		●		60	
<p><b>Reliant Home Health</b>                      1815 E. 15th St.                      Tulsa, OK 74104                      (918) 742-7388                      (918) 728-6425 fax                      www.relianthh.com</p>	IN MC MD PP VA	●	●	●	●	●		50	
<p><b>ResCare HomeCare</b>                      2326 S. Garnett Rd., Ste. D                      Tulsa, OK 74129                      (918) 234-9191                      (918) 439-9275 fax                      www.ResCareHomeCare.com</p>	AD IN MD PP VA WC	●	●	●					

**These Articles May Be Especially Helpful:**

"Closing the Medicare Part D Coverage Gap," page 58

"Home Care Agency Evaluation Checklist," page 37

**Key:**

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

**Basic Information and Services**

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<b>RESTORE HOMEhealthCARE of Oklahoma</b> 1848 E. 15th St. Tulsa, OK 74104 (918) 747-1320 (918) 745-9907 fax www.restorehomehealth.com		IN MC MD PP VA WC	●	●		●	●		50	Grove Muskogee Stigler Stilwell
<b>Right at Home In Home Care &amp; Assistance</b> 9717 E. 42nd St., Ste. 101 Tulsa, OK 74146 (918) 289-0000 (918) 289-0202 fax www.rightathome.net		LC PP VA WC	●	●	●	●	●		50	
<b>SAFE Homecare</b> 6130 E. 71st St., Ste. 12 Tulsa, OK 74136 (918) 994-0670 (918) 791-0031 fax www.safe-homecare.com		IN PP		●	●		●			



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**Key:**

- - Services Provided
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- PP - Private Pay
- VA - Veterans Administration
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**Basic Information and Services**

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<p><b>Saffa Infusion Pharmacy</b>  <i>(infusion services only)</i>                      6666 S. Sheridan Rd., Ste. 100                      Tulsa, OK 74133                      (918) 493-2727                      (918) 493-2990 fax                      www.ameritaiv.com</p>		IN MC MD PP								
<p><b>Saint Francis Home Health</b>                      6600 S. Yale Ave., Ste. 200                      Tulsa, OK 74136                      (918) 488-6888                      (918) 488-6899 fax                      www.saintfrancis.com</p>	18	IN MC MD PP VA WC	●	●		●	●	●	60	
<p><b>Senior Helpers</b>                      2492 W. New Orleans St.                      Broken Arrow, OK 74012                      (918) 574-2273                      (918) 994-7832 fax                      www.seniorhelpers.com</p>		LC PP VA WC		●	●		●		50	
<p><b>SeniorSelect</b>                      10810 E. 45th St., Ste. 310                      Tulsa, OK 74146                      (918) 493-2100                      (918) 488-9588 fax                      www.SeniorSelectHC.com</p>	18	AD IN PP VA WC	●	●	●		●		25	
<p><b>Sooner Home Health Care</b>                      15 E. Dewey Ave.                      Sapulpa, OK 74066                      (918) 224-4500                      (918) 224-4507 fax                      www.soonerhs.com</p>		IN MC MD PP VA WC	●	●		●	●		70	Muskogee

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See Our Ad On Page 151

See Our Ad On Page 155

**Key:**

- - Services Provided
- AD - ADvantage Medicaid Waiver
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**Basic Information and Services**

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<b>Southwest Home Health Care</b> 8596 E. 101st St., Ste. F Tulsa, OK 74133 (918) 622-5110 (918) 622-5102 fax		IN MC MD PP	●	●		●	●		100	Sallisaw
<b>Specialized Home Nursing</b> 7137 S. Braden Ave. Tulsa, OK 74136 (918) 481-8111 (918) 481-8110 fax		IN MC MD PP WC	●	●		●	●		25	



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www.angelscarehealth.com

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- PP - Private Pay
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**Basic Information and Services**

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<b>S-Q Home Care Specialties, Inc.</b> 2400 N. Hemlock Cir. Broken Arrow, OK 74012 (918) 251-0070 (918) 258-9229 fax www.sqhomecare.com		IN MC MD PP VA WC	●				●		50	
<b>St. John Home Care Services</b> 4720 S. Harvard Ave., Ste. 202 Tulsa, OK 74135 (918) 747-7901 (918) 747-7904 fax www.stjohnhealthsystem.com	18	AD IN MC MD PP VA WC	●	●		●	●	●	50	
<b>Stay Home Services</b> 103 N. 37th St. Muskogee, OK 74001 (918) 682-3688 www.stayhomeservices.net		IN PP			●		●		50	Tulsa
<b>SUPRA Home Care of Tulsa</b> 11333 E. Pine St., Ste. 10A Tulsa, OK 74116 (918) 493-1100		IN MC MD PP VA	●	●		●	●		100	Bartlesville Okmulgee
<b>Team Select Home Care</b> 9810 E. 42nd St., Ste. 110 Tulsa, OK 74146 (918) 828-7700 (918) 828-7722 fax www.teamselecthh.com		MC	●				●		50	

See  
Our  
Ad On  
Page  
159

**These Articles May Be Especially Helpful:**

"Helping Seniors Remain at Home with the ADvantage Program," page 32

"What is Long-Term Care," page 33

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- VA - Veterans Administration
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**Basic Information and Services**

	Minimum Age	Payment	Skilled Care	Personal Care	Companion Care	Accredited	Bonded and Insured	Nonprofit	Service Mile Radius	Additional Offices
<b>Traditions Home Care, Inc.</b> 511 W. Ozark St. Morris, OK 74445 (877) 426-0983 (918) 733-2287 fax www.traditionshomecare.net		IN MC PP VA	●	●			●		50	McAlester Morris Park Hill Poteau Red Oak Warner
<b>Visiting Angels of Green Country</b> 15342 E. 76th St. N. Owasso, OK 74055 (918) 609-5600 (866) 578-2012 fax www.visitingangels.com/greencountry	18	IN PP VA WC		●	●		●		40	Bartlesville Tulsa
<b>Visiting Nurse Association of Oklahoma</b> 7875 E. 51st St. Tulsa, OK 74145 (918) 743-9810 (918) 742-8885 fax www.vnaok.org		IN PP VA WC	●	●	●		●	●	40	

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See Our Ad On Page 151

**Have**

**Questions?**

**Call**

**LIFE!**

LIFE's SeniorLine is the first place to call for information and assistance.

**(918) 664-9000**



# Hospice Care Agencies

Hospice programs provide supportive and palliative care and services to individuals with a terminal condition/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. Hospice care is provided by a multidisciplinary team that includes the individual and primary caregiver as well as physicians, nurses, aides, social workers, chaplains, trained volunteers and others. A physician referral is required. Hospice care may be provided in an individual's home, a family member's home, a long-term care facility, a hospital or a special end-of-life care facility. To help determine if a hospice care agency meets your needs, please utilize the *Hospice Agency Evaluation Checklist* on page 45.

Hospice agencies usually service a specific geographical area, indicated by the Service Mile Radius column in this section. It is important to note that agencies with multiple offices cover a larger area. Use *Service Mile Radius Map* on page 173 for reference.

Hospice services include, but are not limited to, skilled nursing care and treatments, oncology care, pain management, medication administration and supervision, respite care, nutritional services and counseling, ventilator care, assistance with personal care and activities of daily living, counseling, caregiver support, pastoral care and bereavement counseling.

Hospice services are covered under Medicare (Part A), by the VA 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.

## Basic Information and Services

### Key:

- - Services Provided
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- PP - Private Pay
- VA - Veterans Administration

	Minimum Age	Payment	Service Mile Radius	Therapeutic Touch/Massage	Respite	Continuous Care	24-Hour On-Call Staff	Accredited	Pet Care	Nonprofit	Additional Offices
<b>A-Vow Hospice</b> 2400 N. Hemlock Cir. Broken Arrow, OK 74012 (918) 259-0049 (918) 259-0311 fax		IN MC PP VA	50	●	●	●	●	●	●		
<b>AllCare Hospice</b> 817 S. Elm Pl., Ste. 105 Broken Arrow, OK 74012 (918) 665-7004 (918) 665-7522 fax	18	AD IN MC PP VA	60		●	●	●	●			
<b>Angelic Home Health &amp; Hospice Care</b> 3790 S. Elm Pl. Broken Arrow, OK 74011 (918) 622-3800 (918) 622-1574 fax <a href="http://angelichomehealthandhospice.com">http://angelichomehealthandhospice.com</a>	65	AD IN MC PP VA	60		●	●	●	●			Okmulgee



# Setting the Standard for *Skilled, Compassionate Care*

Support to patients & families  
***24 hours, 7 days a week, always***

Dedicated to providing quality hospice care  
***Regardless of ability to pay***

Offering special programs  
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Medicare &  
private insurance  
accepted



Since 1987  
Office locations  
in Tulsa, Sapulpa  
& Claremore  
**Non-profit**



Basic Information and Services

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- - Services Provided
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- PP - Private Pay
- VA - Veterans Administration

	Minimum Age	Payment	Service Mile Radius	Therapeutic Touch/Massage	Respite	Continuous Care	24-Hour On-Call Staff	Accredited	Pet Care	Nonprofit	Additional Offices
<b>Carter Healthcare &amp; Hospice</b> 2846 E. 101st St. S. Tulsa, OK 74137 (918) 425-4000 (888) 622-4329 fax www.carterhealthcare.com	18	IN MC VA	70		●	●	●	●			Bartlesville Stillwater Tahlequah
<b>Cima Hospice</b> 1320 N. Mill St., Ste. 128 Muskogee, OK 74401 (918) 683-9400 (918) 683-9444 fax www.cimahospice.com		AD IN MC PP VA			●	●	●				Poteau Pryor Sallisaw Seminole Tulsa
<b>Clarehouse</b> <i>End-of-life care home</i> 7617 S. Mingo Rd. Tulsa, OK 74133 (918) 893-6150 (918) 893-6152 fax www.clarehouse.org				●		●	●			●	
<b>Cornerstone Hospice</b> 10816 E. Newton St., Ste. 117 Tulsa, OK 74116 (918) 641-5192 (918) 641-5198 fax www.cornerstonehospicellc.com		IN MC PP VA	50		●	●	●	●			
<b>Evergreen Hospice</b> 9902 E. 43rd St., Ste. A Tulsa, OK 74146 (918) 250-5555 (918) 252-0796 fax www.evergreenhospice.net	18	IN MC PP VA	50		●	●	●	●			
<b>Family Care Hospice</b> 4125 S. Mingo Rd. Tulsa, OK 74146 (918) 392-4401 (918) 392-4408 fax www.tulsafamilycare.com		IN MC PP VA	80		●	●	●				

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# HOSPICE SERVICES FOR INDIVIDUALS FACING PROFOUND ILLNESS

COMPREHENSIVE CARE  
TO HELP YOU  
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STROKE AND OTHER  
LIFE LIMITING  
DISEASE



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Basic Information and Services

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- - Services Provided
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- PP - Private Pay
- VA - Veterans Administration

	Minimum Age	Payment	Service Mile Radius	Therapeutic Touch/Massage	Respite	Continuous Care	24-Hour On-Call Staff	Accredited	Pet Care	Nonprofit	Additional Offices
<b>First Choice Hospice, LLC</b> 1002 S. McQuarrie Ave., Ste. B Wagoner, OK 74467 (918) 485-0079 (918) 485-0017 fax www.firstchoicehospiceok.com		AD IN MC PP VA	50	●	●	●	●	●	●		
<b>Good Shepherd Hospice</b> 6218 S. Lewis Ave., Ste. 110 Tulsa, OK 74136 (918) 743-5067 (918) 743-9376 fax www.goodshepherd.com		AD IN MC VA	50		●	●	●	●			Grove Muskogee Norman Oklahoma City
<b>Grace Hospice of Oklahoma</b> 6400 S. Lewis Ave., Ste. 1000 Tulsa, OK 74136 (918) 744-7223 (918) 744-5784 fax www.gracehospice.com	18	AD IN MC PP VA	50		●	●	●		●		
<b>Heritage Hospice, LLC</b> 114 S. 4th St. Henryetta, OK 74437 (918) 652-3919 (918) 652-2619 fax www.heritagehospicellc.com	25	IN MC PP VA	50		●	●	●				
<b>Hometown Hospice</b> 804 S. Main St. Broken Arrow, OK 74012 (918) 251-6441 (918) 251-6602 fax www.hometownhospice.com	18	AD IN MC PP VA	65		●	●	●	●			Muskogee
<b>Hope Hospice</b> 8291 N. Owasso Expy. Owasso, OK 74055 (918) 272-3060 (918) 272-3617 fax www.hopehospiceok.com		AD IN MC PP VA	50		●	●	●	●		●	Muskogee

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  - Chronic Disease Management
  - Infusion Therapy
  - PICC Line Management
  - Cardiac Specialty Program
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- Pain, Symptom Control
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- Aide services
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- Insurance, Managed care
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[info@evergreenhospice.net](mailto:info@evergreenhospice.net)

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Basic Information and Services

**Key:**

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- VA - Veterans Administration

Minimum Age	Payment	Service Mile Radius	Therapeutic Touch/Massage	Respite	Continuous Care	24-Hour On-Call Staff	Accredited	Pet Care	Nonprofit	Additional Offices
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See Our Ad On Page 165

<p><b>Hospice of Green Country, Inc.</b>                      1120 S. Boston Ave., Ste. 200                      Tulsa, OK 74119                      (918) 747-2273                      (918) 747-2573 fax  <a href="http://www.hospiceofgreencountry.org">www.hospiceofgreencountry.org</a></p>	21	AD IN MC PP VA	50	●	●	●	●	●	●	Claremore Sapulpa
<p><b>Image Health Care</b>                      6116 S. Memorial Dr.                      Tulsa, OK 74133                      (918) 621-4454                      (918) 622-9117 fax  <a href="http://www.imagehealthcare.com">www.imagehealthcare.com</a></p>		AD IN MC PP VA	50	●	●	●				Stillwater Stroud
<p><b>Interim HealthCare Hospice of Tulsa</b>                      2828 E. 51st St., Ste. 203                      Tulsa, OK 74105                      (918) 746-7828                      (918) 746-7819 fax  <a href="http://www.interimhealthcare.com/tulsa-ok">www.interimhealthcare.com/tulsa-ok</a></p>		IN MC PP VA	50		●	●	●			Bartlesville
<p><b>Magna Health Care Services</b>                      4271 W. Albany St.                      Broken Arrow, OK 74012                      (918) 459-5073                      (918) 459-5075 fax  <a href="http://www.magnahealthcare.com">www.magnahealthcare.com</a></p>		AD IN MC PP VA	50		●	●	●	●		
<p><b>Miller Hospice</b>                      2025 E. 71st St.                      Tulsa, OK 74136                      (918) 742-6415                      (918) 742-6413 fax  <a href="http://www.millerhospice.com">www.millerhospice.com</a></p>		AD IN MC PP VA	50	●	●	●	●	●	●	
<p><b>New Century Hospice</b>                      6666 S. Sheridan Rd., Ste. 102                      Tulsa, OK 74133                      (918) 493-4930                      (918) 346-6400 fax  <a href="http://www.newcenturyhospice.com">www.newcenturyhospice.com</a></p>		IN MC PP VA	50		●	●	●	●		

See Our Ad On Page 145

Basic Information and Services

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- PP - Private Pay
- VA - Veterans Administration

	Minimum Age	Payment	Service Mile Radius	Therapeutic Touch/Massage	Respite	Continuous Care	24-Hour On-Call Staff	Accredited	Pet Care	Nonprofit	Additional Offices
<b>Physician's Choice Hospice</b> 1000 N.W. 139th St. Pkwy. Edmond, OK 73013 (888) 819-2119 (405) 936-9435 fax www.physicianschoicehospice.com	18	AD IN MC PP VA	150	●	●	●	●	●			Chandler Tulsa
<b>Rivercross Hospice</b> 9820 E. 41st St., Ste. 400 Tulsa, OK 74146 (918) 622-9281 (918) 270-2867 fax www.rivercrosshospice.com		AD IN MC PP VA	80		●	●	●	●			Bartlesville Muskogee Pryor



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Basic Information and Services

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- VA - Veterans Administration

Minimum Age	Payment	Service Mile Radius	Therapeutic Touch/Massage	Respite	Continuous Care	24-Hour On-Call Staff	Accredited	Pet Care	Nonprofit	Additional Offices
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<p><b>RoseRock Healthcare</b>                  2642 E. 21st St.                  Tulsa, OK 74114                  (918) 236-4866                  (918) 236-4867 fax                  www.RoseRockHealthcare.com</p>	AD IN MC PP VA	150	●	●	●	●		●		
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See Our Ad On Page 171

<p><b>Saint Francis Hospice</b>                  6600 S. Yale Ave., Ste. 350                  Tulsa, OK 74136                  (918) 494-6465                  (918) 491-5899 fax                  www.saintfrancis.com</p>	IN MC PP VA	50		●	●	●	●		●	
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<p><b>Seasons Hospice</b>                  6532 E. 71st St., Ste. 101                  Tulsa, OK 74133                  (918) 745-0222                  (918) 745-9652 fax                  www.seasonshospice.com</p>	IN MC PP VA	50		●	●	●			●	
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<p><b>Serenity Hospice of Claremore</b>                  35904 S. Hwy. 82                  Vinita, OK 74301                  (918) 782-1414                  (918) 782-1415 fax                  http://serenityhospiceoklahoma.com</p>	AD IN MC PP VA	100		●	●	●				
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<p><b>St. John Hospice</b>                  4720 S. Harvard Ave., Ste. 202                  Tulsa, OK 74135                  (918) 747-4428                  (918) 742-7819 fax                  www.stjohnhealthsystem.com</p>	IN MC PP VA	50		●	●	●	●		●	
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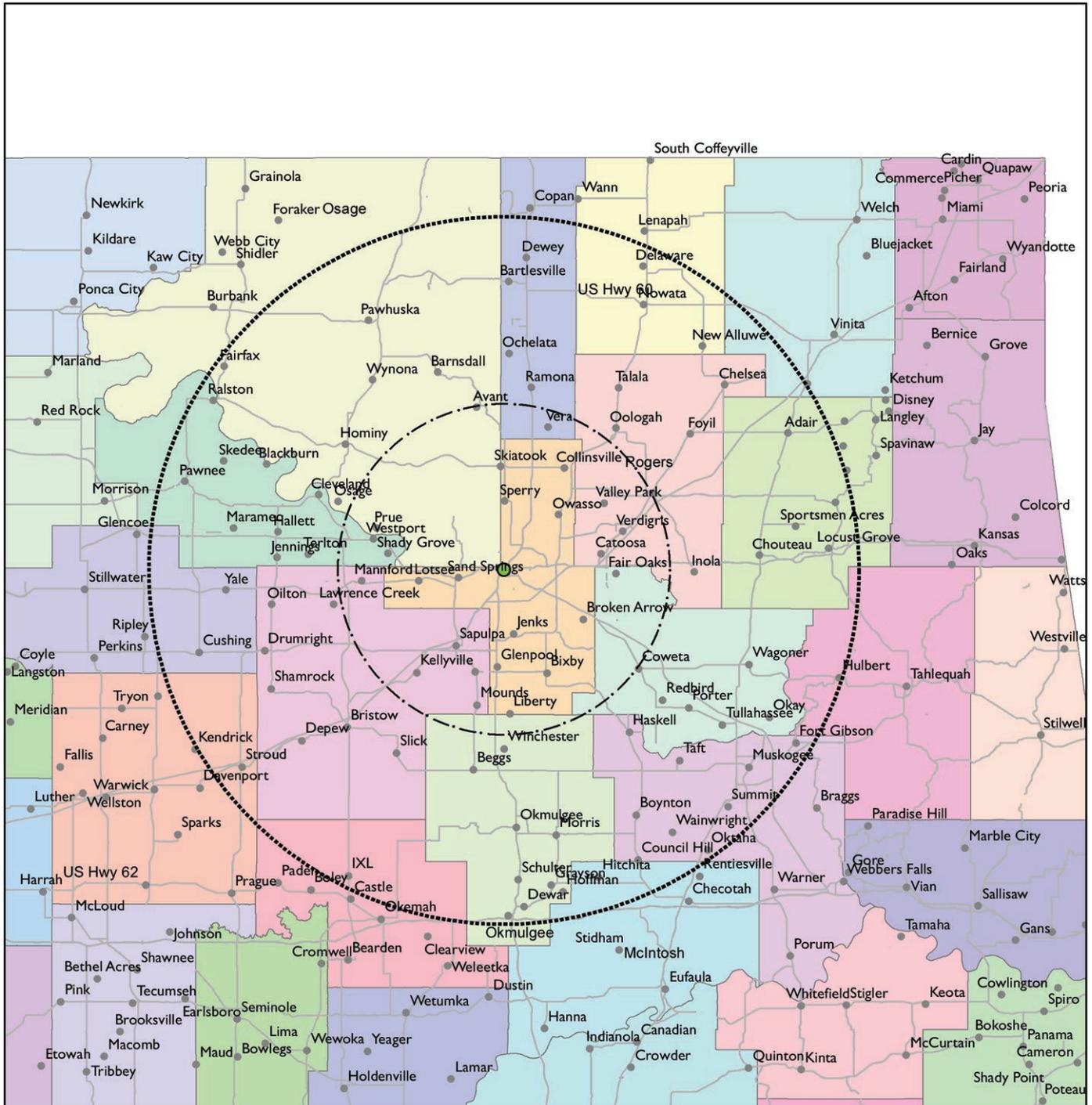
<p><b>Tranquility Hospice</b>                  1815 E. 15th St.                  Tulsa, OK 74104                  (918) 933-5093                  (918) 592-0522 fax                  www.tranquilityhospice.com</p>	IN MC PP VA	50	●	●	●	●	●			
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<p><b>Transitions LifeCare Hospice</b>                  1515 E. 71st St., Ste. 100                  Tulsa, OK 74136                  (918) 551-6879                  (918) 551-6890 fax                  www.TransitionsLC.com</p>	AD IN MC PP VA	18	●	●	●	●	●	●		Wagoner
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# Service Mile Radius Map

## 25 and 50 mile radius

Hospice and home care agencies usually service a specific geographical area, indicated by the Service Mile Radius columns in the previous two sections. It is important to note that agencies with multiple offices cover a larger area. Use this map as a general reference tool only. Please call the agency to verify that they provide services in your area.



# Personal Emergency Response Systems

The following are providers of voice and non-voice push button or hand-held personal and medical alarm systems. There are charges for installation, as well as monthly monitoring fees. Service areas and additional features are listed below.

## Services and Fees

	Activation Fee	Installation Rate	Monthly Rate	Service Area
<b>ADT Home Health Security Services</b> (877) 678-6952 www.adt.com	29	59	29.99	National Service
<b>Emergency Alert Response Systems, Inc.</b> 6528 E. 101st St. S., • Ste. D1 PMB 456 Tulsa, OK 74133 (877) 885-3277 • (918) 298-0525 fax		50	30 Landline 35 Wireless	Northeastern Oklahoma
<b>HALO Medical Alarms</b> 9246 S. Sheridan Rd., Ste. 213 • Tulsa, OK 74133 (877) 747-4256 • (918) 392-0565 fax www.halomedicalalarms.com		25	29 Landline 38 Wireless	Oklahoma
<b>Independence Technologies, LLC</b> 2608 W. Kenosha St., Ste. 622 Broken Arrow, OK 74012 (918) 249-5060 • (918) 249-5075 fax		49	30	Oklahoma
<b>Philips Lifeline Visiting Nurse Association of Oklahoma</b> 7875 E. 51st St. • Tulsa, OK 74145 (918) 743-9810 www.vnaok.org		22.95	29.95	National Service
<b>Safety Choice by Comfort Keepers</b> 907 S. Detroit Ave., Ste. 840 • Tulsa, OK 74120 (918) 749-4433 • (918) 749-2112 fax www.comfortkeepers.com		35	34.95	Tulsa and Surrounding Counties
<b>Senior Safety Services</b> 1611 S. Utica Ave., Ste. 263 • Tulsa, OK 74104 (918) 938-2574 www.SeniorSafetyOK.com		29	29	Tulsa and Surrounding Counties

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# Vehicle Adaptive Devices

The following are providers or producers of equipment that make it possible for people who have 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 DISABILITY SERVICES listings on page 187.

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

## Services and Fees

	Payment	Reimbursement Program
<b>Adaptive Mobility Programs: Acura</b> (800) 382-2238 • <a href="http://www.acura.com/MobilityOverview.aspx">www.acura.com/MobilityOverview.aspx</a>	PP	●
<b>Adaptive Mobility Programs: Chrysler</b> (800) 255-9877 • <a href="http://www.chryslerautomobility.com">www.chryslerautomobility.com</a>	PP	●
<b>Adaptive Mobility Programs: Ford</b> (800) 952-2248 • <a href="http://www.fordmobilitymotoring.com">www.fordmobilitymotoring.com</a>	PP	●
<b>Adaptive Mobility Programs: GM</b> (800) 323-9935 • (800) 833-9935 (TTY) • <a href="http://www.gmmobility.com">www.gmmobility.com</a>	PP	●
<b>Adaptive Mobility Programs: Honda</b> (800) 999-1009 • <a href="http://www.automobiles.honda.com/information/mobility-assistance.aspx">www.automobiles.honda.com/information/mobility-assistance.aspx</a>	PP	●
<b>Adaptive Mobility Programs: Hyundai</b> (800) 633-5151 • <a href="http://www.hyundaiusa.com/financial-tools/mobility-program.aspx">www.hyundaiusa.com/financial-tools/mobility-program.aspx</a>	PP	●
<b>Adaptive Mobility Programs: Lexus</b> (800) 255-3987 • <a href="http://www.lexus.com/pdf/models/LexusMobilityForm.pdf">www.lexus.com/pdf/models/LexusMobilityForm.pdf</a>	PP	●
<b>Adaptive Mobility Programs: Toyota</b> (800) 331-4331 • <a href="http://www.toyotamobility.com">www.toyotamobility.com</a>	PP	●
<b>Adaptive Mobility Programs: Volkswagen</b> (800) 822-8987 • <a href="http://www.vw.com">www.vw.com</a>	PP	●
<b>Adaptive Mobility Programs: Volvo</b> (800) 458-1552 • (800) 803-5222 <a href="http://www.volvocars.com/us/sales-services/sales/volvo_mobility_program">www.volvocars.com/us/sales-services/sales/volvo_mobility_program</a>	PP	●
<b>Handicapped Vehicle Services Unlimited</b> 7215 E. 46th St. • Tulsa, OK 74145 (918) 622-8400 • (800) 580-7311 • (918) 665-0039 fax <a href="http://www.hvsu.com">www.hvsu.com</a>	DD DH IN PP VA VR	
<b>Mobility Plus, Inc.</b> 5333 S. Mingo Rd., Ste. C • Tulsa, OK 74146 (918) 280-1870 • (918) 270-9062 fax <a href="http://www.cherokee-mobilityplus.com">www.cherokee-mobilityplus.com</a>	AD DD IN MC MD PP VA	

# Specialty Hospitals

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

## **AMG Specialty Hospital**

A long-term acute care hospital that provides care to patients who have chronic and complex medical needs and who require an extended hospital stay. An array of medical conditions are treated including pulmonary, wound care, infectious disease, cardiac and medically complex. Medicare and private insurance accepted.

2408 E. 81st St. • Tulsa, OK 74137  
(918) 710-3620 • (918) 710-3624 fax  
www.amgoftulsa.com

## **Brookhaven Hospital**

A comprehensive health center that offers a wide range of care through geriatric psychiatry services and programs for people aging with a brain injury. This model of neurological and psychiatric support serves individuals who have experienced mental health disorders as well as neurological traumas and syndromes. JCAHO and Medicare certified. Medicare accepted.

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

## **Cleveland Area Hospital**

A critical access hospital that provides swing-bed services, similar to a skilled nursing facility. This Medicare program is designed to provide additional acute care to those needing extra time to heal or strengthen before returning home.

1401 W. Pawnee St. • Cleveland, OK 74020  
(918) 358-2501 • (918) 358-5268 fax  
www.clevelandareahospital.com

## **Cornerstone Hospital of Broken Arrow**

Located inside 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.

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

## **Post Acute Medical Specialty Hospital of Tulsa**

A freestanding 60-bed facility providing specialized inpatient programs for medically complex patients. Services include physical, speech and occupational therapies, ventilator services and a comprehensive wound care program. JCAHO and Medicare certified. Medicare accepted.

3219 S. 79th E. Ave. • Tulsa, OK 74145  
(918) 663-8183 • (918) 660-5376 fax  
www.postacutemedical.com

## **Select Specialty Hospital – Tulsa Midtown**

Specialized care for the acutely ill. A broad range of physician specialists available, with 24-hour physician coverage. Services include physical, occupational and speech therapies as well as a comprehensive wound care program. JCAHO and Medicare certified. Medicare accepted. Located in Hillcrest - Kaiser Rehab Facility.

1125 S. Trenton Ave., 2nd and 3rd Fl. • Tulsa, OK 74120  
(918) 579-7300 • (918) 579-7375 fax  
www.selectspecialtyhospitals.com

## **Solara Hospital Muskogee**

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.

351 S. 40th St. • Muskogee, OK 74401  
(918) 348-7755 24-Hour Referral Line  
(918) 913-0040 fax • www.chghospitals.com

## **St. John Sapulpa**

This 12-bed skilled care unit within St. John Sapulpa hospital offers 24-hour skilled nursing services, a physician on the floor seven days a week, and a commitment to the continued recovery of patients who no longer need the level of medical care provided in an acute care hospital but are not yet well enough for discharge to their homes.

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

# 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 listing for NURSING FACILITIES on page 116 for information about long-term care facilities that provide rehabilitative services.

## **Bernsen Rehabilitation Center St. John Medical Center**

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

## **Brookhaven Hospital**

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

## **EASTAR Health System**

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

## **George Nigh Rehabilitation Center- OU Health Science Center**

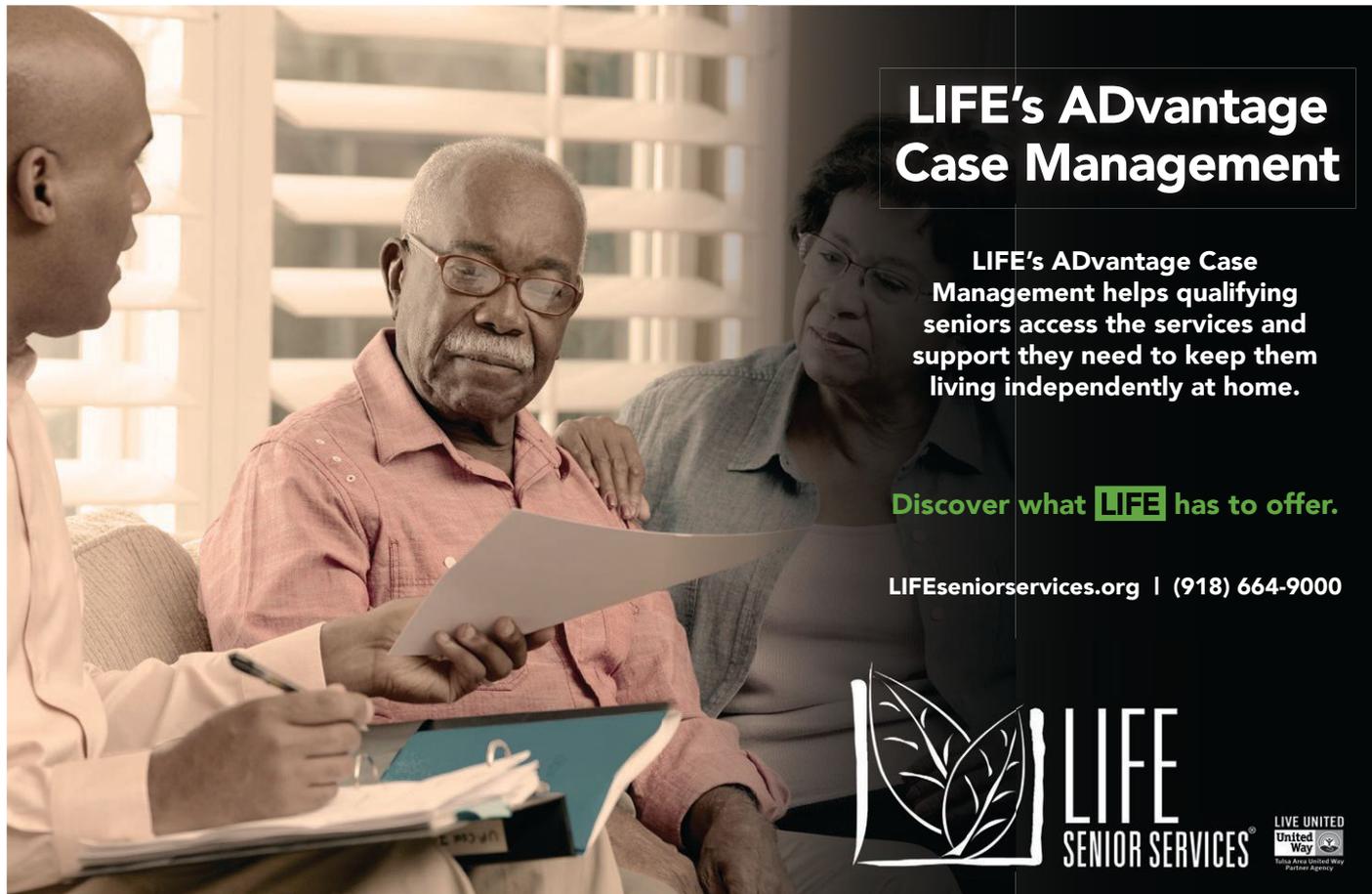
900 E. Airport Rd. • Okmulgee, OK 74447  
(918) 756-9211 • (918) 756-9452 fax  
http://gnrc.ouhsc.edu

## **Kaiser Rehabilitation Center - Hillcrest Medical Center**

1125 S. Trenton Ave. • Tulsa, OK 74120  
(918) 579-7100 • (918) 579-7110 fax  
www.hillcrest.com

## **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



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United Way  
Tulsa Area United Way  
Partner Agency



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- Adult Day Services
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- Caregiver Support
- Community and Professional Education
- Independent and ADvantage Case Management
- Information and Resource Counseling
- Medicare Assistance Program
- Senior Activity Centers
- Tax Assistance Program
- Vintage Publications
- Volunteer Opportunities

[LIFEseniorservices.org](http://LIFEseniorservices.org) | (918) 664-9000



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### Section 5: Quick Reference Section

An alphabetical listing of the agencies and organizations listed in the Community Services section with their phone and corresponding page numbers..... 229-242



## Look for the Leaves!

The leaves designate LIFE’s SeniorLine or other programs of LIFE Senior Services.

# ABUSE INFORMATION and REPORTING

Specifically includes abuse, neglect or exploitation of older or vulnerable adults and domestic abuse. In case of an emergency, call 911.

## Adult Protective Services

Department of Human Services

Statewide Abuse Hotline: (800) 522-3511 toll-free • [www.okdhs.org](http://www.okdhs.org)

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

### Locations

#### Creek County

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

#### Okmulgee County

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

#### Osage County

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

#### Pawnee County

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

#### Rogers County

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

#### Tulsa County

(918) 581-2401 • (800) 734-7516 toll-free • Fax (918) 581-2114

#### Wagoner County

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

#### Washington County

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

## Ann Patterson Dooley Family Safety Center

3010 S. Harvard Ave., Ste. 200 • Tulsa, OK 74114

(918) 742-7480 • 24-Hour Crisis Line: (918) 743-5763

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

Offers legal and social services for victims of domestic violence. On-site representatives from police department and district attorney's office assist with emergency protective orders and reports. Open 8 a.m. to 5 p.m. Monday through Friday. Emergency protective orders are filed between 9 a.m. and 12:30 p.m. The emergency protective order hearing takes place at 2 p.m. English and Spanish-speaking staff.

## Attorney General's Fraud Control Unit

313 N.E. 21st St. • Oklahoma City, OK 73105

(918) 581-2885 • (405) 521-3921 • [www.oag.state.ok.us](http://www.oag.state.ok.us)

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

## Call Rape, Inc.

4300 S. Harvard Ave. • Tulsa, OK 74135

24-Hour Crisis Line: (918) 7HELPME (743-5763) • [www.dvis.org](http://www.dvis.org)

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

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

4300 S. Harvard Ave. • Tulsa, OK 74135

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

[www.dvis.org](http://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; assistance with filing protective orders; crisis shelter; transitional housing and supportive services for families that are homeless due to domestic violence. Additional locations in Broken Arrow, Sapulpa and Tulsa.

## Federal Bureau of Investigation

8023 E. 63rd Pl., Ste. 400 • Tulsa, OK 74133

(918) 664-3300 • [www.fbi.gov/oklahomacity](http://www.fbi.gov/oklahomacity)

Investigates Internet-based abuse, fraud, civil rights violations and violent crime.

### Additional Location

#### Statewide Office

3301 W. Memorial Rd. • Oklahoma City, OK 74134

(405) 290-7770 • [www.fbi.gov/oklahomacity](http://www.fbi.gov/oklahomacity)

## National Domestic Violence Hotline

P.O. Box 161810 • Austin, TX 78716

(800) 799-SAFE (7233) toll-free • TTY (800) 787-3224

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

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

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

Provided by the Oklahoma Attorney General

(877) 654-8463 toll-free • TTY (866) 847-1298

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

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

## Osage Nation Adult Protective Services

255 Senior Dr. • Pawhuska, OK 74056

(918) 287-5335 • (800) 460-4615 toll-free • [www.osagetribe.org](http://www.osagetribe.org)

Investigates abuse claims involving Native American adults within tribal jurisdiction.

## Pawnee Nation Violence Against Women Program

400 Agency Rd. • Pawnee, OK 74058

Phone (918) 762-3873, option #2

Toll-free 24-Hour Helpline: (855) 810-4144

24-Hour Crisis Line: (918) 399-3310 • [www.pawneenation.org](http://www.pawneenation.org)

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

## Safenet Services

1219 W. Dupont St. • Claremore, OK 74017

Mail: P.O. Box 446 • Claremore, OK 74018

24-Hour Crisis Line: (918) 341-9400 • (888) 372-9400 toll-free

Rogers County Office: (918) 341-1424

Protective Orders: (918) 923-4962 • Fax (918) 341-1471

Mayes County Protective Orders: (918) 825-0190

[www.safenetservices.org](http://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.

*continued*

## Safeline

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

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

## Tulsa County District Attorney

500 S. Denver Ave., Ste. 900 • Tulsa, OK 74103

(918) 596-4805 • Fax (918) 596-4830

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

Investigates and prosecutes complaints of abuse.

## United States Senate Special Committee on Aging

G31 Dirksen Senate Office Building • Washington, D.C. 20510

Anti-Fraud Hotline (855) 303-9470

[www.aging.senate.gov/fraud-hotline](http://www.aging.senate.gov/fraud-hotline)

Anti-fraud hotline was launched to make it easier for senior citizens to report suspected fraud and receive assistance.

The hotline is staffed by a team of committee investigators, Monday through Friday, 9 a.m. to 5 p.m. EST. Investigators have experience with investment scams, identity theft, bogus sweepstakes and lottery schemes, Medicare and Social Security fraud, and a variety of other senior exploitation issues. Investigators will directly examine complaints and, if appropriate, refer them to the proper authorities.

## ADULT DAY SERVICES

See complete listings at ADULT DAY SERVICES, page 134.

## DayBreak Adult Day Services

1223 Swan Dr. • Bartlesville, OK 74006

(918) 336-8500 • Fax (918) 336-8519

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

## Department of Human Services

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

Provides financial assistance for seniors and adults with disabilities to attend adult day services. Financial guidelines apply. Contact local DHS office to apply (see listing of offices on page 200) or speak with the adult day services provider.

## Gateway Adult Day Center

1217 E. College St. • Broken Arrow, OK 74012

(918) 258-3900 • [www.gatesway.org](http://www.gatesway.org)

For adults with developmental disabilities.



## LIFE's Adult Day Services

(918) 664-9000

Fax (918) 664-9922 • [www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)

Mailing Address: 5950 E. 31st St. • Tulsa, OK 74135

LIFE's Adult Day provides the opportunity for seniors to spend their day in a stimulating and safe environment.

### Locations

5950 E. 31st St. • Tulsa • Ext. 244

902 E. Pine St. • Tulsa • Ext. 8448

3106 S. Juniper Ave. • Broken Arrow • Ext. 8324

(918) 664-9000

## OASIS Adult Day Services

5525 E. 51st St., Ste. 400 • Tulsa, OK 74135

(918) 749-6969 • Fax (918) 749-6961 • [www.oasisads.org](http://www.oasisads.org)

### Additional Location:

410 E. Lee • Sapulpa, OK 74066

(918) 224-0410 • Fax (918) 224-3230

## Rogers County Adult Day Care

2680 N. Hwy. 88 • Claremore, OK 74017

(918) 341-7588 • Fax (918) 341-4055

## Veterans Administration

Jack C. Montgomery VA Medical Center

1011 Honor Heights Dr. • Muskogee, OK 74401

(918) 577-3000 • (866) 397-8387 toll-free

Veteran's Crisis Line: (800) 273-8255, option #1

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

Provides financial assistance for eligible veterans to attend adult day services. See listing in VETERANS SERVICES, page 218.

## ADVOCACY

### AARP Oklahoma Office

Oklahoma Information Center

126 N. Bryant Ave. • Edmond, OK 73034

(405) 715-4480 • (866) 295-7277 toll-free

Toll-free National Membership Line: (888) 687-2277

[www.aarp.org/ok](http://www.aarp.org/ok)

### Ability Resources

823 S. Detroit Ave., Ste. 110 • Tulsa, OK 74120

(918) 592-1235 • (800) 722-0886 toll-free • Fax (918) 592-5651

[www.ability-resources.org](http://www.ability-resources.org)

See complete listing at DISABILITY SERVICES, page 187.

### Gray Panthers

10 G St. NE, Ste. 600 • Washington, DC 20002

(800) 280-5362 toll-free

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

National advocacy organization concentrating on social and economic issues affecting seniors. Contact the national office for referrals to local chapters, information on issues, links to resources for seniors and a list of publications.

### National Council on Aging, Inc.

1901 L St. NW, Fourth Floor • Washington, DC 20036

(202) 479-1200 • Fax (202) 479-0735 • TTY (202) 479-6674

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

Offers information, training, technical assistance, advocacy and leadership in all aspects of aging services and issues. Includes BenefitsCheckUp ([www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org)), an Internet-based program designed to help people age 55 or older find programs and services that may pay some of the cost of prescription drugs, health care, utilities and other essential items or services. This program provides information and enrollment assistance for Medicare Part D. For more information, see "The Basics of Medicare" on page 54.

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

10501 Montgomery Blvd. NE, Ste. 210 • Albuquerque, NM 87111  
(505) 292-2001 • Fax (505) 292-1922 • www.nicoa.org

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

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

The Voice of Midlife and Older Women  
1625 K St. NW, Ste. 1275 • Washington, DC 20006  
(202) 567-2606 • www.owl-national.org

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

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

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

16 E. 16th St., Ste. 202 • Tulsa, OK 74119  
(918) 585-5551 • www.csctulsa.org

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

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

### **Alzheimer's Association, National Office** See Our Ad On Page 109

225 N. Michigan Ave., 17th Floor • Chicago, IL 60601  
24-Hour Hotline: (800) 272-3900 toll-free • Fax (866) 699-1246  
Toll-free: TTY (866) 403-3073 • www.alz.org • info@alz.org

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

2448 E. 81st St., Ste. 3000, City Plex Towers • Tulsa, OK 74137  
(918) 392-5000 • (800) 272-3900 toll-free • www.alz.org/oklahoma

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

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

P.O. Box 8250 • Silver Spring, MD 20907  
(800) 438-4380 toll-free • Fax (301) 495-3334  
www.nia.nih.gov/alzheimers/

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

### **Lewy Body Dementia Association**

912 Killian Hill Rd., SW • Lilburn, GA 30047  
(404) 935-6444 • Fax (480) 422-5434

Caregiver Helpline: (800) 539-9767 • www.lbda.org

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

## **CAREGIVER RESPITE**

For additional respite resources, see ADULT DAY SERVICES, page 134; NURSING FACILITIES, page 116; HOME CARE AGENCIES, page 138; and HOME CARE SERVICES, page 194.

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

2448 E. 81st St., Ste. 3000, City Plex Towers • Tulsa, OK 74137  
(918) 392-5000 • (800) 272-3900 toll-free See Our Ad On Page 109

www.alz.org/oklahoma/

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

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

800 Eastowne Dr., Ste. 105 • Chapel Hill, NC 27514  
(919) 490-5577 • www.archrespite.org

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



### **LIFE's Adult Day Services** See Our Ad On Pages 111, 135, 157

(918) 664-9000

Fax (918) 664-9922 • www.LIFEseniorservices.org

Offers respite for family caregivers of seniors who have cognitive or physical impairments. Financial assistance may be available. Three locations in Tulsa and Broken Arrow. Early, late and weekend hours. See complete listing at ADULT DAY SERVICES, page 134.

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

P.O. Box 26901 • Oklahoma City, OK 73190  
(800) 426-2747 toll-free

ORRN is a collaboration of public and private agencies working to support families and caregivers by increasing the availability of respite care in Oklahoma. ORRN provides a respite voucher program. Connect through your local Area Agency on Aging, page 196.

### **Oxford HealthCare –** See Our Ad On Page 157

#### **Community Care Division**

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

Offers respite services for caregivers caring for people age 60 or older and grandparents raising grandchildren. Includes in-home respite through agency-assigned companion and home health aid respite assistance, short-term adult day services respite or respite vouchers to purchase in-home respite services (provided by an individual rather than an agency). Serving residents of Creek, Osage and Tulsa Counties only. Funded by an Older Americans Act grant through the INCOG Area Agency on Aging. Donations accepted. See listing of additional services in HOME CARE SERVICES, page 194.

## **CAREGIVER SUPPORT**

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

2448 E. 81st St., Ste. 3000, City Plex Towers • Tulsa, OK 74137  
(918) 392-5000 • (800) 272-3900 toll-free See Our Ad On Page 109

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. 24-hour telephone help line. Funded by an Older Americans Act grant through the INCOG Area Agency on Aging. See complete listing at ALZHEIMER'S DISEASE and DEMENTIA SUPPORT, page on this page.

### Caregiver Action Network (CAN)

Formerly the National Family Caregivers Association

2000 M. St. NW, Ste. 400 • Washington, D.C. 20036

(202) 772-5050 • [www.caregiveraction.org](http://www.caregiveraction.org)

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

### Department of Veterans Affairs

#### National Caregiver Support Line

(855) 260-3274 toll-free • [www.caregiver.va.gov](http://www.caregiver.va.gov)

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

### Family Caregiver Alliance/National Center on Caregiving

785 Market St., Ste. 750 • San Francisco, CA 94103

(800) 445-8106 toll-free • [www.caregiver.org](http://www.caregiver.org)

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



### LIFE's Caregiver Support Services

5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000 • Fax (918) 664-9922

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

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

### National Alliance for Caregiving

4720 Montgomery Ln., Second Floor • Bethesda, MD 20814

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

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

### Osage Nation Caregiver Program/Title VI

350 Senior Dr. • Pawhuska, OK 74056

(918) 287-5454 • (888) 883-3610 toll-free • [www.osagetribe.org](http://www.osagetribe.org)

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

### The Caregivers Library

901 Moorefield Park Dr. • Ste. 100 • Richmond, VA 23236

(804) 327-1111 • [www.caregiverslibrary.org](http://www.caregiverslibrary.org)

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

### Well Spouse Association

63 W. Main St., Ste. H • Freehold, NJ 07728

(800) 838-0879 toll-free • Fax (732) 577-8644 • [www.wellspouse.org](http://www.wellspouse.org)

Offers support for spousal caregivers and information about support groups and respite opportunities.

## CASE MANAGEMENT

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

### Ability Resources

823 S. Detroit Ave., Ste. 110 • Tulsa, OK 74120

(918) 592-1235 • (800) 722-0886 toll-free • Fax (918) 592-5651

[www.ability-resources.org](http://www.ability-resources.org)

Offers case management services available through the ADvantage program. See complete listing at DISABILITY SERVICES, page 187.

### Counseling and Recovery Services of Oklahoma

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

(918) 492-2554 • Fax (918) 494-9870 • [www.crsok.org](http://www.crsok.org)

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 224.

#### Additional location

401 E. Broadway Ct. • Sand Springs, OK 74063

(918) 245-5565 • Fax (918) 245-5564

## LIFE's Caregiver Support Services

LIFE embraces the opportunity to meet the needs of family caregivers with support groups, services and resources.

Discover what **LIFE** has to offer.



[LIFEseniorservices.org](http://LIFEseniorservices.org) | (918) 664-9000

## Elder Care

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: 711  
www.eldercare.gov

Offers information about senior resources across the country.

## Entrusted Hearts Case Management and My-L.I.F.E.-Guide

7410 N. 127th E. Ave. • Owasso, OK 74055 **See Our Ad On Page 73**  
(918) 272-4694 • (888) 272-5339 toll-free  
My-L.I.F.E. Guide: (888) 910-2234 toll-free  
www.entrustedhearts.org

Provides independent case management and services. A ministry of Baptist Village communities.

## Family & Children's Services

650 S. Peoria Ave. • Tulsa, OK 74120  
(918) 587-9471 • Fax (918) 560-0137 • www.fcsook.org  
Offers comprehensive case management services for Family & Children's Services' mental health clients.

We have found that more stress is never the solution.



It takes more than patience, a kind heart, and limited experience to deal with the complexities of aging and special needs. Call the experts to help.

Advocacy  
Facilitating and Support  
Life Management  
Medication Reviews Guardianship  
Monitoring and Much More

Select Life  
Management

Total Solutions For Elder Care

(918) 935-2020

www.selectlifemanagement.com  
9717 E. 42nd St., Ste. 220 • Tulsa



## LIFE's Case Management

5950 E. 31st St. • Tulsa, OK 74135  
(918) 664-9000 • Fax (918) 664-9922

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 supports for family caregivers. LIFE provides three types of case management services:

### LIFE's ADvantage Case Management **See Our Ad On Page 155, 177**

For frail seniors and adults with disabilities who are at-risk for nursing home care and who meet the medical and financial guidelines for Oklahoma's ADvantage program. For more information, see "Helping Seniors Remain at Home with the ADvantage Program" on page 32. ADvantage case managers help the individual remain at home by coordinating a variety of in-home and community-based services and informal supports. Services provided by the ADvantage Program may include personal care, homemaker/chore services, in-home nursing care, durable medical equipment, incontinence, ostomy and diabetic supplies, nutritional supplements, respite care, adult day services and others. LIFE provides ADvantage case management services in Creek, Okmulgee, Osage, Pawnee, Rogers, Tulsa and Wagoner Counties.

### LIFE's Care Management

A care manager assists individuals and caregivers by coordinating services and providing ongoing assessments to insure that care recipients have the services needed to remain independent and safe at home. For long-distance caregivers, the care manager can be the "go-to person" locally to address new issues as they arise. Our goal is to support independence, dignity and quality of life. This is a fee-based service.

### LIFE's Independent Case Management **See Our Ad On Page 83**

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

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

3275 W. Ina Rd., Ste. 130 • Tucson, AZ 85741  
(520) 881-8008 • Fax (520) 325-7925 • www.caremanager.org  
Offers referrals to independent care managers throughout the U.S.

## OU Nursing – Life Stage Solutions

2220 N. Classen Blvd., Ste. A • Oklahoma City, OK 73106  
(866) 416-4980 toll-free • www.oulifestagesolutions.com  
Provides professional in-home assessment, care coordination, care management and support services. Private fee-based.

## Tulsa Day Center for the Homeless

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 and locked storage. Free nurses clinic onsite. Call for availability.

## CHEMICAL and SUBSTANCE ABUSE

For complete listings see the Mental Health, Behavioral Health and Counseling Services Section, page 222.

## CONSUMER INFORMATION

### Better Business Bureau of Tulsa, Inc.

1722 S. Carson Ave., Ste. 3200 • Tulsa, OK 74119  
(918) 492-1266 (24 hours) • Fax (918) 492-1276  
www.tulsabbb.org

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

### Consumer Protection Unit – Office of the Attorney General

313 N.E. 21st St. • Oklahoma City, OK 73105  
(918) 581-2885 • (405) 521-3921 • www.oag.state.ok.us

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

### Crime Prevention Network

2121 S. Columbia Ave., LL8 • Tulsa, OK 74114  
(918) 585-5209 • Fax (918) 585-1015 • www.okcpn.org

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

### DMA Mail Preference Service

(212) 768-7277, ext. 1888 • www.dmachoice.org  
Allows you to opt out of receiving unsolicited commercial mail and email from many national companies for five years. To register, go to the website or mail your request with a \$1 processing fee to:  
DMAchoice • Direct Marketing Association  
P.O. Box 643 • Carmel, NY 10512

### Do Not Call Registry

(888) 382-1222 toll-free • www.donotcall.gov  
Gives you an opportunity to limit the telemarketing calls you receive. Once you register your phone number, telemarketers covered by the National Do Not Call Registry have up to 31 days from the date you register to stop calling you. Registration of your landline or mobile phone number is free. You must call the number listed above from the phone you would like to register.

### Medicare Assistance Program (MAP) –

#### Oklahoma Insurance Department

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

#### Locations:

##### Northeastern Oklahoma



Medicare Assistance Program at LIFE Senior Services  
5950 E. 31st St. • Tulsa, OK 74135 **See Our Ad On Page 205**  
(918) 664-9000 • (866) 664-9009 toll-free

*continued*

### State-wide

Five Corporate Plaza  
3625 N.W. 56th St., Ste. 100 • Oklahoma City, OK 73112  
(800) 763-2828 toll-free • www.ok.gov/oid

### Oklahoma Corporation Commission

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

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

### Oklahoma Insurance Department – **See Our Ad On Page 11**

#### Consumer Assistance/Claims Division

(405) 521-2828 • (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.

## CRISIS INTERVENTION

See also ABUSE INFORMATION and REPORTING, page 180.

### 2-1-1 Helpline

Dial 211 or (918) 836-HELP (4357) • (877) 836-2111  
Fax (918) 295-7721  
www.211tulsa.org • www.csctulsa.org

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

### Adult Protective Services (APS)

Department of Human Services  
24-Hour Hotline: (800) 522-3511 toll-free  
See complete listing at ABUSE INFORMATION and REPORTING, page 180.

### Ann Patterson Dooley Family Safety Center

3010 S. Harvard Ave., Ste. 200 • Tulsa, OK 74114  
(918) 742-7480 • www.fsctulsa.org  
See complete listing at ABUSE INFORMATION and REPORTING, page 180.

### Call Rape, Inc. (DVIS)

4300 S. Harvard Ave. • Tulsa, OK 74135  
Crisis Line: (918)-7HELPME (743-5763) • www.dvis.org  
See complete listing at ABUSE INFORMATION and REPORTING, page 180.

### COPES at Family and Children's Services

Tulsa, OK 74114  
(918) 744-4800 • Fax (918) 749-7777 • www.fcsok.org  
See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 224.

### Counseling and Recovery Services of Oklahoma

7010 S. Yale Ave., Ste. 215 • Tulsa, OK 74136  
(918) 492-2554 • Fax (918) 494-9870 • www.crsok.org  
See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 224.

### **National Suicide Prevention Hotline**

24-Hour Hotline: (800) 273-TALK (8255) toll-free  
TTY: (800) 799-4889 • [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
Call for yourself or about someone for whom you care. Call is free and confidential.

### **Osage Nation Counseling Center**

126 E. 6th St. • Pawhuska, OK 74056  
24-Hour Crisis Line: (866) 897-4747 toll-free  
(918) 287-5422 • [www.osage-tribe.com](http://www.osage-tribe.com)  
Offers crisis intervention, information and referral services for Osage County. Monday through Friday, 8 a.m. to 4:30 p.m.  
Closed all national holidays.

### **Parkside Psychiatric Hospital and Clinic**

1620 E. 12th St. • Tulsa, OK 74120  
24-Hour Crisis Line: (918) 588-8888 • [www.parksideinc.org](http://www.parksideinc.org)  
See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 227.

### **Safeline**

24-Hour Help Line: (800) 522-7233 toll-free  
Safeline is the Department of Mental Health's 24-hour toll-free phone line, providing information on domestic violence and sexual assault. Callers may receive referral to crisis intervention and shelter services, obtain information on filing a victim protective order and learn about their rights. All calls are free and confidential.

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

2323 S. Harvard Ave. • Tulsa, OK 74114  
24-Hour Crisis Line: (918) 293-2100 • [www.odmhsas.org](http://www.odmhsas.org)  
See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 228.

## **DEATH BENEFITS and INFORMATION**

### **Department of Veterans Affairs – Burial Benefits**

125 S. Main St. • Muskogee, OK 74401  
(800) 827-1000 toll-free • [www.va.gov](http://www.va.gov)  
Offers limited financial assistance for burial expenses to eligible veterans and spouses.

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

James O. Goodwin Health Center  
5051 S. 129th E. Ave. • Tulsa, OK 74143  
(918) 594-4840 • Fax (918) 594-4868 • [www.health.ok.gov](http://www.health.ok.gov)  
Contact for birth certificates (\$15) and death certificates (\$15). Monday through Friday, 8:30 a.m. to 4 p.m. Must show ID and proof of relationship when purchasing certificates. To receive certificate by mail, write to the address listed above or Vital Records Service, 1000 N.E. 10th St., Oklahoma City, OK 73117.

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

621 Grandview Ave. • Pawhuska, OK 74056  
(918) 287-5662 • [www.osage-tribe.com](http://www.osage-tribe.com)  
Must complete an application within 30 days of death.

### **Social Security Administration**

4750 S. Garnett Rd. • Tulsa, OK 74146  
Tulsa: (866) 931-7106 toll-free  
National: (800) 772-1213 toll-free • TTY: (800) 325-0778 toll-free  
[www.socialsecurity.gov](http://www.socialsecurity.gov)  
Following the death of a worker who has paid into Social Security, a lump sum death benefit may be paid to the surviving spouse or child(ren) who meet requirements.

### **Tulsa County Social Services**

2401 Charles Page Blvd. • Tulsa, OK 74127  
(918) 596-5560 • Fax (918) 596-5568 • [www.tulsacounty.org](http://www.tulsacounty.org)  
Burial/cremation information available. Restricted services provided. Must meet financial guidelines. Must have died in Tulsa County.

## **DENTAL CARE**

### **Catholic Charities – Dental Clinic**

2450 N. Harvard Ave. • Tulsa, OK 74115  
(918) 508-7191 • Fax (918) 582-2123 • [www.catholiccharitiestulsa.org](http://www.catholiccharitiestulsa.org)  
Free services to people who are unable to afford dental care. Tuesdays only.

### **D-Dent**

(800) 522-9510 toll-free • (405) 424-8092 • [www.d-dentok.org](http://www.d-dentok.org)  
Offers free dental care for people age 60 or over and people with developmental disabilities. Preventative dental education program. Must meet financial guidelines. Call to verify application availability.

### **Eastern Oklahoma Donated Dental Services**

3741 S. Peoria Ave. • Tulsa, OK 74105  
(918) 742-5544 • Fax (918) 742-5545 • [www.codds.org](http://www.codds.org)  
Offers free, comprehensive dental services to low-income individuals who are age 65 or older or who have a disability. Must meet financial guidelines. No walk-ins. Applications accepted through mail only.

### **Indian Health Care Resource Center**

550 S. Peoria Ave. • Tulsa, OK 74120  
(918) 588-1900 • Fax (918) 582-6405 • [www.ihcrc.org](http://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. Sliding fee scale.

### **Koweta Indian Health Facility**

31870 E. State Hwy. 51 • Coweta, OK 74429  
(918) 279-3200  
Medical, dental, eye care and behavioral health services for Native Americans. Must have CDIB card. Eligibility guidelines apply.

**Morton Comprehensive Health Services –  
Dental Department**

1334 N. Lansing Ave. • Tulsa, OK 74106  
(918) 587-2171 • Fax (918) 587-2173 • www.mortonhealth.org  
Offers general dental care. Emergency services for pain and infection available. Morton Health Services patients given preference. JCAHO accredited. Walk-in appointments available Monday through Saturday. Sliding fee scale.

**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 215.

**Sapulpa Indian Health Center**

1125 E. Cleveland Ave. • Sapulpa, OK 74066  
(918) 224-9310 • Fax (918) 224-9314 • www.muscogeanation-nsn.gov  
Offers dental services, including oral check-ups, instructions, fillings, sealants, extractions and gum treatment. Must be a citizen of a federally-recognized tribe or have a CDIB card. SoonerCare, Medicare, Medicaid and insurance accepted.

**Tulsa Community College Dental Hygiene Program**

909 S. Boston Ave. • Tulsa, OK 74119  
(918) 595-7022 • Fax (918) 595-8300  
Offers complete dental exams, cleaning, fluoride treatments, x-rays, sealants and oral health education at very low cost. Services performed by TCC dental hygiene program students, closely supervised by a dental hygiene professional. Exam/cleaning/fluoride treatment: \$5. September through April only.

## DISABILITY SERVICES

See also HEARING and SPEECH SERVICES, page 193; VISION SERVICES, page 219; VEHICLE ADAPTIVE DEVICES, page 175.

**Ability Resources**

823 S. Detroit Ave., Ste. 110 • Tulsa, OK 74120  
(918) 592-1235 • (800) 722-0886 toll-free • Fax (918) 592-5651  
www.ability-resources.org  
Serving people with disabilities who live in Creek, Osage, Rogers, Tulsa and Wagoner Counties. Services include information and referral; professional and peer counseling; independent skills training; travel training; information about rights of people who have disabilities; community outreach, advocacy and education; assistance finding equipment and assistive devices; nursing home transition program; and ADvantage case management. No eligible person denied service.

**ABLE Tech at Oklahoma State University**

1514 W. Hall of Fame • Stillwater, OK 74078  
(405) 744-9748 • (888) 885-5588 toll-free • Fax (405) 744-2487  
Toll-Free TTY: (800) 257-1705  
www.ok.gov/abletech/  
See complete listing at MEDICAL EQUIPMENT and ASSISTIVE TECHNOLOGY, page 200.

**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.

**Communication Service for the Deaf (CSD)**

Toll-free TTY: (866) 273-3323 • (800)642-6410  
Videophone: (605) 496-0738 • Fax (605) 367-5958  
www.c-s-d.org  
Offers advocacy, education and awareness. Promotes a safe and positive environment for people who are deaf or hard-of-hearing and their communities. Offers technical assistance, qualified interpreters, video interpreting online, Deaf Culture Awareness training, sign language and TTY training to all service providers, the court system, medical providers, legal services and state agencies working with people who are deaf or hard-of-hearing.

**Department of Human Rights**

City Hall at One Technology Center  
175 E. 2nd St., Ste. 675 • Tulsa, OK 74103  
(918) 596-7818 • Fax (918) 596-7826 • Spanish: (918) 596-7837  
www.cityoftulsa.org  
Offers handicapped parking permit applications and information. Permits are issued by the Department of Public Safety.

**Department of Rehabilitation Services – Visual Services**

907 S. Detroit Ave., Ste 500 • Tulsa, OK 74120  
(918) 551-4900 • TTY: (918) 551-4933  
Information Line: (800) 829-3255 toll-free  
www.okdrs.gov  
For other DVR offices, schools or facilities,  
call (800) 487-4042 toll-free.  
See complete listing at VISION SERVICES, page 219.

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

444 S. Houston Ave., Ste. 200 • Tulsa, OK 74127  
Voice/TTY: (918) 581-2301 • www.okdrs.gov  
For other DVR offices, schools or facilities,  
call (800) 487-4042 toll-free.  
Offers services for people who have disabilities, including evaluation, training, job placement, restorative services, counseling and guidance, assistive devices, information and referral. Limited transportation and health care services. Serving people age 16 or older. Some financial guidelines may apply.  
Additional Services  
**Deaf Services**  
8740 E. 11th St., Ste. F • Tulsa, OK 74112  
(918) 836-5556

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

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

**Oklahoma Disability Law Center**

Interim Plaza, 2828 E. 51st St., Ste. 302 • Tulsa, OK 74105  
Toll-Free Voice/TTY: (918) 743-6220 or (800) 226-5883  
Fax (918) 743-7157 • www.okdlc.org  
See complete listing at LEGAL SERVICES, page 198.

### **Oklahoma Highway Patrol**

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

#### *Locations*

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

### **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/TDD (405) 521-4672 • [www.library.state.ok.us](http://www.library.state.ok.us)

Free services for people who are visually impaired, have a learning disability or a physical limitation. Necessary equipment provided for books and magazines on tape or in Braille. Subscriptions to more than 250 newspapers, including the *Tulsa World*, *Daily Oklahoman*, *The New York Times* and *USA Today* are available. Free postage through the U.S. Postal Service.

### **Physical Disability Parking Permit –**

#### **Department of Public Safety**

3600 N. Martin Luther King Ave.

Oklahoma City, OK 73111-4223

Mail: P.O. Box 11415 • Oklahoma City, OK 73136

(405) 425-2403 • [www.dps.state.ok.us](http://www.dps.state.ok.us)

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

### **Social Security Disability**

Social Security Administration

4750 S. Garnett Rd. • Tulsa, OK 74146

Tulsa: (866) 931-7106 toll-free

National: (800) 772-1213 toll-free

TTY (800) 325-0778 toll-free • [www.socialsecurity.gov](http://www.socialsecurity.gov)

See complete listing at SOCIAL SECURITY INFORMATION, page 209.

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

2516 E. 71st St., Ste. A • Tulsa, OK 74136

(918) 582-8272 • (800) 688-8272 toll-free • Fax (918) 582-3628

[www.ddadvocacy.net](http://www.ddadvocacy.net)

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

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

2901 S. Harvard Rd. • Tulsa, OK 74114

(918) 549-7480 • [www.tulsalibrary.org](http://www.tulsalibrary.org)

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. Delivery to some retirement and senior living centers. Check with Library for list.

## **DRIVING ASSESSMENTS and RESOURCES**

See also GERIATRIC SPECIALISTS and ASSESSMENT on page 190.

### **AARP Driver Safety Program**

(877) 846-3299 toll-free • [www.aarp.org/drive](http://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.

### **Department of Public Safety**

P.O. Box 11415 • Oklahoma City, OK 73136

(405) 425-2424 • [www.dps.state.ok.us](http://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 retesting and/or cancellation of driver's license.

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

9810 E. 42nd St. S., Ste. 104 • Tulsa, OK 74146

(918) 622-4771 • (866) 622-4771 toll-free

[www.oksafety.org/defensivedriving.php](http://www.oksafety.org/defensivedriving.php)

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

## **EMPLOYMENT**

### **AARP Foundation Senior Community Service and Employment Program (SCSEP) of Tulsa**

4823 S. Sheridan Rd., Rm. 304 • Tulsa, OK 74145

(918) 621-4480 • Fax (918) 622-2690

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

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

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

444 S. Houston Ave., Ste. 200 • Tulsa, OK 74127

Voice/TTY: (918) 581-2301

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

*For other DVR 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, college or vocational training, information, etc.

#### *Additional Services*

#### **Deaf Services**

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

(918) 836-5556

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

240 E. Apache St. • Tulsa, OK 74106

(918) 584-0001 • [www.mtul.org](http://www.mtul.org)

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

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

909 S. Meridian Ave., Ste. 405 • Oklahoma City, OK 73108

(405) 951-9240 • Fax (405) 951-9232 • [www.nicoa.org](http://www.nicoa.org)

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

### **Senior Job Bank**

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

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

### **Single Parent/Displaced Homemaker Program at Tulsa Tech**

6111 E. Skelly Dr. • Tulsa, OK 74147

(918) 828-5000 • Fax (918) 828-5009 • [www.tulsatech.edu](http://www.tulsatech.edu)

Offers vocational and personal counseling and training for people suffering loss of support through divorce, separation, death or disability of a spouse.

### **Tulsa Works – Goodwill Industries of Tulsa**

2800 Southwest Blvd. • Tulsa, OK 74017

(918) 584-7291 • [www.goodwilltulsa.org](http://www.goodwilltulsa.org)

Career preparation and employment linked with family support assistance.

### **Workforce Oklahoma**

[www.workforce-ok.org](http://www.workforce-ok.org)

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

#### *Locations*

#### **Claremore**

810 N. Sioux Ave., 74017 • (918) 341-6633 • Fax (918) 341-7723

#### **Muskogee**

717 S. 32nd St., 74401 • (918) 682-3364 • Fax (918) 682-4311

#### **Okmulgee**

1801 E. 4th, 74447 • (918) 756-5791 • Fax (918) 756-0937

#### **Sand Springs**

401 E. Broadway St., Ste. B1, 74063 • (918) 245-9544

Fax (918) 245-9566

#### **Sapulpa**

1700 S. Main St., 74066 • (918) 224-9430 • Fax (918) 227-2859

#### **Tulsa Eastgate**

14002 E. 21st St., Ste. 1030, 74134 • (918) 796-1200

Fax (918) 796-1313

#### **Tulsa Skyline**

6128 E. 38th St., Ste. 405, 74135 • (918) 384-2300

Fax (918) 384-2310

## **FINANCIAL INFORMATION and REFERRAL**

See also URGENT and BASIC NEEDS, page 215.

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

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

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

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

#### *Locations*

#### **Broken Arrow**

317 S. Main St., 74012

#### **Sapulpa**

19 N. Main St., 74066

#### **Tulsa**

4646 S. Harvard Ave., 74135

### **Department of Human Services**

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

Programs include Aid to the Aged, Blind and Disabled; ADvantage Program; adult day services; Supplemental Nutrition Assistance Program (SNAP); nursing home care; and QMB, SLMB and QI. See complete listing at MEDICAID INFORMATION, page 199.

### **Department of Veterans Affairs**

Muskogee Regional Office

125 S. Main St. • Muskogee, OK 74401

(918) 781-7600 • (800) 827-1000 toll-free • [www.va.gov](http://www.va.gov)

See complete listing at VETERANS SERVICES, page 218.

### **National Active and Retired Federal Employees Association (NARFE)**

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

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

### **Reverse Mortgages**

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

*To talk with HUD/FHA Approved Counselors, call:*

Consumer Credit Counseling Service of Oklahoma  
(918) 744-5611

### **Social Security Administration**

4750 S. Garnett Rd. • Tulsa, OK 74146

(866) 931-7106 • (800) 772-1213

TTY: (800) 325-0778 toll-free • [www.socialsecurity.gov](http://www.socialsecurity.gov)

See complete listing at SOCIAL SECURITY INFORMATION, page 209.

# GERIATRIC SPECIALISTS and ASSESSMENT

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

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

(918) 760-9141

Clinical nurse specialist, board-certified in geriatric nursing.  
Collaborative APRN/Physician community group. Call for details.

## **B. Eric Blackwell, DO**

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

## **John Carment, MD**

OU Physicians – Geriatrics • 4444 E. 41st St. • Tulsa, OK 74135  
(918) 619-4400 • <http://tulsa.ou.edu/docs>

## **David Duncan, MD**

5505 E. 51st St., Ste. 100 • Tulsa, OK 74135  
(918) 270-1115 • Fax (918) 270-1194

## **Elder Care of Washington County**

W.R. Bohon Senior Health Clinic  
1223 Swan Dr. • Bartlesville, OK 74006  
(918) 336-8500 • (855) 336-8500 toll-free • Fax (918) 336-8519  
[www.abouteldercare.org](http://www.abouteldercare.org)

Provides geriatric and primary care services.

## **Elite Medical Clinic**

### **Vishal Aggarwal, MD**

### **Pallavi Agarwal, MD**

1725 E. 19th St., Ste. 202 • Tulsa, OK 74104  
(918) 742-4900 • Fax (918) 742-4901  
[www.elitemedicalclinic.com](http://www.elitemedicalclinic.com)

## **Michael Foster, MD**

Harvard Family Physicians • 7912 E. 31st Ct. • Tulsa, OK 74145  
(918) 743-8200 • Fax (918) 749-8207

## **Ron Gann, DO**

Utica Park Clinic  
10512 N. 110th E. Ave., Ste. 300 • Owasso, OK 74055  
(918) 376-8900 • (866) 641-3627

## **Terence E. Grewe, DO**

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

## **Charles Hill, MD**

Geriatric Psychiatrist • 1705 E. 19th St., Ste. 510 • Tulsa, OK 74104  
(918) 748-7660

## **Hillcrest Hospital – Claremore • Senior Care**

1202 N. Muskogee Pl. • Claremore, OK 74017  
Senior Care Support Line: (918) 341-9373 • Fax (918) 342-7849  
[www.hillcrestclaremore.com](http://www.hillcrestclaremore.com)

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

## **Insung Kim, MD, FACP**

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

## **Sarah Land, DO - Psychiatrist**

Mind Spa • 3314 E. 46th St., Ste. 200 • Tulsa, OK 74135  
(918) 645-5400 • Fax (918) 591-2511

## **Laureate Psychiatric Hospital and Clinic –**

### **Older Adult Services Psychiatrists**

### **Patricia Costner, DO**

### **Heather Hall, MD**

### **Jim McAdams, DO**

### **Elise White, BSN**

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

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

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

## **Robert G. Niebergall, MD**

800 W. Boise Cir., Ste. 160 • Broken Arrow, OK 74012  
(918) 994-9160 • Fax (918) 293-3169

## **OU Physicians Internal Medicine and Family Medicine**

Schusterman Center Clinic • 4444 E. 41st St. • Tulsa, OK 74135  
(918) 619-4400

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

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

## **Senior Outpatient Services at Wagoner Community Hospital**

1200 W. Cherokee St. • Wagoner, OK 74467  
(918) 485-1397 • Fax (918) 485-5519

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

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

## **Chandini Sharma, MD**

Geriatric Center of Tulsa • 2025 E. 71st St. • Tulsa, OK 74136  
(918) 561-6642 • Fax (918) 561-6647

## **Strength of Mind**

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

Offers in-office psychiatry services, as well as tele-psychiatry service to patients in rural areas, including Cleveland, Eufala, Idabel and Muskogee.

### *Additional Location*

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

## **Christopher A. Taylor, DO**

Elder Care • Bohon Senior Health Clinic  
1223 Swan Dr. • Bartlesville, OK 74006  
(918) 336-8500 • (855) 336-8500, ext. 134

### **John Tipton, MD**

OU Physicians – Family Medicine  
1111 S. St. Louis Ave. • Tulsa, OK 74120  
(918) 619-4600 • Fax (918) 619-4696

### **Julia Warnock, MD**

OU Physicians – Geriatric Psychiatrist  
4502 E. 41st St. • Tulsa, OK 74135  
(918) 660-3115 • (918) 619-4400

### **Gerald Wootan, DO**

715 W. Main St., Ste. S • Jenks, OK 74037  
(918) 299-9447 • Fax (918) 299-5325

## **GRANDPARENTS RAISING GRANDCHILDREN**

### **AARP Grandparent Information Center**

601 E. St., NW • Washington, DC 20049  
(888) 687-2277 toll-free • TTY: (877) 434-7598

### **Grandparents Raising Grandchildren Support Group**

Asbury United Methodist Church  
6767 S. Mingo Rd. • Tulsa, OK 74133 • (918) 492-1771  
Meets first and third Tuesdays, 6:30 to 8:30 p.m. Childcare provided at no charge.

### **Oxford HealthCare – [See Our Ad On Page 157](#)**

#### **Community Care Division**

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

Oxford respite vouchers available to help grandparents purchase child care/respite care in Creek, Osage and Tulsa Counties. Funded by an Older Americans Act grant through the INCOG Area Agency on Aging. Donations accepted.

## **GRIEF RECOVERY**

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

### **Grace Hospice Foundation**

P.O. Box 35894 • Tulsa, OK 74153  
(918) 712-2800 • www.gracehospicefoundation.org  
Offers grief-related education and support groups.

### **Hospice of Green Country [See Our Ad On Page 165](#)**

1120 S. Boston Ave., Ste. 200 • Tulsa, OK 74119  
(918) 747-2273 • Fax (918) 747-2573  
www.hospiceofgreencountry.org  
Offers a variety of grief counseling workshops and presentations and often works with groups or businesses that have been stricken with multiple deaths.

### **The Tristesse Grief Center**

3930 E. 31st St. • Tulsa, OK 74135  
(918) 587-1200 • www.thegriefcenter.org  
Offers individual and group grief support services. Special programs for grieving adults, teens and children to help them discover healthy ways to express grief effectively and develop coping skills to feel supported and less isolated. Sliding fee scale.

## **HEALTH-RELATED ORGANIZATIONS**

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

2448 E. 81st St., Ste. 3000, City Plex Towers • Tulsa, OK 74137  
(918) 392-5000 • (800) 272-3900 toll-free [See Our Ad On Page 109](#)  
www.alz.org/oklahoma

See complete listing at ALZHEIMER'S DISEASE and DEMENTIA SUPPORT, page 182.

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

7910 Woodmont Ave., Ste. 1050 • Bethesda, MD 20814  
(301) 654-7850 • Fax (301) 654-4137 • www.aagponline.org  
The AAGP works to improve the mental health and well-being of older people.

### **American Cancer Society**

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

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

### **American Diabetes Association**

6600 S. Yale Ave., Ste. 1310 • Tulsa, OK 74136-3346  
(918) 492-3839 • Fax (918) 492-4262  
Information Line: (800) DIABETES (342-2383) toll-free  
www.diabetes.org

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

### **American Heart Association**

2227 E. Skelly Dr. • Tulsa, OK 74105  
(918) 712-4000 • www.americanheart.org  
Offers community education and awareness programs, educational materials, support group referrals, referrals to CPR classes and the PAD (Public Access to Defibrillation) Program. Collaborates with the Mended Hearts support group.

### **American Lung Association**

1010 E. 8th St. • Tulsa, OK 74120  
(918) 747-3441 • Fax (918) 747-4629  
www.lung.org  
Offers adult smoking cessation programs; asthma education and screenings; community education, information and referrals; support groups; and indoor air quality education.

### **American Parkinson's Disease Association Information and Referral Center Oklahoma/Southern Kansas**

P.O. Box 3113 • Broken Arrow, OK 74013  
(918) 747-3747 • www.apdaparkinson.org  
Offers educational booklets and videos and information on Parkinson's disease. Community education, physician referral and support groups.

### **American Red Cross**

10151 E. 11th St. • Tulsa, OK 74128  
(918) 831-1100 • (800) 364-4450 toll-free • [www.tulsaredcross.org](http://www.tulsaredcross.org)  
Offers a variety of safety and health education and services, including disaster relief, blood collection and professional education and training.

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

575 Market St., Ste. 2100 • San Francisco, CA 94105  
(800) 537-9728 toll-free • Fax (415) 974-0300 • [www.asaging.org](http://www.asaging.org)  
ASA is a nonprofit organization providing information about medical and social practice, research and policies pertinent to the health of older people. This organization offers subscriptions to *Generations and Aging Today*, the Society's bi-monthly news magazine.

### **American Stroke Association**

2227 E. Skelly Dr. • Tulsa, OK 74105  
(918) 712-4000 • (888) 4STROKE (478-7653) toll-free  
[www.strokeassociation.org](http://www.strokeassociation.org)  
Offers information, education and referrals for stroke survivors and their families.

### **Arthritis Foundation, South Central Region**

710 W. Wilshire Blvd. • Oklahoma City, OK 73116  
(405) 936-3366 • (800) 400-4526 toll-free • [www.arthritis.org](http://www.arthritis.org)  
Offers aquatic and land-based programs that provide group exercise classes under the guidance of Arthritis Foundation-trained and certified instructors, Arthritis Foundation Self-Help programs, support and education groups, professional education and physician referral. Monday through Thursday, 8:30 a.m. to 5 p.m.; Friday, 8:30 a.m. to 3 p.m.

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

1600 Clifton Rd. • Atlanta, GA 30333  
(800) 232-4636 toll-free • [www.cdc.gov](http://www.cdc.gov)  
The CDC is part of the Federal Government's lead agency for protecting the health and safety of people at home or abroad. The CDC produces fact sheets that help people make informed decisions about their health.

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

TTY: (866) 273-3323 toll-free • Voice/TTY: (800) 642-6410  
Videophone: (605) 496-0738 • Fax (605) 367-5958  
[www.c-s-d.org](http://www.c-s-d.org)  
See listing in HEARING AND SPEECH SERVICES, page 193.

### **Leukemia and Lymphoma Society**

500 N. Broadway Ave., Ste. 250 • Oklahoma City, OK 73102  
(405) 943-8888 • (800) 955-4572 toll-free • [www.lls.org](http://www.lls.org)  
Offers educational programs and support groups. Patient financial assistance with certain out-of-pocket treatment-related expenses for anyone who has a blood-related cancer diagnosis.

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

3017 N. Stiles Ave., Ste. 203 • Oklahoma City, OK 73105  
(405) 225-7510 • Fax (405) 225-7518 • [www.oklupus.org](http://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.

### **Mesothelioma Applied Research Foundation**

1317 King St. • Alexandria, VA 22314  
(877) 363-6376 • Fax (703) 299-0399 • [www.curemeso.org](http://www.curemeso.org)  
The Mesothelioma Applied Research Foundation (Meso Foundation) is a nonprofit collaboration of patients and families, physicians, advocates and researchers dedicated to eradicating mesothelioma. The website provides information on the disease, treatment, research, volunteer opportunities and educational resources.

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

5840 S. Memorial Dr., Ste. 307 • Tulsa, OK 74145  
(918) 749-7997 • (800) 572-1717 toll-free (National Office)  
[www.mdausa.org](http://www.mdausa.org)  
Outpatient clinic in Oklahoma City provides diagnostic evaluations, including biopsy, electromyogram, lab tests and x-rays for adults. Call Tulsa office for referral.

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

4606 E. 67th St., Ste. 100 • Tulsa, OK 74136  
(918) 494-4951 • (800) 541-5454 toll-free  
[www.myasthenia.org](http://www.myasthenia.org)  
Offers educational materials, support groups, referral services and indigent patient assistance.

### **National Association for Continence**

P.O. Box 1019 • Charleston, SC 29402  
(843) 377-0900 • (800) 252-3337 toll-free • [www.nafc.org](http://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](http://www.cancer.gov)  
A free public service providing the latest, most accurate information on cancer.

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

31 Center Dr., MSC 2292, Bldg. 31, Rm. 5C27 • Bethesda, MD 20892  
Toll-free: (800) 222-2225 • TTY: (800) 222-4225  
[www.nia.nih.gov](http://www.nia.nih.gov)  
Supports research on aging and develops and distributes publications on health-related aging issues.

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

10600 S. Pennsylvania Ave., Ste. 16-144  
Oklahoma City, OK 73170  
(800) 622-9010 toll-free • [www.kidney.org](http://www.kidney.org)  
Offers emergency financial assistance to dialysis and transplant patients and their families. Reimbursement program available to assist with medical expenses, including prescription drugs and nutritional supplements. Also provides education and support activities.

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

(888) 346-3656 toll-free • Fax (301) 402-1384  
[www.nlm.nih.gov](http://www.nlm.nih.gov)  
Offers access to the world's largest medical library on the Internet or through interlibrary loan requests.

### National Multiple Sclerosis Society, Oklahoma Chapter

4606 E. 67th St., Bldg. 7, Ste. 103 • Tulsa, OK 74136  
(918) 488-0882 • (800) 344-4867 toll-free (National Chapter)  
www.nationalmssociety.org

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

### National Osteoporosis Foundation

1150 17th St. NW, Ste. 850 • Washington, DC 20036  
(800) 231-4222 toll-free • Fax (202) 223-2237 • www.nof.org

### National Stroke Association

9707 E. Easter Ln., Ste. B • Centennial, CO 80112  
(800) 787-6537 toll-free • www.stroke.org

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

#### (Center for AIDS Resources, Education and Support)

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

### Willis-Ekbom Disease Foundation

1530 Greenview Dr. SW, Ste. 210 • Rochester, MN 55902  
(507) 287-6465 • Fax (507) 287-6312 • www.willis-ekbom.org  
Willis-Ekbom Disease, formerly Restless Leg Syndrome  
Foundation is a nonprofit agency that provides information  
about Restless Legs Syndrome. It develops support groups and  
seeks to find better treatments and a definitive cure.

## HEARING and SPEECH SERVICES

### ABLE Tech at Oklahoma State University

1514 W. Hall of Fame • Stillwater, OK 74078  
(405) 744-9748 • Fax (405) 744-2487  
Voice/TTY: (800) 257-1705 toll-free  
www.okabletech.okstate.edu

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.

### American Tinnitus Association (ATA)

522 S.W. Fifth Ave., Ste. 825 • Portland, OR 97204  
(800) 634-8978 toll-free • Fax (503) 248-0024 • www.ata.org

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

# Trouble HEARING? on the Phone



www.oklahomarelay.com



Captioned Telephone service from Oklahoma CapTel offers the ability for anyone with hearing loss to communicate on the telephone independently.

**LISTEN, READ and RESPOND** to your callers with ease on the CapTel® phone!

### FEATURES:

- Built-in answering machine with captions
- Large 7" screen with easy-to-read captions
- One-touch button to reach customer service

### FOR MORE INFORMATION ABOUT THE SERVICE OR TO GET A CAPTEL PHONE, CONTACT:

- Oklahoma Relay/CapTel Customer Service
- 888.269.7477 (CapTel/TTY/Voice)
- 866-670-9134 (Espanol)
- 608-204-6167 (Fax)
- Captel@captel.com (Email)

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

2820 E. 5th St. • Tulsa, OK 74104

Mail: 800 Tucker Dr. • Tulsa, OK 74104

(918) 631-2504 • Fax (918) 631-3668 • [www.cas.utulsa.edu/commdis/](http://www.cas.utulsa.edu/commdis/)

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

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

Toll-free: TTY (866) 273-3323 • Voice/TTY: (800) 642-6410

Videophone: (605) 496-0738 • Fax (605) 367-5958

[www.c-s-d.org](http://www.c-s-d.org)

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

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

Voice/TTY: (918) 581-2301 • [www.okdrs.org](http://www.okdrs.org)

Serving people age 16 or older who are deaf or hard-of-hearing and have other disabilities. Some financial guidelines may apply. See complete listing at DISABILITY SERVICES, page 187.

### **Hearing Loss Association of America**

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

(301) 657-2248 • Fax (301) 913-9413 • [www.hearingloss.org](http://www.hearingloss.org)

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

### **Relay Oklahoma** See Our Ad On Page 193

(501) 221-1285 • Fax (501) 221-3241

Toll-free: (800) 676-3777 • Spanish (800) 676-4290

Dial 711 to use Relay Oklahoma • [www.oklahomarelay.com](http://www.oklahomarelay.com)

Relay Oklahoma Service is a free service that provides full telephone accessibility to people who are deaf, hard-of-hearing, deaf-blind or have a speech disability. A service that allows text-telephone, CapTel, Voice Carry-Over, Hearing Carry-Over, and Speech-to-Speech users to communicate with standard telephone users through specially-trained relay operators. Available 24 hours a day, 365 days a year, at no cost. All calls are strictly confidential and no records of any conversation are maintained.

### **Senior Citizens Hearing Aid Project**

Oklahoma School for the Deaf

1100 E. Oklahoma St. • Sulphur, OK 73086

Voice/TTY: (866) 309-1717 toll-free • Fax (580) 622-5850

Videophone: (580) 622-4504 • [www.okrehab.org](http://www.okrehab.org)

Hearing aid assistance for individuals 60 or older with limited incomes - other eligible income requirements apply. This project is administered by the Oklahoma School for the Deaf in the Department of Rehabilitation Services.

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

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

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

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

Provides one reconditioned hearing aid to underserved populations. \$50 fee, waiver may be requested. Joint program of Sertoma Club of Tulsa and TSHA. Applications available in-person or online.

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

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

(888) 311-3523 toll-free

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

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

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

## **HOME CARE SERVICES**

See comprehensive listing of HOME CARE AGENCIES on page 138.

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

707 W. Lowry Rd., Ste. 103 • Claremore, OK 74017

(918) 341-5000 • [www.cardcaa.org](http://www.cardcaa.org)

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

### **Department of Human Services**

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

Services provided through the ADvantage program and the State Plan Personal Care. See complete listing at MEDICAID INFORMATION, page 199.

### **Home Health Compare**

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

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

### **Oxford HealthCare** – See Our Ad On Page 157

#### **Community Care Division**

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

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

[www.oxford-healthcare.com](http://www.oxford-healthcare.com)

Offers homemaker services (light housekeeping, errands and laundry assistance) in Creek, Osage and Tulsa Counties. Must be age 60 or older and have physical limitations that interfere with the ability to conduct the requested service.

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

7875 E. 51st St. • Tulsa, OK 74145 See Our Ad On Page 151

(918) 743-9810 • [www.vnaok.org](http://www.vnaok.org)

Through the Visiting Nurse Program, VNA offers skilled nursing care at a reduced rate for people who meet financial guidelines.

# HOUSING REPAIR ASSISTANCE

Some organizations offer home repair and yard maintenance services.

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

707 W. Lowry Rd., Ste. 103 • Claremore, OK 74017  
(918) 341-5000  
www.cardcaa.org

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

## Deep Fork Community Action

223 W. 6th St. • Okmulgee, OK 74447  
(918) 756-2826 • Fax (918) 756-6829  
www.deepforkcommunityaction.org

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

## Housing Authority of the Cherokee Nation

1500 Hensley Dr. • Tahlequah, OK 74465  
(918) 456-5482  
http://housing.cherokee.org

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

## Muscogee (Creek) Nation Housing Division

2951 N. Wood Dr. • Okmulgee, OK 74447  
(918) 549-2500 • (800) 482-1979 toll-free  
www.creeknationhousing.org

Offers land purchase assistance for home construction, home construction on private land, home repairs and low-rent units in selected communities. See complete listing at HOUSING SERVICES, page 195.

## Neighbor for Neighbor, Inc.

505 E. 36th St. N. • Tulsa, OK 74106  
(918) 425-5578  
www.neighborforneighbor.org

Repairs homes owned by seniors or people who have a disability and do not have the funds to pay for their own projects. Loans money for materials and families pay back in small installments. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 215.

## Rebuilding Together – Tulsa

P.O. Box 52201 • Tulsa, OK 74152  
(918) 742-6241  
www.rebuildingtogethertulsa.org

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

(918) 664-9000

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

(405) 742-1070 • www.rurdev.usda.gov/ok

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

## Working in Neighborhoods

City Hall at One Technology Center  
175 E. 2nd St. • Tulsa, OK 74103  
(918) 576-5552  
www.cityoftulsa.org

The Working in Neighborhoods Department (WIN) promotes community education, develops and sustains private-public partnerships that enhance public safety and healthy-living within neighborhood environments, while improving the quality of life in the City of Tulsa.

# HOUSING SERVICES

A comprehensive listing of housing options begins on page 60. For additional information, see URGENT and BASIC NEEDS, page 215.

## Bristow Housing Authority

1110 S. Chestnut St. • Bristow, OK 74010  
(918) 367-5558

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

## Catholic Charities

2450 N. Harvard Ave. • Tulsa, OK 74133  
(918) 508-7146 • www.catholiccharitiestulsa.org

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

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

2 W. 2nd St., Ste. 400 • Williams Center Tower II • Tulsa, OK 74103  
(918) 292-8900 • Fax (918) 292-8993 • www.hud.gov

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

## Housing Authority of the Cherokee Nation

1500 Hensley Dr. • Tahlequah, OK 74465  
(918) 456-5482 • http://housing.cherokee.org

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

## Housing Authority of Osage County

200 Atlantic Field Rd. • Pawhuska, OK 74056  
(918) 287-2278 • (918) 287-2270 • www.haosagecounty.org  
Manages duplexes for low-income individuals who live in Osage County.

## Mental Health Association in Tulsa

1870 S. Boulder Ave. • Tulsa, OK 74119

(918) 585-1213 • Fax (918) 585-1263 • www.mhat.org

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

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

2951 N. Wood Dr. • Okmulgee, OK 74447  
(918) 549-2500 • (800) 482-1979 toll-free  
www.creeknationhousing.org

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

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

505 E. 36th St. N. • Tulsa, OK 74106  
(918) 425-5578 • www.neighborforneighbor.org

Offers home ownership program for low- and middle-income families. Circle Housing. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 215.

### **Oklahoma Housing Finance Agency**

100 N.W. 63rd St., Ste. 200 • Oklahoma City, OK 73116  
Mail: P.O. Box 26720 • Oklahoma City, OK 73126  
(405) 848-1144 • (800) 256-1489 toll-free  
www.ohfa.org

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

### **Tulsa Housing Authority**

415 E. Independence St. • Tulsa, OK 74106  
(918) 582-0021 • www.tulsahousing.org

Manages affordable housing in the Tulsa metropolitan area for seniors and/or people who have disabilities who meet financial guidelines. Offers programs and services to assist residents with maintaining housing and self-sufficiency, including information about and referrals to social service resources. See options in APARTMENTS/ INDEPENDENT LIVING, beginning on page 70.



### **Vintage Housing** See Our Ad On Page 71

Sooner Management Consultants  
(918) 485-8885 • www.LIFE-vintagehousing.org

Manages affordable housing for people age 62 or older who meet financial guidelines. Locations in Tulsa and surrounding communities.

## **INFORMATION, ASSISTANCE and REFERRAL**

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

Dial 211 or (918) 836-HELP (4357) • Fax (918) 295-7721  
www.211tulsa.org • www.csctulsa.org

For health and social services information, financial assistance, housing, counseling, health care and information on free and low-cost services offered by hundreds of agencies. 2-1-1 is a free, confidential service available 24 hours a day, everyday. Serving 37 Oklahoma counties.

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

Senior Info Line: (800) 211-2116 toll-free

Area Agencies on Aging provide information and referral assistance, resource directories, and coordinate or provide

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

#### *Locations*

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

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

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

**Areawide Aging Agency**  
4101 Perimeter Center Dr., Ste. 310  
Oklahoma City, OK 73112  
(405) 943-4344 • www.areawideaging.org

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

Association of South Central Oklahoma Governments (ASCOG)  
Area Agency on Aging • 802 Main St. • Duncan, OK 73534  
(580) 252-0595 • (800) 658-1466 toll-free  
Fax (580) 252-6170 • www.ascog.org

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

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

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

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

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

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

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

Kiamichi Economic Development District (KEDDO)  
Area Agency on Aging • 1002 Hwy. 2 N • Wilburton, OK 74578  
(918) 465-2367 • (800) 722-8180 toll-free  
Fax (918) 465-3873 • www.keddo.org

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

Long Term Care Authority of Enid Aging Services  
202 W. Broadway Ave., Ste. A • Enid, OK 73701 • (580) 237-2236

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

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

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

Southern Oklahoma Development Association (SODA)

Area Agency on Aging

2704 N. 1st St. • Durant, OK 74701

Mail: P.O. Box 709 • Durant, OK 74702

(580) 920-1388 • Fax (580) 920-1391 • www.soda-ok.org

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

South Western Oklahoma Development Authority (SWODA)

Area Agency on Aging • P.O. Box 569 • Burns Flat, OK 73624

(580) 562-4882 • (800) 627-4882 toll-free

Fax (580) 562-4880 • www.swoda.org

**BenefitsCheckUp**

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

www.BenefitsCheckUp.org

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

**City of Tulsa Customer Care Center**

(918) 596-2100 • www.cityoftulsa.org

City residents may call with concerns about municipal issues.

**Elder Care of Washington County**

1223 Swan Dr. • Bartlesville, OK 74006

(918) 336-8500 • (855) 335-8500 toll-free

www.abouteldercare.org

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

**Eldercare Locator (National)**

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

www.eldercare.gov

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

**Federal Government Telephone Information Services**

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

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

 **LIFE's SeniorLine Information and Resource Counseling** 

LIFE Senior Services • 5950 E. 31st St. • Tulsa, OK 74135  
(918) 664-9000 • (866) 664-9009 toll-free • Fax (918) 664-9922

www.LIFEseniorservices.org

SeniorLine – the first place to call – provides comprehensive and unbiased information, referrals, assistance and linkage to services. One call to SeniorLine puts seniors, adults with disabilities and their families in touch with hundreds of local, state and national programs, resources and services. Includes resource counseling and access to case management, behavioral health information, adult day services and other community-based and in-home services.



**LIFE's Vintage Newsmagazine**

5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000 • Fax (918) 664-9922



www.LIFEseniorservices.org

Award-winning, monthly newsmagazine published for 26 years by LIFE Senior Services. Offers information on issues and areas of interest to seniors, family members, caregivers and service providers.

**Owasso Community Resources**

109 N. Birch St., Ste. 109 • Owasso, OK 74055

(918) 272-4969 • www.owassohelps.org

Information on and referral to services in Collinsville and Owasso.

**Skiatook Family Resource Center**

123 S. Broadway St. • Skiatook, OK 74070 • (918) 396-4108

Offers information, counseling and referral to services in the Skiatook Lake area. Tuesday through Thursday, 10 a.m. to 2 p.m.

**Tulsa City-County Library Community Information**

1110 S. Denver Ave. • Tulsa, OK 74119

(918) 549-7323 • www.tulsalibrary.org

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

**YWCA Multicultural Center, Immigrant and Refugee Services**

8145 E. 17th St. • Tulsa, OK 74112

(918) 663-0377 • Spanish Helpline: (918) 663-0001

(800) 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.

## INSURANCE

**Employee Benefits Security Administration**

(866) 444-3272 toll-free • www.dol.gov/ebsa

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

**Medicare Assistance Program (MAP)**

Oklahoma Insurance Department

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

*Locations*

**Northeast Oklahoma**

Medicare Assistance Program at LIFE Senior Services

5950 E. 31st St. • Tulsa, OK 74135

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



State-wide  
Oklahoma Insurance Department  
Five Corporate Plaza  
3625 N.W. 56th St., Ste. 100 • Oklahoma City, OK 73112  
(405) 521-2828 • (800) 522-0071 toll-free • www.ok.gov/oid

### **National Active and Retired Federal Employees Association**

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)**

2401 N.W. 23rd St., Ste. 1A • Oklahoma City, OK 73107  
(800) 522-0310 toll-free • www.okhca.org

See complete listing at MEDICAID INFORMATION, page 199.

### **Oklahoma Insurance Department** See Our Ad On Page 11

Five Corporate Plaza  
3625 N.W. 56th St., Ste. 100 • Oklahoma City, OK 73112  
(405) 521-2828 • (800) 522-0071 toll-free • www.ok.gov/oid  
State regulatory agency provides consumer information about auto, home, health, long-term care and life insurance. Also, provides claims assistance and information and problem-solving about auto, home, health, long-term care and life insurance.

#### *Tulsa Office*

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  
Tulsa: (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 209.

### **Veterans Administration Insurance Center**

(800) 669-8477 toll-free • www.vba.va.gov  
General life insurance information for veterans. See complete listing at VETERANS SERVICES, page 218.

## **LEGAL SERVICES**

### **Broken Arrow Neighbors - Legal Clinic**

322 W. Broadway Ave. • Broken Arrow, OK 74012  
(918) 251-7781 • www.baneighbors.com  
Free legal clinic first and third Mondays at 5:30 p.m.  
No criminal cases. Appointment required.

### **Early Settlement Mediation**

600 Civic Center, Ste. 108 • Tulsa, OK 74103  
Human Rights Department (HRD)  
(918) 596-7786 • www.cityoftulsa.org  
Court-sponsored, low-cost mediation for the general public in disputes involving civil and family matters; consumer/merchant conflicts; real estate, landlord/tenant and neighborhood issues. \$5 fee for self-referred cases. School-related issues for Oklahoma students are free.

### **Legal Aid Services of Oklahoma, Inc. – SPLASH – Sixty Plus Legal Aid Services Helpline**

**Title III Seniors Program**  
(855) 488-6814 • www.legalaidok.org

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

#### *Locations*

#### **Tulsa Office**

Tulsa, Creek, Pawnee, Mayes, Rogers, Okmulgee and Okfusgee Counties  
907 S. Detroit Ave., Ste. 725 • Tulsa, OK 74120  
(918) 584-3338 • (888) 534-5243 toll-free

#### **Bartlesville Office**

Craig, Delaware, Nowata, Osage, Ottawa and Washington Counties  
3851 E. Tuxedo Blvd., Ste. E • Bartlesville, OK 74006  
(918) 336-5736 • (800) 421-4066 toll-free

#### **Muskogee Office**

Adair, Cherokee, McIntosh, Muskogee, Sequoyah and Wagoner Counties  
624 W. Broadway St. • Muskogee, OK 74401  
(918) 683-5681 • (800) 725-5681 toll-free

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

Oklahoma City University School of Law  
2501 N. Blackwelder Ave. • Oklahoma City, OK 73106  
(405) 208-5337

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

### **Neighbor for Neighbor, Inc. - Legal Services**

505 E. 36th St. N. • Tulsa, OK 74106  
(918) 425-5578 • www.neighborforneighbor.org  
Offers legal services for civil matters only; no criminal cases. No charge for legal services; client pays court costs. Monday through Thursday. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 215.

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

### **Oklahoma Bar Association**

Legal Guide for Senior Citizens Handbook  
P.O. Box 53036 • Oklahoma City, OK 73152  
(405) 416-7000 • (800) 522-8065 • www.okbar.org  
The Senior Citizens Handbook is an innovative guide for Oklahoma seniors that assists them with issues they may encounter as they get older. The 64-page publication is free plus shipping. An electronic version is available on the website.

### **Oklahoma Disability Law Center**

2828 E. 51st St., Ste. 302 • Tulsa, OK 74105  
Voice/TTY: (918) 743-6220 • (800) 226-5883 toll-free  
Fax (918) 743-7157 • [www.okdlc.org](http://www.okdlc.org)

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

### **Oklahoma Indian Legal Services, Inc.**

4200 Perimeter Center Dr., Ste. 222 • Oklahoma City, OK 73112  
(800) 658-1497 toll-free • [www.oilsonline.org](http://www.oilsonline.org)

Offers legal representation on Indian law and housing issues, and low-income tax clinics. CDIB card or other tribal documentation required. Must meet financial guidelines.

### **Senior Law Resource Center**

P.O. Box 1408 • Oklahoma City, OK 73101  
(405) 528-0858 • Fax (405) 601-2134 • [www.senior-law.org](http://www.senior-law.org)

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

### **Tulsa County Bar Association**

1446 S. Boston Ave. • Tulsa, OK 74119  
(918) 584-5243 • Fax (918) 592-0208 • [www.tulsabar.com](http://www.tulsabar.com)

Offers walk-in or Internet referral service to Tulsa-area lawyers. No attorney referrals by phone. \$25 charge for 30-minute consultation.

### **Tulsa Dream Center - Legal Assistance Clinic**

200 W. 46th St. N. • Tulsa, OK 74126  
(918) 430-9984 • [www.tulsadreamcenter.org](http://www.tulsadreamcenter.org)

Offers free legal consultations, second Thursday of the month at 2 p.m. and last Saturday of the month at 11 a.m. No Social Security cases.

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

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

OKDHS ADvantage Administration  
823 S. Detroit Ave., Fourth Floor • Tulsa, OK 74120  
(918) 933-4900  
ADvantage Consumer Inquiry Line: (800) 435-4711  
[www.okdhs.org](http://www.okdhs.org)

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

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

Administration on Aging  
(202) 619-0724 • Fax (202) 357-3555 • [www.longtermcare.gov](http://www.longtermcare.gov)

Government website designed to assist with planning ahead for long-term care needs. It includes a variety of user friendly online tools.

### **Nursing Home Compare**

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

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

### **Nursing Home Ratings**

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

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

### **Oklahoma State Department of Health, Long-Term Care Division**

1000 N.E. 10th St. • Oklahoma City, OK 73117  
(405) 271-6868 • Fax (405) 271-3442  
[www.health.state.ok.us](http://www.health.state.ok.us)

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

### **Ombudsman Program**

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

Advocates for the rights and care of residents of nursing homes, assisted living and residential care facilities. Provided by Area Agencies on Aging.

#### *Locations*

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

INCOG Area Agency on Aging  
(918) 584-7526

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

Central Oklahoma Economic Development District Area Agency on Aging  
(405) 273-6410 • (800) 375-8255 toll-free

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

Eastern Oklahoma Development District Area Agency on Aging  
(918) 682-7891

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

Grand Gateway Area Agency on Aging  
(918) 783-5793 • (800) 482-4594 toll-free

## **MEDICAID INFORMATION**

### **Centers for Medicare and Medicaid Services (CMS)**

7500 Security Blvd. • Baltimore, MD 21244  
(877) 267-2323 toll-free • TTY: (866) 226-1819 toll-free  
[www.cms.gov](http://www.cms.gov)

A federal agency within the U.S. Department of Health and Human Services, CMS administers the Medicare program and works in partnership with the states to administer Medicaid. Offers information about Medicare and Medicaid eligibility and benefits.

## Department of Human Services – ADvantage Program

OKDHS ADvantage Administration • (800) 435-4711

ADvantage Consumer Inquiry Line: (918) 933-4900

www.okdhs.org

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

## Department of Human Services

Programs and Services for Older Oklahomans

www.okdhs.org • Senior Info Line: (800) 211-2116

This toll-free statewide telephone number links older Oklahomans and their caregivers to information and assistance at the local level. Calls are automatically routed to a specialist housed in one of the 11 Area Agencies on Aging or sponsoring agencies nearest to the caller. The following is a list of possible services, information and programs available to seniors:

- Adult Protective Services (APS)
- Adult Day Services
- ADvantage Services
- Aging Services Division Programs and Education Programs
- Arthritis Foundation Self-Help
- Chronic Diseases Self-Management Program
- Exercise/Enhanced Fitness Programs
- Grandfamilies
- Legal Assistance
- Long-Term Care Ombudsmen
- Pharmacy Connection Council
- Respite
- Supplemental Nutrition Assistance Program (SNAP)
- Oklahoma Senior Corps Program
- State Plan Personal Care
- Temporary Assistance for Needy Families (TANF)
- Transportation
- Utility Assistance

### Locations

#### Tulsa County - Downtown Office

444 S. Houston Ave. • Tulsa, OK 74127

(918) 581-2401 • (800) 734-7516 toll-free

Fax (918) 581-2114

#### Tulsa County - McClain Office

3666 N. Peoria Ave. • Tulsa, OK 74106

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

Fax (918) 428-5613

#### Creek County

10 N. Mounds St. • Sapulpa, OK 74066

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

Fax (918) 746-3397

#### Mayer County

501 S. Elliott St. • Pryor, OK 74361

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

## Muskogee County

727 S. 32nd St. • Muskogee, OK 74403

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

Fax (918) 684-5363

## Osage County

550 Kihekah Ave. • Pawhuska, OK 74056

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

Fax (918) 287-5914

## Pawnee County

501 5th St. • Pawnee, OK 74058

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

Fax (918) 762-3476

## Rogers County

2020 Holly Rd. • Claremore, OK 74017

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

Fax (918) 283-8445

## Wagoner County

102 N.E. 7th St. • Wagoner, OK 74467

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

Fax (918) 614-5128

## Washington County

5205 Jacquelyn Ln. • Bartlesville, OK 74006

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

Fax (918) 338-5777

## Oklahoma Health Care Authority

2401 N.W. 23rd St., Ste. 1A • Oklahoma City, OK 73107

(800) 987-7767 toll-free • www.okhca.org

Oklahoma's health care program. Designed to ensure that children through age 18, pregnant women and some people who are aged, blind or have a disability get health care. Must meet financial guidelines. Contact local Department of Human Services office to determine eligibility. See complete listing of offices on this page.

## Seniors Medicare/Medicaid Fraud, Abuse and Waste Reduction Program (SMP) See Our Ad On Page 11

Oklahoma Insurance Department

Five Corporate Plaza • 3625 N.W. 56th St., Ste. 100

Oklahoma City, OK 73122

(800) 763-2828 • www.smp.oid.ok.gov

Reducing Medicare/Medicaid fraud, abuse and waste by increasing public awareness through community education.

### Additional Location

7645 E. 63rd St., Ste. 102 • Tulsa, OK 74133

(918) 295-3700 • Fax (918) 994-7916

# MEDICAL EQUIPMENT and ASSISTIVE TECHNOLOGY

## Ability Resources

823 S. Detroit Ave., Ste. 110 • Tulsa, OK 74120

(918) 592-1235 • (800) 722-0886 toll-free • Fax (918) 592-5651

www.ability-resources.org

Offers assistance in finding needed durable medical equipment and assistive technology for people with limited resources.

*continued*

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

1514 W. Hall of Fame • Stillwater, OK 74078

(405) 744-9748 • Fax (405) 744-2487

Voice/TTY: (800) 257-1705 toll-free

www.okabletech.okstate.edu

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.

### **Baptist Village Communities** See Our Ad On Page 73

#### **Entrusted Hearts Medical Equipment**

208 E. 5th Ave., Ste. F-H • Owasso, OK 74055

(918) 274-4310 • (877) 272-6263 • www.baptistvillage.org

Entrusted Hearts Medical Equipment (EHME) provides medical equipment and supplies to clients across the state of Oklahoma. They offer services to individuals, health centers, assistance in living facilities, as well as other medical providers. Medicare, Medicaid, private insurance and personalized services are available.

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

TTY: (866) 273-3323 toll-free • Voice/TTY: (800) 642-6410

Videophone: (605) 496-0738 • Fax (605) 367-5958

www.c-s-d.org

Technical assistance, assistive devices, equipment and materials are available for purchase. Video Relay Service demonstration site provides one-on-one training to help people who are deaf or hard-of-hearing make video phone calls. Improves communication access for people who are deaf or hard-of-hearing by providing updates on new technology developments.

#### **Department of Rehabilitation Services**

444 S. Houston Ave., Ste. 200 • Tulsa, OK 74127

(918) 581-2301

Offers assistive devices at no charge through the Oklahoma Equipment Distribution program for people who are deaf or hard-of-hearing.

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

5840 S. Memorial Dr., Ste. 307 • Tulsa, OK 74145

(918) 749-7997 • (800) 572-1717 toll-free (National Office)

www.mdousa.org

Offers equipment purchase assistance for orthopedic appliances, including wheelchairs and leg braces.

#### **Sand Springs Community Services, Inc.**

114 W. 4th St. • Sand Springs, OK 74063

(918) 245-5183 • www.sscsok.org

Offers medical equipment loans, including crutches, wheelchairs, walkers and bedside commodes as available. Accepts donations of wheelchairs, canes (especially quad-footed canes), bedside commodes, shower chairs/benches, etc. Recipients must live in Sand Springs and meet financial guidelines.

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

8740 E. 11th St. • Tulsa, OK 74112

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

(888) 311-3523 toll-free • www.tsha.cc

Administers ABLE Tech lab and loan program offering assistive equipment to people who are deaf or hard-of-hearing. Outreach point for the Oklahoma Equipment Connection program for assistive equipment for people who are deaf or hard-of-hearing.

## **MEDICAL SERVICES**

For additional information, see GERIATRIC SPECIALISTS and ASSESSMENT, page 190.

#### **Angel Flight, Inc.**

1515 E. 71st St., Ste. 312 • Tulsa, OK 74136

(918) 749-8992 • Fax (918) 745-0879 • www.angelflight.com

Offers free air transportation for medically-related needs.

Individuals must be ambulatory and meet financial guidelines.

#### **Arms Around BA**

700 W. Ft. Worth St. • Broken Arrow, OK 74012

(918) 258-7714 • www.armsaroundba.org

Free general medical clinic provides minor medical assistance for Broken Arrow residents. Monday, Wednesday, Friday, 10 a.m. to 3 p.m.; free Medical Clinic Tuesdays, 6 p.m.

#### **Broken Arrow Neighbors**

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

(918) 251-7781 • www.baneighbors.com

Free general medical clinic provides primary health care for minor illnesses only. Call ahead to confirm clinic is open.

#### **Claremore Indian Hospital**

101 S. Moore Ave. • Claremore, OK 74017

(918) 342-6200 • Fax (918) 342-6598

Specialty-based comprehensive care facility offers organized clinical services for community health, dentistry, emergency medical services, general surgery, internal medicine, OB/GYN, pediatrics and radiology. JCAHO-accredited. Must be Native American or non-Native American dependent; CDIB card required.

#### **Community Health Connection**

9912 E. 21st St. • Tulsa, OK 74129

(918) 622-0641 • Fax (918) 622-4814

www.communityhealthconnection.org

Primary care clinic. Monday, Thursday, Friday, 8:30 a.m. to 4:30 p.m.; Saturday, 9 a.m. to 12:30 p.m. Walk-ins accepted. Spanish-speaking staff. Sliding fee scale. Medicare. Medicaid. Insurance.

#### **Corporate Angel Network, Inc. – CAN**

Westchester County Airport

One Loop Rd. • White Plains, NY 10604

(914) 328-1313 toll-free • Fax (914) 328-3938

Patient Line: (866) 328-1313 toll-free

www.corpangelnetwork.org

Seats on company planes are donated to transport cancer patients and bone marrow donors to and from treatment locations. Call as soon as travel date is set. Patient must be ambulatory and able to travel without medical support. Financial status is NOT a requirement. Two adults may travel with a child; one adult may accompany another adult.

### **Creek County Health Department**

1808 S. Hickory St. • Sapulpa, OK 74066 • (918) 224-5531

Offers health screenings for men and women. Family planning, WIC, child health. Immunization for children and adults. Dental program for ages 3 to 19. Child guidance services.

### **Department of Veterans Affairs**

(800) 827-1000 toll-free

See complete listing at VETERANS SERVICES, page 218.

### **Ernest Childers VA Outpatient Clinic**

9322 E. 41st St. • Tulsa, OK 74145

(918) 628-2500 • 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.

### **Good Samaritan Health Services**

Tulsa, OK • (918) 710-4222 • www.goodsamaritanhealth.org

Free mobile medical clinic. Patients are taken on a first come, first served basis. Hours and locations vary.

### **H.O.P.E. (HIV Outreach, Prevention and Education)**

3540 E. 31st St., Ste. 3 • Tulsa, OK 74135

(918) 749-8378 • Fax (918) 749-8388

HIV/AIDS Hotline: (800) 535-2437 toll-free

Spanish language hotline: (918) 749-8389 toll-free

www.hopetesting.org

Offers anonymous HIV/AIDS testing, information, referral, education, prevention and public outreach.

### **Indian Health Care Resource Center**

550 S. Peoria Ave. • Tulsa, OK 74120

(918) 588-1900 • Fax (918) 582-6405 • www.ihcrc.org

Medical clinic offers diagnosis, treatment and follow-up. Family planning, OB/GYN, immunization, pediatric care; HIV/AIDS prevention education, counseling, testing; mammograms, cancer prevention education; pharmacy services; substance abuse/chemical dependency treatment, mental health services; dental care; diabetes education. Must be Native American; CDIB card or other tribal documentation required. Sliding fee scale. SoonerCare, Medicare, Medicaid and insurance accepted.

### **Koweta Indian Health Facility**

31870 E. State Hwy. 51 • Coweta, OK 74429

(918) 279-3200 • www.creekhealth.org

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

### **Morton Comprehensive Health Services**

www.mortonhealth.org

Offers comprehensive primary health care, including adult and pediatric medical care, dental, OB/GYN, pharmacy, radiology and x-ray services, health education, community outreach and more. Monthly monitoring of diabetic patients for foot care, lab work and routine care. Some services not available at all locations. JCAHO accredited. Must meet financial guidelines. Sliding fee scale. Medicare, Medicaid and insurance accepted.

#### *Locations*

#### **Tulsa**

Main Facility: 1334 N. Lansing Ave., 74106 • (918) 587-2171

*continued*

*East Tulsa Family Health Center:* 11511 E. 21st St., 74129

(918) 295-6185

*Midtown Family Health Center:* 102 N. Denver Ave., Ste. B, 74103

(918) 295-6942

#### **Nowata**

*Nowata Family Health Center:* 207 S. Locust St., 74078

(918) 273-9911

### **Neighbor for Neighbor, Inc. - Medical Clinic**

505 E. 36th St. N. • Tulsa, OK 74106

(918) 425-5578 • www.neighborforneighbor.org

Free acute care, including lab and prescription assistance. Also, dental, vision, diabetes and women's clinics. Appointment required. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 215.

### **Neighbors Along the Line**

5000 Charles Page Blvd. • Tulsa, OK 74127

(918) 584-1111 • Fax (918) 584-4954

www.neighborsalongtheline.org

Free clinic. No lab or x-rays. Some medications available during clinic hours only. Call for hours.

### **Dennis R. Neill Equality Center**

621 E. 4th St. • Tulsa, OK 74120

(918) 743-4297 • www.okeq.org

Free 20-minute HIV testing provided at the center by H.O.P.E. testing clinic staff. Also provides referrals for LGBT-related medical issues and LGBT-friendly physicians.

### **Okmulgee Indian Health Center**

1313 E. 20th St. • Okmulgee, OK 74447

(918) 591-5748 • www.muscogeenation-nsn.gov

Offers comprehensive outpatient medical services, including a specialized diabetes program that provides blood testing supplies, equipment and education. Also offers dental services, HIV/AIDS counseling and tobacco education. Must be a citizen of a federally-recognized tribe or have a CDIB card SoonerCare, Medicare, Medicaid and insurance accepted. Express Care clinic open Monday through Friday 8 a.m. to 9 p.m.

### **OSU Medical Center** See Our Ad On Page 10

744 W. 9th St. • Tulsa, OK 74127

(918) 599-1000 • (918) 599-4OSU (Physician Finder)

www.osumc.net

Multi-specialty health care center providing a broad range of services for the entire family and every age. Specialties include family medicine, internal medicine, OB/GYN, pediatrics, ear/nose/throat, vision and osteopathic manipulation. Also available: x-rays, mammography and other services. SoonerCare, Medicare, Medicaid and insurance accepted.

#### *Additional Locations*

#### **OSU Downtown Physicians Center**

802 S. Jackson Ave. • Tulsa, OK 74127

(918) 747-5322 (Surgery) • (918) 584-5364 (Family Medicine)

(918) 561-1515 (Internal Medicine) • (918) 631-8130

(Orthopedics) (918) 631-8130 (Urology) • (918) 561-1500

(Cardiology)

#### **OSU Physicians Houston Center – OB/GYN**

717 S. Houston, Ste. 200 • Tulsa, OK 74127

(918) 586-4500

*continued*

**OSU Riverside Primary Care**

9645 Riverside Pky., Ste. C • Tulsa, OK 74137  
(918) 209-5170

**OSU Family Medicine**

3345 S. Harvard Ave., Ste. 210 • Tulsa, OK 74135  
(918) 748-8111

**OU Bedlam Community Health**

1111 S. St. Louis Ave. • Tulsa, OK 74120  
(918) 619-4555 • www.tulsa.ouhsc.edu

Offers medical treatment for uninsured adults in Tulsa. Clinic operates Tuesday and Thursday evenings, until as late as 10 p.m. Provides both preventative care and triage care. Triage patients should arrive by 5 p.m. Some lab, x-ray and pharmacy services are available.

**OU Physicians Family Medicine**

1111 S. St. Louis Ave. • Tulsa, OK 74120  
(918) 619-4600

Offers comprehensive medical and outpatient surgical care for children, adolescents and adults. Sliding fee scale. SoonerCare, Medicare, Medicaid and insurance accepted.

**OU Physicians Geriatrics**

4444 E. 41st St. • Tulsa, OK 74135  
(918) 619-4400 • Fax (918) 619-4152

Medicare and insurance accepted.

**Pawhuska Indian Health Center**

715 Grandview Ave. • Pawhuska, OK 74056  
(918) 287-9300

Offers health screening, education, exercise and wellness program and diabetes education. Must be Native American; CDIB card or other tribal documentation required.

**Pawnee Nation Special Diabetes Program – Health and Community Services Center**

400 Agency Rd. • Pawnee, OK 74058  
(918) 762-3873 • www.pawneenation.org

Offers diabetes education, eyeglasses, meters, supplies and blood sugar screenings to any Pawnee Nation citizen and any Native American in the Pawnee service area. Must have a CDIB card, proof of residency, a diagnosis from a doctor and a current medication list.

**Sapulpa Indian Health Center – Muscogee Nation**

1125 E. Cleveland Ave. • Sapulpa, OK 74066  
(918) 224-9310 • <http://creekhealth.org>

Offers comprehensive outpatient medical services, including a specialized diabetes program that provides blood testing supplies, equipment and education. Also offers tobacco prevention. Must be a citizen of a federally-recognized tribe or have a CDIB card, SoonerCare, Medicare, Medicaid and insurance accepted.

**St. John Wound Center**

4538 S. Harvard Ave. • Tulsa, OK 74135  
(918) 712-3377 • Fax (918) 712-3373 • www.sjmc.org

Offers evidence-based wound care. Appointment required.

*Additional Location*

4812 S. 109th E. Ave., Ste. 101 • Tulsa, OK 74146  
(918) 748-3103 • Fax (918) 748-3104

(918) 664-9000

**Take Charge!**

OSU Women's Health Care Center  
2345 Southwest Blvd. • Tulsa, OK 74107  
(918) 561-8543

[www.healthsciences.okstate.edu](http://www.healthsciences.okstate.edu)

Offers free breast exams, Pap smears and mammograms for women ages 40 to 64 who do not have insurance and who meet financial guidelines. Appointment required.

**Tulsa City-County Health Department**

(918) 582-9355 • [www.tulsa-health.org](http://www.tulsa-health.org)

Offers adult health screenings, including blood pressure, blood sugar, Pap smears and breast exams. Free mammograms for women over age 40 who qualify. Several clinics offer different programs. Most services no- or low-cost. Wellness programs, immunizations, education and information available. WIC eligibility based on household income, serves parents/grandparents raising grandchildren under the age of five.

*Locations***Bixby Health Center**

8120 E. 126th St. • Bixby, OK 74008  
(918) 369-3155 • Fax (918) 369-3159

**Central Regional Health Center**

315 S. Utica Ave. • Tulsa, OK 74104  
(918) 582-9355 • Fax (918) 594-4889

**Collinsville Community Health Center**

1201 W. Center St. • Collinsville, OK 74021  
(918) 596-8650 • Fax (918) 596-8652

**James O. Goodwin Health Center**

5051 S. 129th E. Ave. • Tulsa, OK 74134  
(918) 582-9355 • Fax (918) 595-4492

**Mingo WIC Clinic**

9924 E. 21st St. • Tulsa, OK 74129  
(918) 669-8200

**North Regional Health and Wellness Center**

5635 N. Martin Luther King Jr. Blvd. • Tulsa, OK 74126  
(918) 582-9355

**Sand Springs Health Center**

306 E. Broadway St. • Sand Springs, OK 74063  
(918) 591-6100 • Fax (918) 591-6102

**South Regional WIC Clinic**

6831 S. Peoria Ave. • Tulsa, OK 74136  
(918) 477-0040

**West Regional WIC Clinic**

5000 W. Charles Page Blvd. • Tulsa, OK 74127  
(918) 582-3491

**Tulsa County Medical Society**

5315 S. Lewis Ave. • Tulsa, OK 74105  
(918) 743-6184 • [www.tcmsok.org](http://www.tcmsok.org)

Offers information about medical services and referrals to physicians. Information about advance directives (living wills).

**Tulsa County Social Services**

2401 Charles Page Blvd. • Tulsa, OK 74127  
(918) 596-5560 • [www.tulsacounty.org](http://www.tulsacounty.org)

Free general medical clinic, Monday through Friday, 10 a.m. to noon. No appointment required. Must meet financial guidelines. Must live in Tulsa County.

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

415 W. Archer St. • Tulsa, OK 74103

(918) 583-5588 • [www.tulsadaycenter.org](http://www.tulsadaycenter.org)

Day Center Clinic provides immediate medical care to homeless persons. Open Monday through Saturday, 9:00 to 11:00 a.m.; Tuesday and Thursday, 1:30 to 3:30 p.m.; and Wednesday, 4:30 to 7:30 p.m. First come, first served basis.

### **Tulsa Dream Center**

200 W. 46th St. N. • Tulsa, OK 74126

(918) 430-9984 • [www.tulsadreamcenter.org](http://www.tulsadreamcenter.org)

Free medical clinic for adults who do not have insurance. Exams, vaccinations and exercise programs.

### **Tulsa Osteopathic Medical Society**

744 W. 9th St. • Tulsa, OK 74127

(918) 599-5962 • Fax (918) 599-5949 • [www.tulsaosteo.org](http://www.tulsaosteo.org)

Maintains current listing of osteopathic physicians. Responds to complaints about osteopathic physicians.

### **Tulsa Wound Care and Hyperbaric Center**

OSU Medical Center • 744 W. 9th St. • Tulsa, OK 74127

(918) 599-5874 • Fax (918) 599-1650

Offers comprehensive state-of-the-art medical treatment and follow-up for those who suffer from open sores, wounds or lesions caused by diabetes, infection, circulatory problems or long confinement to bed. National research site. Medicare, Medicaid and insurance accepted.

### **Visiting Nurse Association of Tulsa (VNA)** See Our Ad On Page 151

Wellness Services

7875 E. 51st St. • Tulsa, OK 74145

(918) 743-9810 • [www.vnatulsa.org](http://www.vnatulsa.org)

Wellness services including immunizations (flu, pneumonia, meningitis and travel), foot care clinics, cholesterol screening and education. Also offers the Visiting Nurse Program, skilled nursing care for people who meet financial guidelines.

### **Xavier Medical Clinic**

10711 E. 11th St., Ste. 1 • Tulsa, OK 74128

(918) 583-7233

A free clinic sponsored by Saint Francis Health Systems and Catholic Charities offering minor care for families and individuals without medical insurance. The clinic is open Wednesdays only, from 8 a.m. to 4 p.m.

## **MEDICARE INFORMATION**

See also SOCIAL SECURITY INFORMATION, page 209.

### **Centers for Medicare and Medicaid Services (CMS)**

7500 Security Blvd. • Baltimore, MD 21244

(877) 267-2323 toll-free • [www.cms.gov](http://www.cms.gov)

A federal agency within the U.S. Department of Health and Human Services, CMS administers the Medicare program and works in partnership with states to administer Medicaid. Offers information on Medicare and Medicaid eligibility and benefits. Online benefit enrollment.

### **Department of Human Services, Oklahoma**

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

Financial assistance through the QMB, SLMB and QI programs helps low-income individuals with the costs of Medicare

premiums, coinsurance, deductibles and prescriptions. See complete listing of offices at MEDICAID INFORMATION, page 199.

### **Medicare**

24-Hour Helpline: (800) MEDICARE (1-800-633-4227) toll-free

TTY: (877) 486-2048 toll-free

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

Federally-funded program provides health insurance for people age 65 or older, for those under age 65 who have certain disabilities, and for people of any age who have end-stage renal disease. Offers comprehensive information about Medicare eligibility and benefits; help planning for long-term care needs; physician and supplier directories; Medicare Part D prescription drug plan finder; contact numbers; Medicare-related information and publications; and comparison tools for hospitals, health plans, Medigap policies, nursing homes, home health agencies and dialysis facilities.

### **Medicare Rights Center**

(800) 333-4114 • [www.medicarights.org](http://www.medicarights.org)

Free online counseling and assistance tool on Medicare issues. As a registered user, a person may learn about Medicare coverage, how to pick a Medicare health plan, about Medicare's drug coverage (Part D), how to appeal if coverage or care is denied and more.

### **MyMedicare.gov**

(800) 633-4227 • TTY: (877) 486-2048 • [www.mymedicare.gov](http://www.mymedicare.gov)

Medicare's free, secure online service for gaining access to personalized information about Medicare benefits and services. As a registered user of MyMedicare.gov, a person may view claim status (excluding Part D claims); order a duplicate Medicare Summary Notice or replacement Medicare card; view eligibility, entitlement and preventive services information; view enrollment information including prescription drug plans; view or modify personal drug list and pharmacy information; and retrieve online forms, publications and messages sent by Medicare.

### **Oklahoma Foundation for Medical Quality (OFMQ)**

14000 Quail Springs Pkwy., Ste. 400 • Oklahoma City, OK 73134

(405) 840-2891 • Fax (405) 858-9097 • [www.ofmq.com](http://www.ofmq.com)

Oklahoma Beneficiary Hotline: (800) 522-3414 toll-free

Federally-contracted quality improvement organization for Oklahoma Medicare. OFMQ works with every sector of the health care system, including hospitals, physicians, health maintenance organizations, other medical professionals and consumers to improve the quality, safety and integrity of healthcare. Investigates complaints about hospital care, premature release and other concerns about hospitalization procedures under Medicare. Quality improvement efforts encompass both the managed care and traditional fee-for-service arenas.

### **Medicare Assistance Program (MAP)**

Oklahoma Insurance Department

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

*continued*

*continued*

*Locations:*

**Northeastern Oklahoma**



Medicare Assistance Program at LIFE Senior Services

5950 E. 31st St. • Tulsa, OK 74135 **See Our Ad On This Page**  
(918) 664-9000 • (866) 664-9009 toll-free

**State-wide**

Oklahoma Insurance Department

Five Corporate Plaza

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

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

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

**Seniors Medicare/Medicaid Fraud, Abuse and Waste Reduction Program (SMP)** **See Our Ad On Page 11**

Oklahoma Insurance Department

Five Corporate Plaza

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

Toll-free State Helpline: (888) 967-9100 • [www.smpresource.org](http://www.smpresource.org)

Responds to complaints related to Medicare and Medicaid fraud and abuse.

**U.S. Railroad Retirement Board**

844 N. Rush St. • Chicago, IL 60611

Automated Helpline: (877) 772-5772 toll-free

[www.secure.rrb.gov](http://www.secure.rrb.gov)

Facilitates enrollment in Medicare for railroad retirees and their spouses. Kansas office serves many Oklahoma counties, including Creek, Muskogee, Nowata, Okmulgee, Osage, Rogers, Tulsa, Wagoner and Washington Counties.

## MEDICATIONS

**American Cancer Society**

4110 S. 100th E. Ave., Ste. 101 • Tulsa, OK 74146

(918) 743-6767 • 24-Hour Hotline: (800) 227-2345 toll-free

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

Some ostomy supplies available.

**Broken Arrow Neighbors**

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

(918) 251-7781 • [www.baneighbors.com](http://www.baneighbors.com)

Emergency financial aid for prescriptions. Must live in Broken Arrow. See complete listing at URGENT and BASIC NEEDS, page 215.

**Counseling and Recovery Services of Oklahoma**

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

(918) 492-2554 • Fax (918) 494-9870 • [www.crsok.org](http://www.crsok.org)

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 222.

*Additional Location*

401 E. Broadway Ct. • Sand Springs, OK 74063

(918) 245-5565 • Fax (918) 245 5564

**Ernest Childers VA Outpatient Clinic**

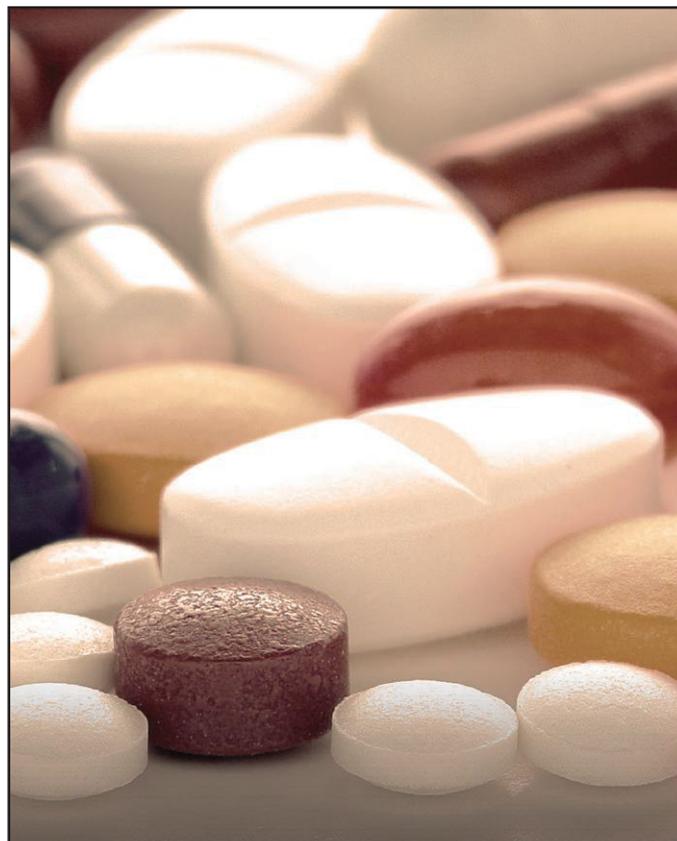
9322 E. 41st St. • Tulsa, OK 74145

(918) 628-2500 • (888) 398-8387 toll-free • [www.va.gov](http://www.va.gov)

Military veterans are eligible for low-cost prescription drugs.

Must meet service or financial guidelines. See complete listing at VETERANS SERVICES, page 218.

(918) 664-9000



# Medicare Assistance Program at LIFE Senior Services

Do you need help understanding Medicare? From monthly Basics of Medicare informational seminars to months-long Part D counseling, LIFE's Medicare counselors are here to help.

Discover what **LIFE** has to offer.



**LIFE**  
SENIOR SERVICES®



[LIFEseniorservices.org](http://LIFEseniorservices.org) | (918) 664-9000

### Indian Health Care Resource Center

550 S. Peoria Ave. • Tulsa, OK 74120

(918) 588-1900 • Fax (918) 582-6405

Pharmacy: (918) 382-1270 • [www.ihcrc.org](http://www.ihcrc.org)

See complete listing at MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING, page 222.

### Koweta Indian Health Facility

31870 E. State Hwy. 51 • Coweta, OK 74429

(918) 279-3200

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

### Leukemia and Lymphoma Society

500 N. Broadway Ave., Ste. 250 • Oklahoma City, OK, 73102

(405) 943-8888 • (800) 955-4572 toll-free • [www.lls.org](http://www.lls.org)

Offers financial assistance for drugs and treatment-related expenses to anyone who has a blood-related cancer.

### Medicare Part D Prescription Drug Coverage

(800) 633-4227 toll-free • TTY: (877) 486-2048

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

Prescription drug coverage is available for Medicare beneficiaries through Medicare Part D. Enrollment in this program is voluntary and is not automatic for all beneficiaries. For more information, about Medicare Parts A, B, C and D, see “*The Basics of Medicare*” on page 35 and “*Closing the Medicare Part D Coverage Gap*” on page 39. Also see LIFE’s *Vintage Newsmagazine* for monthly updates and current information regarding Medicare Part D.



### Medicare Prescription Assistance Program (MAP)

at LIFE Senior Services **See Our Ad On Page 205**

Medicare Assistance Program (MAP) at LIFE Senior Services

5950 E. 31st St. • Tulsa, OK 74135

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

[www.LIFEseniorservices.org](http://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 on pages 54-59.

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](http://www.ministry-center.org)

Offers limited prescription assistance to Tulsa County residents. Individuals eligible every two months. Appointment required. Monday through Thursday, 9 a.m. to 2 p.m. Must accept spiritual counseling. Also provides food and clothing. Hosts Good Samaritan van, traveling clinic for uninsured persons, on second and fourth Thursday afternoons monthly. Appointments required.

### National Center for Benefits Outreach & Enrollment

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

Free website offers information, enrollment applications and assistance in selecting a Medicare Part D prescription drug plan, applying for Medicare Part D Extra Help and gaining access to other prescription drug assistance programs.

### Neighbor for Neighbor, Inc.

505 E. 36th St. N. • Tulsa, OK 74106

(918) 425-5578 • [www.neighborforneighbor.org](http://www.neighborforneighbor.org)

Offers assistance with medications. Written prescription required. Certain medications not available. No cost for medications through agency dispensary; once-a-year financial assistance for medications not available through dispensary. Monday through Thursday. See complete listing at URGENT and BASIC NEEDS, page 215.

### Neighbors Along the Line

5000 Charles Page Blvd. • Tulsa, OK 74127

(918) 584-1111 • Fax (918) 584-4954 • [www.neighborsalongtheline.org](http://www.neighborsalongtheline.org)

Offers limited assistance with medications. See complete listing at MEDICAL SERVICES, page 201.

### OU Pharmacy

4444 E. 41st St., First Floor • Tulsa, OK 74135

(918) 619-4990

Full-service pharmacy located inside the OU Schusterman Center Clinic.

### Rx for Oklahoma Prescription Assistance

(405) 815-6552 • (877) 794-6552 toll-free • [www.okcommerce.gov](http://www.okcommerce.gov)

Assists with the completion of applications and required documentation for submission to available pharmaceutical company assistance programs. These programs may provide free or discounted medications.

### Sapulpa Indian Health Center

1125 E. Cleveland Ave. • Sapulpa, OK 74066

(918) 224-9310 • [www.creekhealth.org](http://www.creekhealth.org)

Offers pharmacy services. Must be a citizen of a federally-recognized tribe and have a CDIB card, SoonerCare, Medicare, Medicaid and insurance accepted.

### TRICARE Senior Pharmacy Program

(877) 363-1303 toll-free • [www.tricare.mil](http://www.tricare.mil)

Prescription drug program for military retirees age 65 or older. Low-cost prescription drugs from the TRICARE mail order pharmacy and TRICARE network and non-network pharmacies. Must be registered in Defense Enrollment Eligibility Reporting System (DEERS) and may be required to enroll in Medicare Part B. See TRICARE at VETERANS SERVICES, page 218.

### Tulsa County Social Services

2401 Charles Page Blvd. • Tulsa, OK 74127

(918) 596-5560 • Fax (918) 596-5568 • [www.tulsacounty.org](http://www.tulsacounty.org)

General pharmacology products provided free or at low cost for Tulsa County residents who meet financial guidelines. No Schedule II drugs. Some drugs available in generic only. Cash.

### Western Neighbors, Inc.

4235 Southwest Blvd. • Tulsa, OK 74157

(918) 445-8840 • [www.southwesttulsa.org](http://www.southwesttulsa.org)

Offers some assistance for emergency prescriptions. Must meet eligibility guidelines. Monday through Thursday. See URGENT and BASIC NEEDS, page 215.

# MENTAL HEALTH, BEHAVIORAL HEALTH and COUNSELING

See comprehensive listings on page 222.

## NUTRITION ASSISTANCE and SERVICES

See comprehensive listing of senior nutrition sites on pages 211 and 212. See also URGENT and BASIC NEEDS, page 215.

### **Bixby Community Outreach Center**

10 E. Dawes Ave. • Bixby, OK 74008  
(918) 366-9226 • Fax (918) 366-9228 • [www.bixbyoc.org](http://www.bixbyoc.org)  
Food pantry provides food and personal care items for Bixby-area residents who meet financial guidelines. Tuesday, Wednesday and Thursday, 9 a.m. to 4 p.m. See complete listing at URGENT and BASIC NEEDS, page 215.

### **Broken Arrow Neighbors**

322 W. Broadway Ave. • Broken Arrow, OK 74012  
(918) 251-7781  
Food pantry provides a two- to three-day supply of food and personal care items for Broken Arrow residents who meet financial guidelines. See complete listing at URGENT and BASIC NEEDS, page 215.

### **Caring Community Friends**

12 W. Burnham Ave. • Sapulpa, OK 74067  
(918) 224-6464 • Fax (918) 224-6436  
[www.caringcommunityfriends.org](http://www.caringcommunityfriends.org)  
Those in need of food may apply for food items from donation-stocked food pantry. Referral required.

### **Catholic Charities – Padre Pio Assistance**

2450 N. Harvard Ave. • Tulsa, OK 74115  
(918) 508-7161 • [www.catholiccharitiestulsa.org](http://www.catholiccharitiestulsa.org)  
Assistance with food for families and seniors in need. Available four times a year per household. Tuesday and Friday, 9 a.m. to 2 p.m.; Tuesday 4:30 p.m. to 6:30 p.m and third Saturday 9 a.m. to 11 a.m.

### **Community Action Resource and Development (CARD)**

302 N. Willow Dr. • Claremore, OK 74017  
(918) 342-0622 • [www.cardcaa.org](http://www.cardcaa.org)  
The Senior Citizens Nutrition, Supportive and In-Home Services Program provides a balanced mid-day meal by home delivery or in a public location. Serving seniors age 60 or older who qualify and who live in Mayes or Rogers Counties.

### **Meals on Wheels (Claremore)**

715 McClellan Ave. • Claremore, OK 74017  
(918) 342-2006  
Delivers meals to homebound seniors in Claremore. Meals delivered 8:30 a.m. to 12 p.m. Monday, Wednesday and Friday. Donations suggested, but not required.

### **Meals on Wheels of Metro Tulsa**

12620 E. 31st St. • Tulsa, OK 74146  
(918) 627-4103 • Fax (918) 663-8914 • [www.mealsonwheelstulsa.org](http://www.mealsonwheelstulsa.org)  
Delivers meals and offers friendly contact to homebound seniors in the Tulsa metropolitan area. Offers diabetic, low-sodium, vegetarian and frozen meals in addition to regular hot meals. Donations suggested; no eligible person denied service.

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

505 E. 36th St. N. • Tulsa, OK 74106  
(918) 425-5578 • [www.neighborforneighbor.org](http://www.neighborforneighbor.org)  
Community food store provides food to those in need; free to seniors age 65 or older and adults who have disabilities. Monday through Thursday, 9 a.m. to 12 p.m.; 1 p.m. to 3 p.m. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 215.

### **Neighbors Along the Line**

5000 Charles Page Blvd. • Tulsa, OK 74127  
(918) 584-1111 • Fax (918) 584-4954  
[www.neighborsalongtheline.org](http://www.neighborsalongtheline.org)  
Food pantry serves residents of northwest Tulsa, providing groceries once a month to people who meet financial guidelines. See complete listing at URGENT and BASIC NEEDS, page 215.

### **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. Home-delivered meals for medically-homebound people. Monday through Friday. See list of nutrition sites on page 211.

### **Owasso Community Resources**

109 N. Birch St., Ste. 109 • Owasso, OK 74055  
(918) 272-4969 • [www.owassohelps.org](http://www.owassohelps.org)  
Year-round emergency food pantry assistance. Offers Thanksgiving baskets for seniors in need. Assistance available to Owasso and Collinsville residents. See complete listing at URGENT and BASIC NEEDS, page 215.

### **Supplemental Nutrition Assistance Program – SNAP**

Department of Human Services  
[www.okdhs.org](http://www.okdhs.org)  
Regular SNAP available for adults who meet financial guidelines. Emergency SNAP available if monthly income is less than \$150 or if shelter costs exceed monthly income. Contact local DHS office to apply. See location listing at MEDICAID INFORMATION, page 199.

### **Tulsa and Creek County Senior Nutrition Program**

3602 E. Pine St. • Tulsa, OK 74115  
(918) 835-4160 • Fax (918) 835-1299 • [www.tccsnp.com](http://www.tccsnp.com)  
Offers people age 60 or older and their spouses, regardless of age, a hot, nutritionally-balanced lunch and a variety of activities. Home-delivered hot or frozen meals for people who are medically homebound. Monday through Friday. Other services include transportation, nutrition education and volunteer opportunities. See list of locations at page 211.

### **Tulsa Dream Center Nutrition Services**

200 W. 46th St. N. • Tulsa, OK 74126

(918) 430-9984 • [www.tulsadreamcenter.org](http://www.tulsadreamcenter.org)

Offers hot meals Mondays, 8:30 p.m. to 9 p.m.; Tuesdays through Thursdays, 12 p.m. to 1 p.m.; Fridays, 7:30 p.m. to 9 p.m. Grocery give-away Tuesday and Thursday 12:45 p.m. to 2 p.m.

## **ONLINE RESOURCES**

### **CareCalendar**

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

This is an online tool that can be used with anyone experiencing an illness or surgery. The CareCalendar is a donor supported ministry of the Bortel family. This online tool was created to coordinate meals and other care that family and friends could utilize. This free program offers a setup worksheet and is easy to navigate and operates 24/7.

### **Caring Bridge**

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

This site provides a list of free websites that connect people experiencing a significant health challenge to family and friends, making each health journey easier. The websites are easy to create and use.

### **Lotsa Helping Hands**

National Family Caregivers Association

[www.nfca.lotsahelpinghands.com](http://www.nfca.lotsahelpinghands.com)

You and your loved ones can create a free, private web-based community to organize family, friends, neighbors and colleagues during times of need. Easily coordinate activities and manage offers of help with our intuitive group calendar.

### **Strength for Caring – A Place for Caregivers**

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

A website for caregivers to search for ways to take care of yourself while you are caring for others, tips for daily care, share stories and find support and other information and resources.

### **Take Them A Meal**

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

This website simplifies meal coordination so friends, family and neighbors can help provide food during any time of need. Customizable online sign-up sheets include phone numbers, driving directions, food allergies and preferences.

## **ORGAN, TISSUE and BODY DONATION**

It is important to have authorizations for donation established: sign your driver's license, communicate with next of kin and register with LifeShare Oklahoma. Also, most hospitals have an organ and tissue donation staff person to assist the family with the process.

### **American Association of Tissue Banks**

1320 Old Chain Bridge Rd., Ste. 450 • McLean, VA 22101

(703) 827-9582 • Fax (703) 356-2198 • [www.aatb.org](http://www.aatb.org)

### **Advanced NuMed Technologies, Ltd.**

7225 S. 85th E. Ave., Ste. 200 • Tulsa, OK 74133

(918) 249-2697 • (800) 640-3131 toll-free

### **LifeShare Transplant Donor Services of Oklahoma, Inc.**

7200 Broadway Ext. • Oklahoma City, OK 73116

(888) 580-5680 toll-free • [www.lifeshareoklahoma.org](http://www.lifeshareoklahoma.org)

### **Musculoskeletal Transplant Foundation (MTF)**

125 May St. • Edison, NJ 08837

(732) 661-0202 • (800) 433-6576 toll-free • Fax (732) 661-2298

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

### **Oklahoma State University**

Center for Health Sciences – Body Donation Program

1111 W. 17th St. • Tulsa, OK 74107

(918) 561-8253

### **University of Oklahoma**

College of Medicine - Willed Body Program

P.O. Box 26901 • BSEB, Rm. 100 • Oklahoma City, OK 73126

(405) 271-2424

## **RECREATION and TRAVEL**

For a comprehensive list of area senior centers, see pages 211-212.

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

815 S. Utica Ave. • Tulsa, OK 74104

(918) 584-8607 • Fax (918) 584-8646 • [www.tulsacenter.org](http://www.tulsacenter.org)

Offers recreational activities for people who have physical disabilities. See complete listing at DISABILITY SERVICES, page 187.



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

5950 E. 31st St. • Tulsa, OK 74135

(918) 664-9000 • Fax (918) 664-9922

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

Free, award-winning, monthly newsmagazine published by LIFE Senior Services. Offers information about events and activities of interest to seniors and caregivers.

**See Our Ad On Pages  
10, 113**

### **Northeast Active Timers (NEATs)**

3119 S. Jamestown Ave. • Tulsa, OK 74135

(918) 743-1303 • Fax (918) 743-1304

Offers programs of enrichment, entertainment and devotion. Meals, support groups, trips, outings, Adopt a Centenarian program and more. Suggested annual dues \$20. Minimum age 55. Meets second Wednesday at Yale Avenue Christian Church.

### **Road Scholar**

11 Avenue de Lafayette • Boston, MA 02111

(800) 454-5768 toll-free • [www.roadscholar.org](http://www.roadscholar.org)

This not-for-profit organization offers learning adventures for older adults. A worldwide leader among education and travel organizations, Road Scholar offers over 5,500 programs in 150 countries.

### **Senior Pass**

U.S. Geological Survey

(888) 275-8747 toll-free • [www.usgs.gov](http://www.usgs.gov)

Provides access to more than 2,000 federal recreation sites and provides discount on some Expanded Amenity Fees, such as camping, boat launching, swimming and guided tours. \$10 fee for lifetime pass. Minimum age 62. Up to 100 percent of proceeds used to improve and enhance visitor recreation services.

### **Silver Elite at Hillcrest Medical Center** See Our Ad On Page 75

1120 S. Utica Ave., Ste. G932 • Tulsa, OK 74104  
(918) 579-6060 • Fax (918) 579-1024 • <http://silverelite.org/>  
Free club for ages 60+ offered by Bailey Medical Center, Hillcrest Hospital Claremore, Hillcrest Hospital South and Hillcrest Medical Center. Offers educational seminars, fun activities and in-hospital benefits.

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

2901 S. Harvard Ave., Ste. A • Tulsa, OK 74114  
(918) 549-7480 • [www.tulsalibrary.org](http://www.tulsalibrary.org)  
Outreach service for people who have visual or physical disabilities. Includes book delivery and books by mail to homebound readers and residents of nursing homes any retirement facilities.

### **Tulsa Parks**

City Hall at One Technology Center  
175 E. 2nd St., Ste. 690 • Tulsa, OK 74103  
(918) 596-2100 • [www.tulsaparks.org](http://www.tulsaparks.org)  
Offers activities at area recreation centers for seniors and people who have disabilities.

### **YMCA of Greater Tulsa**

Fitness and recreational activities, including swimming, competitive sports, fitness center and more.

#### *Locations*

#### **Daily Family YMCA of Bixby**

7910 E. 134th St. S. • Bixby, OK 74008  
(918) 369-9622

#### **Downtown YMCA**

418 S. Main St. • Tulsa, OK 74103  
(918) 583-9622

#### **Hutcherson Family YMCA**

1120 E. Pine St. • Tulsa, OK 74106  
(918) 382-9622

#### **Owasso**

8300 N. Owasso Expwy. • Owasso, OK 74056  
(918) 272-9622

#### **R.C. Dickerson Family YMCA**

8501 S. Garnett Rd. • Broken Arrow, OK 74012  
(918) 872-9622

#### **South Neighborhood YMCA**

10031 S. Yale Ave., Ste. 105 • Tulsa, OK 74137  
(918) 518-5940

#### **Thornton Family YMCA**

5002 S. Fulton Ave. • Tulsa, OK 74135  
(918) 280-9622

#### **Westside YMCA**

5400 S. Olympia Ave. • Tulsa, OK 74107  
(918) 446-1424

### **YWCA – Tulsa**

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

Offers senior-specific activities, including indoor warm water pool, rehabilitative arthritis aquatic classes, multi-level aerobic classes, chair aerobics, social and physical fitness programs for seniors, trips and educational programs.

#### *Locations*

#### **Midtown**

1910 S. Lewis Ave. • Tulsa, OK 74104  
(918) 749-2519

#### **East Center**

8145 E. 17th St. • Tulsa, OK 74112  
(918) 628-1030

## **SENIOR CENTERS**

See comprehensive listing of area senior centers on pages 211-212.

## **SHELTERS**

See URGENT and BASIC NEEDS, page 215.

## **SLEEP DISORDERS**

### **American Sleep Apnea Association (ASAA)**

6856 Eastern Ave. NW, Ste. 203 • Washington, D.C. 20012  
(888) 293-3650 • [www.sleepapnea.org](http://www.sleepapnea.org)

The American Sleep Apnea Association focuses on reducing injury, disability and death from sleep apnea; enhancing the well-being of those affected by this common disorder.

### **Narcolepsy Network, Inc.**

129 Waterwheel Ln. • North Kingston, RI 02852  
(888) 292-6522 toll-free • Fax (401) 633-6567  
[www.narcolepsynetwork.org](http://www.narcolepsynetwork.org)

## **SOCIAL SECURITY INFORMATION**

### **Social Security Administration**

National: (800) 772-1213 toll-free • TTY: (800) 325-0778 toll-free  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

Pays retirement, disability and survivor benefits to workers and their families. Determines entitlement for Medicare benefits and Medicare Part D subsidy/Extra Help. Runs the Supplemental Security Income (SSI) program for low-income people or those who have a disability. Manages the Social Security Disability Insurance (SSDI) program. Monday through Friday, 9 a.m. to 3 p.m. Closed to the public at 12 p.m. every Wednesday.

#### *Locations*

**Bartlesville** • 900 Leisure Ln., 74006  
(877) 836-1557 • TTY: (800) 325-0778 toll-free

**Muskogee** • 2401 Shawnee St., 74401  
(877) 575-5195 • TTY: (918) 687-2394 toll-free

**Okmulgee** • 308 Creek Pl., 74447  
(855) 287-4791 • TTY: (918) 756-2286 toll-free

**Tulsa** • 4750 S. Garnett Rd., 74146  
(866) 931-7106 toll-free • TTY: (800) 325-0778 toll-free

### **Social Security Administration Internet Online Services**

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

The Benefit Eligibility Screening Tool (BEST) examines eligibility for retirement, survivor, disability, SSI, special veterans

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benefits and Medicare. The Benefits Planner contains retirement, disability and survivor planners. Other online services allow a person to change address/phone number; get a password to retrieve account information; or request a proof of income, a Social Security statement or replacement Medicare card.

### Social Security Fraud Hotline

Office of the Inspector General • Social Security Administration  
(800) 269-0271 toll-free

Call to report forged Social Security checks or misuse of Social Security numbers.

### U.S. Railroad Retirement Board

844 N. Rush St. • Chicago, IL 60611

(877) 772-5772 toll-free • [www.rrb.gov](http://www.rrb.gov)

Facilitates enrollment in Medicare for railroad retirees and their spouses. Kansas office serves many Oklahoma counties, including Creek, Muskogee, Nowata, Okmulgee, Osage, Rogers, Tulsa, Wagoner and Washington Counties.

## SUPPORT GROUPS

The following organizations offer support groups. Contact these offices directly for complete program description, times, locations and activities. See also **GRIEF RECOVERY**, page 191.

### AARP Oklahoma State Office

126 N. Bryant Ave. • Edmond, OK 73034

(918) 446-2277

Information and referral to support groups in the area. Open Monday through Friday 8:30 a.m. to 4:30 p.m.

### ALS (Lou Gehrig's Disease) Support Group

(918) 749-7997

Support offered in conjunction with the Muscular Dystrophy Association, Eastern Oklahoma. Meets second Thursday, 6:30 p.m. to 8 p.m., at The Center for Individuals with Physical Challenges, 815 S. Utica Ave., Classroom 1, Tulsa.

### Alzheimer's Association, Oklahoma Chapter

(918) 392-5000 • (800) 272-3900 toll-free 

[www.alz.org/oklahoma](http://www.alz.org/oklahoma)

### American Cancer Society

(918) 743-6767 • [www.cancer.org](http://www.cancer.org)

24-Hour Hotline: (800) 227-2345

Support groups for people who have breast cancer (*Reach to Recovery*), to address appearance-related issues of treatment/disease (*Look Good ... Feel Better*) and a general group (*Caring and Sharing Cancer Support Group*).

### American Diabetes Association

6600 S. Yale Ave., Ste. 1310 • Tulsa, OK 74136

(918) 492-3839

### American Heart Association

2227 E. Skelly Dr. • Tulsa, OK 74105

(918) 712-4000 • [www.americanheart.org](http://www.americanheart.org)

### American Lung Association in Oklahoma

11212 N. May Ave., Ste. 405 • Oklahoma City, OK 73120

(405) 748-4674 • [www.breathehealthy.org](http://www.breathehealthy.org)

### American Parkinson's Disease Association Information and Referral Center, Oklahoma-Southern Kansas

P.O. Box 3113 • Broken Arrow, OK 74013

(918) 747-3747 • (888) 740-3747 toll-free • [www.apdaparkinson.org](http://www.apdaparkinson.org)

### Arthritis Foundation, South Central Region

710 W. Wilshire Blvd. • Oklahoma City, OK 73116

(405) 936-3366 • (800) 627-5486 toll-free • [www.arthritis.org](http://www.arthritis.org)

### Broken Arrow Seniors, Inc.

1800 S. Main St. • Broken Arrow, OK 74012

(918) 259-8377 • Fax (918) 251-9791 • [www.baseniors.org](http://www.baseniors.org)

Multi-purpose senior center hosts support groups. Call for times and group information.

### Mary K. Chapman Center for Communication Disorders

(918) 631-2504 • Fax (918) 631-3668

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

### Celiac Spruce Association-Tulsa Support Group

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

### Family Caregiver Alliance/National Center on Caregiving

785 Market St., Ste. 750 • San Francisco, CA 94103

(800) 445-8106 toll-free • [www.caregiver.org](http://www.caregiver.org)

Online caregiver support groups.



### LIFE's Caregiver Support Services

(918) 664-9000 • Fax (918) 664-9922

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

Monthly support groups for caregivers at three locations:

5950 E. 31st St. • Tulsa • Ext. 244

902 E. Pine St. • Tulsa • Ext. 8448

3106 S. Juniper Ave. • Broken Arrow • Ext. 8324



### Leukemia and Lymphoma Society

500 N. Broadway, Ste. 250 • Oklahoma City, OK 73102

(405) 943-8888 • [www.lls.org](http://www.lls.org)

### Mental Health Association in Tulsa

1870 S. Boulder Ave. • Tulsa, OK 74119

(918) 585-1213 • Fax (918) 585-1263 • [www.mhat.org](http://www.mhat.org)

Support groups for individuals and families coping with mental health issues and concerns.

### Muscular Dystrophy Association, Eastern Oklahoma

5840 S. Memorial Dr., Ste. 307 • Tulsa, OK 74145

(918) 749-7997 • [www.mdausa.org](http://www.mdausa.org)

### Myasthenia Gravis Foundation of America, Oklahoma Chapter

4606 E. 67th St. S., Ste. 100 • Tulsa, OK 74136

(918) 494-4951 • Fax (918) 494-4951

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

### National Alliance on Mental Illness (NAMI)

Tulsa Alliance on Mental Illness (NAMI-Tulsa)

700 S. Boston Ave., Ste. 219 • Tulsa, OK 74119

(918) 587-6264 • <http://tulsa.nami.org>

# Nutrition Sites and Senior Centers

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

Tulsa County	Address	Phone	Nutrition Site	Senior Center
Autumn Park and Tulsa Creek County Nutrition	8401 E. 134th St. S., Bixby	(918) 364-8066	Y	N
Broken Arrow Senior Center	1800 S. Main St., Broken Arrow	(918) 259-8377	Y	Y
Cardinal Heights and Tulsa Creek County Nutrition	224 S. 19th St., Collinsville	(918) 371-3730	Y	N
Carver Senior Center and Tulsa Creek County Nutrition	1208 E. Pine St., Tulsa	(918) 585-3307	Y	Y
Cornerstone Village and Tulsa Creek County Nutrition	1045 N. Yale Ave., Tulsa	(918) 835-9544	Y	N
Country Oaks and Tulsa Creek County Nutrition	5648 S. 33rd 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	 15th and Indianapolis Ave., Tulsa	(918) 744-6760	N	Y
 LIFE's Senior Center at Southminster	35th and Peoria Ave., Tulsa	(918) 749-2623	N	Y
Owasso Community Center and Tulsa Creek County Nutrition	301 S. Cedar St., Owasso	(918) 272-1816	Y	Y
Park Village and Tulsa Creek County Nutrition	650 S. Memorial Dr., Tulsa	(918) 832-1427	Y	N
Sand Springs Senior Center and Tulsa Creek Co. Nutrition	205 N. McKinley Ave., Sand Springs	(918) 246-2566	Y	Y

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 and Creek County Nutrition	515 E. Dewey Ave., Sapulpa	(918) 224-3300	Y	Y
Woodland Village and Tulsa Creek County Nutrition	131 E. 9th Ave., Bristow	(918) 367-3989	Y	N

Wagoner County	Address	Phone	Nutrition Site	Senior Center
Coweta Senior Center at Carriage Crossing	28530 E. 141st St., Coweta	(918) 486-1554	Y	Y
Okay Senior Citizens Center	3701 E. 75th St. N., Okay	(918) 682-0255	Y	Y
Rolling Hills Senior Citizen Center	20 S. 200th E. Ave., Tulsa	(918) 266-3738	Y	Y
Stone Bluff Senior Center	19249 U.S. Hwy. 64, Haskell	(918) 482-1991	Y	Y
Wagoner Nutrition Site	2200 W. Wellington, Wagoner	(918) 485-1114	Y	Y

Osage County	Address	Phone	Nutrition Site	Senior Center
Barnsdall Nutrition Site	416 W. Main St., Barnsdall	(918) 847-2376	Y	N
Cedar Ridge Nutrition Site	200 Atlantic Field Rd., Pawhuska	(918) 287-3994	Y	Y
Fairfax Senior Citizens Center and Nutrition Site	600 W. Harrison, Fairfax	(918) 642-1271	Y	Y
Hominy Senior Center	211 E. 5th St., Hominy	(918) 885-2112	Y	Y
Hulah Lake Senior Citizens	1924 County Rd. 3575, Pawhuska	(918) 336-1870	N	Y
Shidler Senior Center	125 Cosden, Shidler	(918) 793-7732	Y	Y
Skiatook Senior Center	4999 W. Rogers Blvd., 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
Pawnee Independent Senior Center	606 5th St., Pawnee	(918) 762-3400	N	Y
Project Heart - Pawnee Nutrition Site	304 Kansas Pl., Pawnee	(918) 762-2405	Y	Y

Rogers County	Address	Phone	Nutrition Site	Senior Center
CARD (Community Action Resource and Development)	1302 N. Willow Dr., Claremore	(918) 342-0622	Y	N
Claremore Senior Citizens Center	116 N. Missouri Ave., Claremore	(918) 341-4734	Y	Y
Inola Senior Citizen Center	2nd and Broadway, Inola	(918) 543-8513	Y	Y



Today's to-do list:

**Enjoy yourself.**

Nurture your mind, body and spirit for a healthier, happier LIFE at LIFE Senior Services' two senior centers for active adults.

Discover what **LIFE** has to offer.

LIFEseniorservices.org | (918) 664-9000




**National Multiple Sclerosis Society, Oklahoma Chapter**  
4606 E. 67th St., Ste. 103 • Tulsa, OK 74136  
(918) 488-0882 • (800) 344-4867 toll-free  
www.nationalmssociety.org/oke

**National Mental Health Consumers' Self-Help Clearinghouse**  
(800) 553-4539 toll-free • Fax (215) 636-6312  
www.mhselfhelp.org  
Contact for publications and referrals to support systems.

**Northeast Active Timers (NEATS)**  
3119 S. Jamestown Ave. • Tulsa, OK 74135  
(918) 743-1303 • Fax (918) 743-1304 • www.neatstulsa.org  
"One in the Family" group provides support for seniors who have no living family or whose family is far away. "Adopt a Centenarian" provides support for seniors 100+ years old.

**Osage Nation Caregiver Program/Title VI**  
350 Senior Dr. • Pawhuska, OK 74056  
(918) 287-5454 • Fax (918) 287-1165 • www.osagetribe.org  
Support group for family caregivers.

**PFLAG (Parents, Families and Friends of Lesbians and Gays)**  
P.O. Box 52800 • Tulsa, OK 74152  
(918) 749-4901 • www.pflagtulsa.org  
Confidential support for families of lesbian, gay, bisexual and transgendered people.

**Tristesse Grief Center**  
3930 E. 31st St. • Tulsa, OK 74135  
(918) 587-1200 • www.thegriefcenter.org  
Individual and group support.

**TSHA, Inc. (Total Source for Hearing-loss and Access)**  
8740 E. 11th St. • Tulsa, OK 74112  
Voice/TTY: (918) 832-8742 • Fax (918) 834-4329 • www.tsha.cc

**Tulsa Amputee Group Support (TAGS)**  
(918) 584-8607  
Meets the first Monday of each month at The Center for Individuals with Physical Challenges, 815 S. Utica, Tulsa, at 6:30 p.m.

**Tulsa City-County Library Information Services**  
<http://opac.tulsalibrary.org>  
Maintains a list of area support groups, under "Self Help Groups." Lists times, contacts and locations.

**United Ostomy Support Group**  
(918) 446-8542 • www.ostomyok.org  
Fourth Thursday of the month at 7 p.m. at University Village, 8555 S. Lewis Ave., Tulsa.

## TAX INFORMATION

**AARP Tax Aide Program**  
(918) 446-2277 • www.aarp.org  
Free income tax help to seniors and low- to middle-income taxpayers.

(918) 664-9000

# LIFE's Tax Assistance Program for Seniors

LIFE's specially-trained volunteers provide **free** basic tax preparation and filing for eligible\* seniors during the annual tax season.

\*60 years or older with an annual income of less than \$52,000 (criteria is subject to change).



For more information, visit  
[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)  
or call (918) 664-9000



LIVE UNITED  
United Way  
Elder Care United Way  
Partner Agency

## County Assessors

Tax relief programs available. Must meet financial guidelines. Eligible seniors may freeze value of property and apply for Double Homestead exemption and partial refund of property taxes.

### Locations

#### Tulsa County Assessor

500 S. Denver Ave., Second Floor, Rm. 215 • Tulsa, OK 74103  
(918) 596-5100 • [www.assessor.tulsacounty.org](http://www.assessor.tulsacounty.org)

#### Creek County Assessor

317 E. Lee Ave. • Sapulpa, OK 74066  
(918) 224-4508

#### Osage County Assessor

600 Grandview Ave., Rm. 101 • Pawhuska, OK 74056  
(918) 287-3448

## Internal Revenue Service

1645 S. 101st E. Ave. • Tulsa, OK 74128  
(918) 622-8482 • [www.irs.gov](http://www.irs.gov)  
Monday through Friday, 8:30 a.m. to 4:30 p.m.



### LIFE's Tax Assistance Program See Our Ad On Page 213

5950 E. 31st St. • Tulsa, OK 74135  
(918) 664-9000 • [www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)

Free basic income tax preparation with electronic filing for seniors age 60 or older with an annual income of or below \$52,000. Appointment required.

## Oklahoma Tax Commission

440 S. Houston Ave., Fifth fl. • Tulsa, OK 74127  
(918) 581-2437 • [www.oktax.state.ok.us](http://www.oktax.state.ok.us) • [www.tax.ok.gov](http://www.tax.ok.gov)  
Monday through Friday, 7:30 a.m. to 4:30 p.m.

# TRANSPORTATION RESOURCES, AMBULANCE SERVICES and HANDICAPPED PARKING PERMITS

## Ambulance Service

Many area communities provide subscription-based ambulance services to help protect people from out-of-pocket expenses for emergency and/or non-emergency transportation. Some program fees are automatically included in local utility bills; others are not. For more information, contact your local city government. Bixby, Jenks, Sand Springs and Tulsa residents, see EMSA in this section.

## All City Transportation Services, Inc.

531 N. Peoria Ave. • Tulsa, OK 74120  
(918) 585-2489

## American Cancer Society

4110 S. 100th E. Ave., Ste. 101 • Tulsa, OK 74146  
(918) 743-6767 • (800) 227-2345 toll-free • [www.cancer.org](http://www.cancer.org)  
*Road to Recovery* program provides transportation for cancer patients to and from radiation and chemotherapy treatments in the Tulsa metropolitan area. See complete listing at HEALTH-RELATED ORGANIZATIONS, page 191.

## Angel Flight, Inc.

1515 E. 71st St., Ste. 312 • Tulsa, OK 74136  
(918) 749-8992 • Fax (918) 745-0879  
[www.angelflight.com](http://www.angelflight.com)

See complete listing at MEDICAL SERVICES, page 201.

## Broken Arrow Connection

Provided by Tulsa Transit  
(918) 582-2100 • [www.tulsatransit.org](http://www.tulsatransit.org)  
Fixed route. Offers some transportation to locations not on fixed route up to 3/4 of a mile from route with advanced reservations. Connects with express bus to downtown Tulsa. Call for more information.

## Cimarron Public Transit System

501 6th St. • Pawnee, OK 74058  
(918) 762-3041 • Ride Line: (800) 789-7314 toll-free  
(Creek, Kaye, Pawnee and Osage Counties only)  
Offers transportation within the city limits of Bartlesville, Bristow, Pawhuska, Ponca City and Sapulpa. Senior Program in Creek County. SoonerRide. Monday through Friday, 8 a.m. to 5 p.m.

### Additional Locations

**Bartlesville** • (918) 336-2233

**Ponca City** • (580) 718-0456

**Skiatook** • (918) 396-4466

## Corporate Angel Network, Inc.

Westchester County Airport 1 Loop Rd.  
White Plains, NY 10604  
(866) 328-1313 toll-free  
[www.corpangelnetwork.org](http://www.corpangelnetwork.org)  
See complete listing at MEDICAL SERVICES, page 201.

## Coweta/Ki Bios Transit System

Low Cost Transportation Services  
(918) 486-1783  
Low cost transportation for Coweta residents. Call ahead to schedule a ride.

## EMSA (Emergency Medical Services Authority) – Membership Services

(918) 396-2888 • Fax (918) 596-3177 • [www.emsaonline.com](http://www.emsaonline.com)

### TotalCare

This ambulance subscription program is sponsored by the Emergency Medical Services Authority (EMSA), and is designed to protect people from out-of-pocket expenses for emergency transport. Membership benefits are applied to emergency transports and medically-necessary, non-emergency, ground ambulance transports to hospitals in the EMSA service areas of Bixby, Jenks, Sand Springs and Tulsa. TotalCare is not an insurance policy or supplement. Annual membership open enrollment is May 1 through June 30; annual fee is \$45. Membership includes all permanent residents of the household and is designed for people who live in multi-unit facilities that do not participate in Tulsa's Ambulance Service Program.

### Tulsa's Ambulance Service Program

Single-family utility customers living within Tulsa's city limits are automatically enrolled in the City of Tulsa's Ambulance Service Program. With enrollment, the utility customer and all permanent residents of the household receive TotalCare benefits, as outlined above. The cost varies by city and is automatically included in the regular water bill. City of Tulsa utility customers may opt out of the Ambulance Service Program by calling (918) 596-9511 between June 1 and June 30.

### **Ernest Childers VA Outpatient Clinic**

9322 E. 41st St. • Tulsa, OK 74145

(918) 628-2500 • [www.va.gov](http://www.va.gov)

Offers daily shuttle to Jack C. Montgomery VA Medical Center in Muskogee.

### **Handicapped Parking Permit**

Disability placards are issued by the Department of Public Safety. Applications are available at any tag agency and downloadable from the department's website. The Department of Public Safety requires approximately ten business days after receipt to process application.

#### *Locations*

#### **Department of Public Safety**

3600 N. Martin Luther King Ave.

Oklahoma City, OK 73111

(405) 425-2424 • [www.dps.state.ok.us](http://www.dps.state.ok.us)

#### *Mail Application to*

Department of Public Safety

Driver Compliance Division – Physical Disability

P.O. Box 11415

Oklahoma City, OK 73136

### **Indian Health Care Resource Center**

550 S. Peoria Ave. • Tulsa, OK 74120

(918) 588-1900 • Fax (918) 582-6405 • [www.ihcrc.org](http://www.ihcrc.org)

Curb-to-curb transportation to medical clinic Monday through Friday. Round trips to Claremore Indian Hospital on Monday. Must be Native American; CDIB card or other tribal documentation required.

### **Koweta Indian Health Facility**

31870 E. State Hwy. 51 • Coweta, OK 74429

(918) 279-3200

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

### **MedSupport**

(918) 627-5111 • Fax (918) 627-4111 • [www.medsupport03.com](http://www.medsupport03.com)

Private company offers wheelchair and stretcher transportation to medical appointments in the Tulsa metropolitan area.

### **My Driver Transportation and Companion Service**

(918) 491-9929

Private company provides transportation in Tulsa County. Call for rates and reservations.

### **Osage County Nutrition Office**

108 E. 7th St. • Pawhuska, OK 74056

(918) 287-2242

Service coordinated through Osage County nutrition sites.

### **Pawnee Nation of Oklahoma –**

#### **Community Health Representative Program**

400 Agency Rd. • Pawnee, OK 74058

(918) 762-4641 • [www.pawneenation.org/](http://www.pawneenation.org/)

Transportation provided to medical appointments made through referrals from the Pawnee Indian Health Clinic. Must have CDIB card.

### **Pelivan Transit**

333 S. Oak St. • Big Cabin, OK 74332

(800) 482-4594 • [www.pelivantransit.org](http://www.pelivantransit.org)

Offers transportation service in Craig, Delaware, Mayes, northern Tulsa, Ottawa and Rogers. These rides are for health care appointments, shopping, employment and recreation. Discounted fares for people aged 60 or older. Call or visit website for area dispatch numbers, fares and reservations.

### **SoonerRide**

(877) 404-4500 toll-free • TTY: (800) 722-0353

<https://member.logisticare.com>

Non-emergency transportation for Medicaid recipients only. Requires a valid Oklahoma Medicaid card. Reservations required three days in advance. Reservations center open Monday through Friday, 7 a.m. to 6 p.m. Pick-up available Monday through Friday, 4 a.m. to 6 p.m.

### **Tulsa Transit**

510 S. Rockford Ave. • Tulsa, OK 74120

(918) 582-2100 • [www.tulsatransit.org](http://www.tulsatransit.org)

#### **Lift Program**

Curb-to-curb paratransit service for Tulsa-area residents who have a disability. Appointment required. \$3 one way. Application required. Call Tulsa Transit or download application from [www.adaride.com](http://www.adaride.com) or call ADA Ride toll-free at (877) 232-7433.

#### **Reduced Fare Program**

People age 62 or over and people who have disabilities may use city bus system at half prices. Reduced fare photo ID card, Medicare card or letter regarding rider's disability from Veterans Association or State of Oklahoma required. Application required.

#### **Super Seniors Program**

People age 75 or over may ride FREE for life on Tulsa Transit's fixed-route bus system. Super Senior photo ID card required.

### **United We Ride**

Governor's United We Ride Council

300 NE 18th St. • Oklahoma City, OK 73105

(405) 521-3899 • [www.unitedweride.ok.gov](http://www.unitedweride.ok.gov)

Online resource that provides information about transit systems (searchable by county) and links for more information and resources including information about scheduling rides.

## **URGENT and BASIC NEEDS**

### **Arms Around BA**

700 W. Ft. Worth St. • Broken Arrow, OK 74012

(918) 258-7714

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

Offers food pantry, clothing, referrals and utility assistance for Broken Arrow and Coweta residents. Monday, Wednesday, Friday, 10 a.m. to 3 p.m. See also MEDICAL SERVICES, page 201.

### **Bixby Community Outreach Center**

10 E. Dawes Ave. • Bixby, OK 74008

(918) 366-9226 • Fax (918) 366-9228 • [www.bixbyoc.org](http://www.bixbyoc.org)

Basic needs agency. Food pantry provides a four-day supply of food and personal care items. Clothing distributed year-round.

*continued*

No-interest loans for limited assistance with utility cut-offs, prescriptions, eviction notices and gasoline for local work travel only. Serves primarily Bixby-area residents who meet financial guidelines. Tuesday through Thursday, 9 a.m. to 4 p.m.

### **Bristow Social Services**

206 S. Main St. • Bristow, OK 74010  
(918) 367-5400 • Fax (918) 367-5458

Offers various forms of assistance including help with clothing, utilities, prescriptions, household supplies, personal care products and food.

### **Broken Arrow Neighbors**

322 W. Broadway Ave. • Broken Arrow, OK 74012  
(918) 251-7781 • [www.baneighbors.com](http://www.baneighbors.com)

Basic needs agency. Food pantry offers a two- to three-day supply of food and personal care items. Clothing distributed year-round. General medical clinic for minor illnesses. Legal clinic. No-interest loans for limited assistance with utility cut-offs, prescriptions, eviction notices and gasoline for local work travel only. Only Broken Arrow residents who meet financial guidelines.

### **Caring Community Friends**

12 W. Burnham Ave. • Sapulpa, OK 74067  
(918) 224-6464 • Fax (918) 224-6436  
[www.caringcommunityfriends.org](http://www.caringcommunityfriends.org)

Offers assistance to families for basic necessities, such as food and clothing and, when funds are available, help with utility bills and some prescriptions. Serving families in the Kellyville, Kiefer, Mounds and Sapulpa areas.

### **Catholic Charities**

2450 N. Harvard Ave. • Tulsa, OK 74115  
(918) 949-4673 • [www.catholiccharitiestulsa.org](http://www.catholiccharitiestulsa.org)

Offers grocery, clothing and some medication assistance, Tuesday through Friday, beginning at 9 a.m., first come first served. Some mental health services, by appointment only; general dental services, by appointment only; dental pain and extraction clinic, first come first served, Tuesdays, arrive between 3 and 3:30 p.m.; migration and refugee services, Monday through Friday, 9 a.m. to 4:30 p.m., call for appointment; rural outreach, see website for more information.

### **Community Action Resource and Development (CARD)**

522 W. Will Rogers Blvd. • Claremore, OK 74018  
Mail: P.O. Box 947 • Claremore, OK 74018  
(918) 341-5000 • Fax (918) 343-3663 • [www.cardcaa.org](http://www.cardcaa.org)

### **Cornerstone Assistance Network – Tulsa Metro Area**

1073 N. Owasso Ave. • Tulsa, OK 74106  
(918) 734-0471 • [www.tulsacan.org](http://www.tulsacan.org)

Helps churches assist individuals and families by providing food, clothing, furniture, appliances and car repair through Tulsa-area churches.

### **Deep Fork Community Action**

223 W. 6th St. • Okmulgee, OK 74447  
(918) 756-2826 • Fax (918) 756-6829  
[www.deepforkcommunityaction.org](http://www.deepforkcommunityaction.org)

Food pantry. Help with prescription medication costs, utility bills and rent/mortgage payments.

### **Disabled American Veterans**

3131 E. Pine St. • Tulsa, OK 74110  
(918) 834-4643 • [www.dav.org](http://www.dav.org)

Helps veterans with matters involving the Department of Veterans Affairs and offers temporary emergency financial assistance for honorably discharged veterans and their families through the Oklahoma Department of Veterans Affairs.

### **Grace Church Community Outreach Ministry**

9610 S. Garnett Rd. • Broken Arrow, OK 74012  
(918) 362-5265 • [www.gcstulsa.com](http://www.gcstulsa.com)

The Storehouse is a community outreach ministry of Grace Church providing food and clothing assistance to families in need. Open Wednesdays in conjunction with 7 p.m. service.

### **Helping Hand Ministry**

Bernsen Building • 700 S. Boston Ave. • Tulsa, OK 74119  
(918) 582-1356

Helping Hand helps disadvantaged individuals and families over a temporary crisis. Five mornings a week, volunteers from First Presbyterian Church assist people in jeopardy of being evicted or having a utility service discontinued, who need a prescription filled or who need food from the pantry. Helping Hand is open five days a week from 9 a.m. to 12 p.m.

### **John 3:16 Family and Youth Center**

2027 N. Cincinnati Ave. • Tulsa, OK 74106  
(918) 592-1186 • [www.john316mission.org](http://www.john316mission.org)

Offers a range of materials and educational, spiritual and recreational support to at-risk children and families. Grocery baskets, clothing and limited financial aid to help families facing an immediate crisis pay utility bills.

### **John 3:16 Mission**

506 N. Cheyenne Ave. • Tulsa, OK 74103  
(918) 587-1187 • [www.john316mission.org](http://www.john316mission.org)

#### **Men's Shelter**

Male guests staying overnight are offered clothing, hot showers, meals, bed, secure shelter, spiritual input, counseling and more.

#### **Women's Ministries**

Maintains a "day room" so women may get off the streets and take refuge in a friendly, supportive place during daytime hours. Meals are provided.

### **Ministry Center at the Allan Davis Building**

312 S. 33rd W. Ave. • Tulsa, OK 74127  
(918) 585-5310 • [www.ministry-center.org](http://www.ministry-center.org)

Offers limited prescription assistance, clothing, food, counseling and referral services for Tulsa County residents. Appointment required. Must accept spiritual counseling.

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

505 E. 36th St. N. • Tulsa, OK 74106  
(918) 425-5578 • [www.neighborforneighbor.org](http://www.neighborforneighbor.org)

Community food store offers food to those in need. Free to seniors age 65 or older and adults with disabilities. Limited financial assistance. Medical, dental, vision and prescription programs. Circle Housing and community projects. Nominal fees apply. Monday through Thursday. Closed Friday.

### **Neighbors Along the Line**

5000 Charles Page Blvd. • Tulsa, OK 74127  
(918) 584-1111 • Fax (918) 584-4954  
www.neighborsalongtheline.org

Food pantry for residents of northwest Tulsa. Offers groceries once a month to people who meet financial guidelines. Medical clinic provides general medical services to adults and children who do not have medical insurance coverage. Also offers Legal Aid clinic, GED preparation lab and a WIC clinic.

### **Osage Nation Social Services**

255 Senior Dr. • Pawhuska, OK 74056  
(918) 287-5335 • (800) 460-4615 toll-free • www.osage-tribe.com  
Financial assistance with food, utility and medical bills. Heating and cooling assistance provided through DHS and LIHEAP.

### **Owasso Community Resources**

109 N. Birch St., Ste. 109 • Owasso, OK 74055  
(918) 272-4969 • www.owassohelps.com  
Emergency utility assistance program for residents of Owasso and Collinsville. Emergency food pantry. Thanksgiving baskets for low-income families, adults who have disabilities and seniors in need.

### **Pawnee Nation Food Distribution Program**

Beck Dr. and Morris Rd. • Pawnee, OK 74058  
(918) 762-2541 • www.pawneenation.org  
Distributes food, including fresh vegetables, fruits and meat. Must have a CDIB card and must provide income verification, Social Security card and live in Pawnee or northern Payne Counties.

### **Restore Hope Ministries**

2960 Charles Page Blvd. • Tulsa, OK 74127  
(918) 582-5766 • Fax (918) 587-5449  
www.restorehope.org  
Offers emergency financial assistance for rent. Food, clothing and household items available.

### **Salvation Army Center of Hope**

102 N. Denver Ave. • Tulsa, OK 74103  
(918) 582-7201 • www.salvationarmyusa.org  
Operates shelter for homeless individuals and families. Morning and evening meals. Limited emergency financial assistance for utility bills (Tulsa County residents only), non-narcotic prescriptions and travel.

### **Sand Springs Community Services, Inc.**

114 W. 4th St. • Sand Springs, OK 74063  
(918) 245-5183 • www.scsok.org  
Offers temporary/emergency assistance to Sand Springs residents for basic necessities, such as food, shelter, clothing and utility payments. Must meet financial guidelines.

### **Skiatook Family Resource Center, Skiatook Emergency Assistance Center (SEAC)**

123 S. Broadway St. • Skiatook, OK 74070  
(918) 396-4108  
Offers food and utility assistance, information, counseling and referral to services to residents of Avant, Skiatook and Sperry. Tuesday through Thursday, 10 a.m. to 2 p.m.

(918) 664-9000

### **South Tulsa Neighborhood House**

1208 E. 58th St. • Tulsa, OK 74105  
(918) 742-5597 • Fax (918) 742-4485  
Offers information and referral for people requiring basic needs, including food, clothing and bus tokens. Serving South Tulsa.

### **Supplemental Nutrition Assistance Program (SNAP)**

Department of Human Services (DHS)  
www.okdhs.org  
SNAP program is available for emergency assistance. Must meet income guidelines. Contact local DHS office to apply. See complete listing of offices at MEDICAID INFORMATION, page 199.

### **Tulsa County Social Services**

2401 Charles Page Blvd. • Tulsa, OK 74127  
(918) 596-5560 • www.tulsacounty.org  
Offers emergency shelter, prescription, burial and cremation assistance for residents of Tulsa County.

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

415 W. Archer St. • Tulsa, OK 74103  
(918) 556-6425 • www.tulsadaycenter.org  
Day shelter for people who are homeless. Night shelter for women, children, men with physical and/or mental disabilities who are receiving case management and men age 55 or older. Clothing room. On-site services for basic needs.

### **Tulsa Dream Center**

200 W. 46th St. N. • Tulsa, OK 74126  
(918) 430-9984 • www.tulsadreamcenter.org  
Offers a variety of services, including food pantry, clothing, legal clinic and medical clinic.

### **Tulsa Weather Coalition**

2-1-1  
Air conditioner loan program, April through September. Must be chair-fast, bed-fast 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 Programs, Inc.**

501 6th St. • Pawnee, OK 74058  
(918) 762-2561 • www.ucapinc.org  
Offers food, clothing and some financial assistance to prevent utility cut-offs.

### **Volunteers of America of Oklahoma Supported Housing**

9605 E. 61st St. • Tulsa, OK 74133  
(918) 307-1500 • www.voak.org  
Offers housing to people who are age 62 or older, or who have a mental or physical disability.

### **Wagoner Area Neighbors**

100 N.W. 8th St. • Wagoner, OK 74467  
(918) 485-2309  
Offers food, clothing, household items and financial assistance for utilities, rent, gasoline and prescriptions. Wagoner County residents only. Available Monday, Wednesday and Friday from 8 a.m. to Noon; Tuesday and Thursday from 1 to 3 p.m.

### Western Neighbors, Inc.

4235 Southwest Blvd. • Tulsa, OK 74157

(918) 445-8840

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

Offers food assistance once a month, clothing and small household items. Some utility and emergency prescription assistance. Pay back contributions requested. Must live south and west of Arkansas River (west to 97th W. Ave., south to 81st St.). Monday through Thursday from 8 a.m. to noon.

## UTILITY and TELEPHONE ASSISTANCE

See also URGENT and BASIC NEEDS, page 218.

For financial assistance from ONG's *Share the Warmth*, AEP-PSO's *Light a Life* or OG&E's *Lend a Hand* programs, call the Salvation Army at (918) 582-7201. Heating and cooling assistance provided through LIHEAP (see next column).

### AEP-PSO

Public Service Company of Oklahoma

24-Hour Helpline: (888) 216-3523 toll-free

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

#### Third-Party Notification

Designates a third party, usually a close relative, to receive a copy of cut-off notice to safeguard against loss of service due to nonpayment.

#### Customer Account ID Program

Seniors may choose to be specially identified in PSO's customer database for assistance in the event of an emergency or service problem. Minimum age 65; younger if the person has a disability.

#### Medical Awareness Code (MAC)

PSO personnel are alerted not to disconnect service to a MAC customer, unless previously arranged. A physician's verification of a life-threatening situation is required for this designation.

### Lifeline Assistance and Link-up America

(888) 225-5322 • TTY: (888) 835-5322

[www.fcc.gov/lifeline](http://www.fcc.gov/lifeline)

**Lifeline Assistance and Link-up America** are Federal Communications Commission (FCC) sanctioned assistance programs for income-eligible consumers to receive low-cost phone service. Eligibility is determined by income and participation in state, tribal or federal assistance programs.

Lifeline Assistance provides discounts on basic monthly service at the primary residence for qualified telephone subscribers. Link-up America helps income eligible consumers initiate telephone service by paying part of the installation fee.

The following companies in northeastern Oklahoma are authorized by the FCC to provide this assistance:

#### For landline service

AT&T: (877) 677-5635 toll-free

Bixby Telephone Company: (918) 366-8000

Cox Communications: (918) 806-6000

Terracom: (888) 716-8880 toll-free

Windstream: (800) 501-1754 toll-free

YourTel America: (855) 299-9990

#### For cellular service

Sprocket Wireless: (918) 686-9999

U.S. Cellular: (800) 447-1339 toll-free

### LIHEAP (Low Income Home Energy Assistance Program)

(405) 521-3444 • (866) 411-1877 • [www.liheap.org](http://www.liheap.org)

The Low Income Home Energy Assistance Program (LIHEAP) provides winter heating, energy crisis, summer cooling and/or weatherization and other energy-related home repair assistance to eligible low-income households during specific application periods. Contact your DHS office (see page 197) for application deadlines or visit the website.

### 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](http://www.oklahomanaturalgas.com)

#### Third-Party Notification

Designates a third party, usually a close relative, to receive a copy of cut-off notice to safeguard against loss of service due to nonpayment.

#### Customer Account ID Program

Seniors may choose to be specially identified in ONG's customer database for assistance in the event of an emergency or service problem. Minimum age 65; younger if the person has a disability.

### Senior Valuation Limitation-Property Tax Freeze

Tulsa County Assessor

500 S. Denver Ave., Administration Building, Rm. 215

Tulsa, OK 74103 • (918) 596-5100

Locks in or freezes the taxable value of your home. Minimum age 65, other eligibility requirements apply. Application must be filed January 1 through March 15 or within 30 days from the date issued on the *Notice of Change in Assessed Value of Real Estate*.

## VETERANS SERVICES

### American Legion

Carson Wilson Rigney Forrester-Shoemaker Post 1

1120 E. 8th St. • Tulsa, OK 74120

(918) 584-4274 • (918) 584-4423 fax

Assists veterans and their families with matters involving the Department of Veterans Affairs. Helps veterans with temporary, emergency financial aid for shelter, utilities and food.

### Bryce House for Homeless Veterans

1214 S. Baltimore Ave. • Tulsa, OK 74119

(918) 779-7203

Operates a 31-bed transitional housing facility for homeless male veterans in recovery from drug or alcohol abuse. Services include case management, counseling, support groups, employment counseling and life skills training. Operated by the Jack C. Montgomery VA Medical Center and 12 & 12, Inc. Female veterans referred to 12 & 12. Must meet admission guidelines as determined by VA staff. Referral from VA provider required.

### Defense Enrollment Eligibility Reporting System (DEERS)

(800) 538-9552 toll-free • [www.tricare.mil/DEERS](http://www.tricare.mil/DEERS)

DEERS is a series of databases that provides information on benefits eligibility and entitlements. DEERS serves as the central source of identity, enrollment and eligibility verification for members of the uniformed services, other personnel designated by the Department of Defense and their eligible family members.

## Department of Veterans Affairs

Muskogee Regional Office

125 S. Main St. • Muskogee, OK 74401

(918) 781-7600 • (800) 827-1000 toll-free (National)

www.vba.va.gov or www.va.gov

Offers information, advice and assistance about veterans' benefits, e.g., disability, medical/health care (inpatient and outpatient), in-home and community-based services, nursing home care, adult day services, aid and attendance, home loans and education. Available to honorably discharged veterans and their eligible dependents or survivors.

## Department of Veterans Affairs Behavioral Medicine Clinic

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

(918) 610-2000

24-Hour Veterans Crisis Line (800) 273-8255, option 1

Offers outpatient individual and group counseling, as well as an inpatient and intensive outpatient program for substance abuse disorders. Special programs include post traumatic stress disorder, smoking cessation, depression, family education and Operation Enduring Freedom/Operation Iraqi Freedom (for people returning from Iraq and related campaigns). Must be a veteran.

### Additional Location

#### Jack C. Montgomery VA Medical Center

1011 Honor Heights Dr. • Muskogee, OK 74401

(918) 577-3000 • (888) 397-8387 toll-free

www.muskogee.va.gov

## Department of Veterans Affairs

### National Caregiver Support Line

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

The national Caregiver Support Line is open Monday through Friday 8 a.m. to 11 p.m. and Saturday 10:30 a.m. to 6 p.m. EST. The support line serves as a primary resource/referral center to assist caregivers, veterans and others seeking caregiver information to help in the care of our nation's veterans.

## Disabled American Veterans

3131 E. Pine St. • Tulsa, OK 74110

(918) 834-4644 • Fax (918) 834-5048 • www.dav.org

Assists veterans with matters involving the Department of Veterans Affairs and provides temporary emergency financial assistance through the Oklahoma Department of Veterans Affairs. Tuesday through Thursday, 9 a.m. to 4 p.m.

## Ernest Childers VA Outpatient Clinic

9322 E. 41st St. • Tulsa, OK 74145

(918) 628-2500 • (888) 398-8387 toll-free • www.va.gov

Comprehensive medical evaluation, specialty clinics, care and treatment, including lab, radiology and pharmacy for eligible veterans. Daily shuttle to Jack C. Montgomery VA Medical Center in Muskogee. Veterans who enlisted after September 1980 are eligible only if they served at least two years or served in a combat zone. Must meet service or financial guidelines.

## Jack C. Montgomery VA Medical Center

1011 Honor Heights Dr. • Muskogee, OK 74401

(918) 577-3000 • 24-hour (866) 397-8387 toll-free

www.muskogee.va.gov

Offers comprehensive inpatient and outpatient health care, including 14-bed acute inpatient psychiatric care unit, inpatient

*continued*

physical medicine and rehabilitation unit, and substance abuse services for eligible veterans.

## TRICARE –

### Humana Military Health Care Services (HMHS)

(800) 444-5445 toll-free • www.humana-military.com

## Veterans Administration Insurance

(800) 669-8477 toll-free • www.va.gov or www.vba.va.gov

General life insurance information for veterans.

# VISION SERVICES

## American Foundation for the Blind (AFB)

2 Penn Plaza, Ste. 1102 • New York, NY 10121

(212) 502-7600 • www.afb.org

A national nonprofit organization, AFB provides services and support for people who are blind or visually impaired. AFB supports technologies such as the talking books program and provides information and mentoring on technology assistance for people who are blind.

## American Printing House for the Blind, Inc.

1839 Frankfort Ave. • Louisville, KY 40206

(800) 223-1839 toll-free • www.aph.org

Nonprofit organization offers aids, tools and supplies to people who have a vision impairment. No-cost subscriptions to *Newsweek* and *Readers' Digest* available for people who are legally blind.

## Department of Rehabilitation Services – Visual Services

907 S. Detroit Ave., Ste. 500 • Tulsa, OK 74120

(918) 551-4900 • TTY: (918) 551-4933

Information Line: (800) 829-3255 toll-free

www.okdrs.gov

For other DVR offices, schools or facilities, call

(800) 487-4042 toll-free.

Offers services to people who are visually impaired, including evaluation, training, job placement, restorative services, counseling and guidance, assistive devices, mobility training, information and referral and independent living services. Limited transportation services. Some financial guidelines may apply.

## EyeCare America – Senior Eye Care Program

P.O. Box 429098 • San Francisco, CA 94142

(877) 887-6327 toll-free • www.eyecareamerica.org

Makes referrals to ophthalmologists for eye examinations. Eligible people age 65 or older receive a comprehensive medical eye exam and up to one year of treatment for any condition diagnosed during the initial exam. Eyeglasses, prescriptions, hospital services and fees for other medical professionals are not covered. Must meet financial guidelines and have no current eye doctor (ophthalmologist) or eye care insurance through an HMO or the VA. Volunteer ophthalmologists accept Medicare and/or other insurance reimbursement as payment in full. Patients without insurance receive free care.

## Indian Health Care Resource Center – Vision Services

550 S. Peoria Ave. • Tulsa, OK 74120

(918) 588-1900 • Fax (918) 582-6405 • www.ihcrc.org

Optometry clinic. Must be Native American or non-Native American dependent; CDIB card or other tribal documentation required. SoonerCare, Medicare, Medicaid and insurance accepted. Sliding fee scale.

### **Koweta Indian Health Facility**

31870 E. State Hwy. 51 • Coweta, OK 74429

(918) 279-3200

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

### **Lesley L. Walls Vision Center**

3100 E. New Orleans St. • Education Building, 2nd fl.

Broken Arrow, OK 74014 • (918) 449-6210

[www.nsuok.edu/wallscenter](http://www.nsuok.edu/wallscenter)

A premier resource and service facility by Northeastern State University's Oklahoma College of Optometry designed to meet the needs of patients seeking to recover from decreased vision and function due to brain injury, retinal degeneration and other causes of low vision.

### **Lighthouse International**

111 E. 59th St. • New York, NY 10022

(800) 829-0500 toll-free • [www.lighthouse.org](http://www.lighthouse.org)

Offers advocacy, support, information, resources, referrals, audio visual materials and publications about vision impairment and blindness. Call for list of local physicians.

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

505 E. 36th St. N. • Tulsa, OK 74106

(918) 425-5578 • [www.neighborforneighbor.org](http://www.neighborforneighbor.org)

Vision clinic offers eye exams at no charge. Appointment required. Closed Friday. See complete listing at URGENT and BASIC NEEDS, page 215.

### **NewView Oklahoma Low Vision Clinic**

710 W. Wilshire, Ste. 102 • Oklahoma City, OK 73116

(405) 286-9699 • (855) 811-9699 toll-free

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

NewView, formerly the Oklahoma League for the Blind, offers occupational therapy services to assist in providing optimal care to low-vision patients.

### **Oklahoma Council of the Blind**

P.O. Box 1476 • Oklahoma City, OK 73101

(877) 578-6212 toll-free • [www.okcb.org](http://www.okcb.org)

No-cost membership organization for people who are blind and their families. Offers legislative initiatives, advocacy, information and referral and social programs.

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

300 N.E. 18th St. • Oklahoma City, OK 73105

(800) 523-0288 toll-free • (405) 521-3514 • Fax (405) 521-4582

TTY: (405) 521-4672

[www.library.state.ok.us](http://www.library.state.ok.us)

Free services for people who are visually impaired or have a learning disability or a physical limitation. Necessary equipment provided for books and magazines on tape or in Braille. Subscriptions available to more than 250 newspapers. Free postage through the U.S. Postal Service.

### **Visual Services Program Information Line**

3010 S. Harvard Ave., Ste. 210 • Tulsa, OK 74114

(918) 743-3332 • (800) 829-3255 toll-free

Voice/TTY: (918) 742-8989

Serving severely visually-impaired people age 55 or older.

## **VOLUNTEER OPPORTUNITIES**

### **Caring Companions**

Volunteers of America of Oklahoma

9605 E. 61st St. • Tulsa, OK 74133

(918) 307-1500 • Fax (918) 307-1521 • [www.voak.org](http://www.voak.org)

Offers regular volunteer visitors to nursing home residents who would not otherwise have visitors. Training provided.

### **Foster Grandparents**

215 Dean A. McGee Ave., Ste. 324 • Oklahoma City, OK 73102

(405) 231-5201 • [www.seniorcorps.org](http://www.seniorcorps.org)

Serving at one of thousands of local organizations—including faith-based groups, Head Start Centers, schools and other youth facilities—you help children learn to read, provide one-on-one tutoring and guide children at a critical time in their lives. Volunteers must be 55 or older and meet income guidelines.

### **Hillcrest Volunteer Services**

1120 S. Utica Ave. • Tulsa, OK 74104

(918) 579-7500 • <http://hillcrest.com/volunteer>

Flexible schedules available.

### **Hospice of Green Country** See Our Ad On Page 165

1120 S. Boston Ave., Ste. 200 • Tulsa, OK 74119

(918) 747-2273 • Fax (918) 747-2573

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

Visit with patients, deliver medications and/or food to patients, walk and care for patient pets, help take pets to the vet, sit and be a companion, give respite to the caregivers as they need to shop or get out. Opportunities also include general office work, computer database maintenance and light sewing.

### **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](http://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** See Our Ad On Pages 81, 221

(918) 664-9000

Exciting one-time, seasonal and ongoing volunteer opportunities to match your interests and availability.

### **Meals on Wheels of Metro Tulsa**

12620 E. 31st St. • Tulsa, OK 74146

(918) 627-4103 • Fax (918) 663-8914

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

Help with delivery of meals to homebound seniors. See complete listing at NUTRITION ASSISTANCE and SERVICES, page 207.

### **Owasso Community Resources**

109 N. Birch St., Ste. 109 • Owasso, OK 74055

(918) 272-4969 • [www.owassohelps.org](http://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](http://www.rsvptulsa.org)

RSVP connects senior volunteers to meaningful community service opportunities, matching each volunteer's skills, experience and interests with community needs. Serving Creek, Osage, Tulsa, Wagoner and Washington Counties.

### **Service Corps of Retired Executives (SCORE)**

907 S. Detroit Ave., Ste. 1012 • Tulsa, OK 74120

(918) 581-7462 • Fax (918) 581-6908 • [www.tulsascore.org](http://www.tulsascore.org)

Retired business executives offer small business consultation and business plan seminars.

### **Tulsa Public Schools Volunteer Program**

3027 S. New Haven Ave. • Tulsa, OK 74114

(918) 746-6306 • [www.tulsaschools.org](http://www.tulsaschools.org)

Mentoring, reading, clerical work, classroom assistants and lunch buddies.

### **Volunteer Tulsa**

212 E. 6th St. • Tulsa, OK 74119

(918) 447-1888 • Fax (918) 447-1889 • [www.volunteertulsa.org](http://www.volunteertulsa.org)

Connects people with service opportunities and organizations to promote effective volunteerism.

## **VOTER INFORMATION**

### **Election Boards**

Voter registration, absentee and homebound voting.

#### **Creek County Election Board**

230 E. Hobson Ave. • Sapulpa, OK 74066

(918) 224-3529 • Fax (918) 227-6332

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

#### **Okmulgee County Election Board**

314 W. 7th St. • Okmulgee, OK 74447

(918) 756-2365 • Fax (918) 758-1275

#### **Osage County Election Board**

630 Kihekah Ave. • Pawhuska, OK 74056

(918) 287-3036 • Fax (918) 287-4820

#### **Rogers County Election Board**

415 W. 1st St. • Claremore, OK 74017

(918) 341-2965 • Fax (918) 341-4666

#### **Tulsa County Election Board**

555 N. Denver Ave. • Tulsa, OK 74103

(918) 596-5780 • Fax (918) 596-5775

Absentee Fax (918) 596-4536

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

#### **Wagoner County Election Board**

208 N. Lee • Wagoner, OK 74467

(918) 485-2142 • Fax (918) 485-8063

### **League of Women Voters of Metropolitan Tulsa**

3336 E. 32nd St., Ste. 4 • Tulsa, OK 74135

(918) 747-7933 • [www.lwvtulsa.org](http://www.lwvtulsa.org)

Voter services, registration, information, education and advocacy.

Compiles Directory of Government Officials, available free at any Tulsa City/County Library.

# Enjoy

# LIFE



## become a **VOLUNTEER**

To find out how you can volunteer  
with LIFE Senior Services,  
call (918) 664-9000.



**LIFE**  
SENIOR SERVICES®



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

# Mental Health, Behavioral Health and Counseling Services

The purpose of the Mental Health, Behavioral Health and Counseling Services section is to provide information for older adults, caregivers and professionals who may need these services.

- The agencies listed are funded in a variety of ways. Most agencies also accept private insurance, including Medicare and Medicaid. The Community Mental Health Centers receive special funding for qualifying low-income clients from the Oklahoma Department of Mental Health and Substance Abuse Services. Community Mental Health Centers are indicated in the listings by an asterisk.
- Some of the services are offered in multiple locations. You will need to call the number listed to obtain more information about services in your area and eligibility requirements.
- Services are offered primarily at the facility, although several organizations provide services in the home for older adults.

The following definitions explain some of the services available:

**Adult Crisis Unit** – An inpatient mental treatment program for adults specifically funded by the Oklahoma Department of Mental Health and Substance Abuse

**Adolescent Crisis Unit** – An inpatient treatment program for youth specifically funded by the Oklahoma Department of Mental Health and Substance Abuse

**Co-Occurring** – Refers to an individual who is experiencing both mental health and substance abuse problems

**Detox** – Refers to detoxification from alcohol and/or other drugs

**Geriatric Specific** – Refers to programs or services designed specifically for older adults

**Intensive Outpatient** – A treatment program, usually two to five days per week, three hours per day, depending on need.

**PACT TEAM (Program of Assertive Community Treatment)** – An intensive home-based program referred to as “Wrap Around Mental Health and Substance Abuse Services.” Services include a multidisciplinary team of psychiatrists, nurses, therapists and case managers. Treatment is offered up to three times per week in the home.

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	Under 18	18 & Over	Payment	24-Hour	Hospital	Adult Crisis Unit	Adolescent Crisis Unit	Residential	Outpatient Counseling	Intensive Outpatient	Home-Based Services	School-Based Services	Housing Options	Outpatient Medication Management	PACT Team
<b>1-800-273-TALK (8255)</b> <b>National Suicide Prevention Hotline and Veterans Helpline</b>	●	●		●											
<b>2-1-1 Helpline</b> 211 www.211tulsa.org <i>Serving Tulsa and northeast Oklahoma</i>	●	●		●											
<b>12 &amp; 12</b> 6333 E. Skelly Dr. • Tulsa, OK 74135 (918) 664-4224 • (800) 680-8979 (918) 663-0203 fax www.12and12.org <i>Serving Tulsa and northeast Oklahoma</i>		●	DM IN MD PP VA	●				CO DE SA	CO SA	CO SA			CO SA		

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<b>Al-Anon Intergroup Service Office</b> 4867 S. Sheridan Dr., Ste. 705 Tulsa, OK 74145 (918) 627-9114 • (866) 210-3420 (918) 627-9114 fax www.tulsaiso.org <i>Serving Tulsa and northeast Oklahoma</i>	●	●	●											
<b>Alcoholics Anonymous</b> 4853 S. Sheridan Rd., Ste. 600 Tulsa, OK 74145 (918) 627-2224 • (918) 624-2225 fax www.aaneok.org • www.aaoklahoma.org <i>Serving Tulsa and northeast Oklahoma</i>	●	●	●											
<b>Alzheimer's Association, Oklahoma Chapter</b> 2448 E. 81st St., Ste. 3000 Tulsa, OK 74137 (918) 392-5000 • (800) 272-3900 www.alz.org/oklahoma <i>Serving Tulsa and northeast Oklahoma</i>	●	●	●					GE MH						
<b>Brookhaven Hospital</b> 201 S. Garnett Rd. • Tulsa, OK 74128 (918) 438-4257 • (800) 927-3974 (918) 438-8016 fax www.brookhavenhospital.com <i>Serving northeast Oklahoma</i>		●		IN MC PP	CO DE MH SA		CO MH SA	CO MH SA						
<b>Catholic Charities</b> 2450 N. Harvard Ave. • Tulsa, OK 74115 (918) 508-7135 • (918) 582-2123 fax www.catholiccharitiestulsa.org <i>Serving Tulsa and northeast Oklahoma</i>	●	●						MH						
<b>Cherokee Nation Behavioral Health</b> 1400 S. Hensley Dr. • Tahlequah, OK 74464 (918) 207-4977 • (800) 256-0671, ext. 4977 (918) 458-6167 fax www.cherokee.org <i>Serving Adair, Cherokee, Craig, Delaware, Nowata, Mayes, Rogers and Sequoyah Counties</i>	●	●		CD				CO MH SA	SA				CO MH	
<b>Cleveland Area Hospital Senior Life Program</b> 1401 W. Pawnee St. Cleveland, OK 74020 (918) 358-3616 • (918) 358-3188 fax www.clevelandareahospital.com <i>Serving Pawnee, Tulsa, Osage, Creek and Surrounding Counties</i>		●		IN MC MD				CO GE MH	CO GE MH				CO GE MH	

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<p><b>COPES - Mobile Unit</b>  <b>Community Outreach Psychiatric Emergency Services</b>                      (918) 744-4800                      www.fcsok.org                      Serving Tulsa County</p>	●	●	●											
<p><b>Counseling and Recovery Services of Oklahoma*</b>                      7010 S. Yale Ave., Ste. 215 • Tulsa, OK 74136                      (918) 492-2554 • (918) 245-5565 Geriatric                      (918) 494-9870 fax                      The Calm Center (24-hour)                      6126 E. 32nd Pl. • Tulsa, OK 74135                      (918) 394- CALM (2256)                      www.crsok.org                      Serving Tulsa County</p>	●	●	●		●			CO GE MH SA	CO MH SA	CO GE MH	CO MH	CO SA	CO GE MH	
<p><b>CREOKS Behavioral Health</b>                      4636 S. Harvard Ave. • Tulsa, OK 74135                      (918) 382-7300 • (918) 382-7302 fax                      www.creoks.org                      Serving Tulsa, Rogers, Washington, Osage, Pawnee, Creek*, Okmulgee*, Wagoner* and surrounding counties</p>	●	●	●					CO GE MH SA		CO GE MH	CO MH		CO MH	
<p><b>Dayspring Behavioral Health</b>                      3015 E. Skelly Dr., Ste. 103 • Tulsa, OK 74105                      (918) 712-0859 • (918) 388-9708 fax                      www.dayspringbhs.com                      Serving Tulsa and surrounding counties</p>	●	●						CO GE MH SA		CO GE MH	CO MH			
<p><b>DVIS/Call Rape</b>                      4300 S. Harvard Ave., Ste 100 • Tulsa, OK 74135                      (918) 7-HELP-ME • (918) 743-5763                      (918) 584-1835 fax                      www.dvis.org                      Serving Tulsa, Creek and surrounding Counties</p>	●	●	●					MH						
<p><b>Edwin Fair Community Mental Health Center*</b>                      1500 N. 6th St. • Ponca City, OK 74601                      (580) 762-7561 • (800) 566-1343                      (580) 762-2576 fax                      www.edwinfair.com                      Serving Grant, Garfield, Kay, Payne, Osage and Noble Counties</p>	●	●						CO MH					CO MH	●

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<b>Family &amp; Children's Services*</b> 650 S. Peoria Ave. • Tulsa, OK 74120 (918) 587-9471 • (918) 560-0137 fax Crisis Care Center (24-hour) 1055 S. Houston Ave. W • Tulsa, OK 74127 (918) 921-3200 www.fcsok.org <i>Serving Tulsa County</i>	●	●	DM MC MD SS	●	●			CO GE MH	CO MH	CO MH	CO MH		CO MH	●
<b>Fortis Therapy Outpatient Services</b> 2200 Rockport Rd. • Edmond, OK 73013 (918) 607-9677 • (855) 828-9098 www.fortistherapy.com <i>Serving Tulsa and surrounding counties</i>		●	MC PP					CO GE MH		CO GE MH				
<b>Grand Lake Mental Health Center, Inc.*</b> 114 W. Delaware Rd. • Nowata, OK 74108 (918) 273-1841 • (918) 273-1843 fax www.glmhc.net <i>Serving Craig, Delaware, Mayes, Nowata, Ottawa, Rogers and Washington Counties</i>	●	●	DM MC MD SS	●	●			CO GE MH		CO GE MH	CO MH		CO MH	
<b>Green Country Behavioral Health Services*</b> 619 N. Main St. • Muskogee, OK 74401 (918) 682-8407 • (918) 687-0976 fax www.gcbhs.org <i>Serving Muskogee and McIntosh Counties</i>	●	●	DM IN MD PP	●	●			CO MH		CO MH	CO MH		CO MH	
<b>Hillcrest Hospital Claremore</b> 1202 N. Muskogee Pl. • Claremore, OK 74107 (918) 341-9373 • (918) 342-7849 fax www.hillcrestclaremore.com <i>Serving Claremore and all Northeast Oklahoma</i>		●	IN MC PP	●		CO GE MH								
<b>Hillcrest Hospital Henryetta Senior Focus for Behavioral Health</b> 2401 W. Main St. • Henryetta, OK 74437 (918) 650-1380 • (918) 650-1389 fax www.hillcresthenryetta.com <i>Serving Henryetta and northeast Oklahoma</i>		●	IN MC MD PP			CO DE GE MH								
<b>Hillcrest Medical Center Adult Behavioral Health</b> 1120 S. Utica Ave. • Tulsa, OK 74104 (918) 579-7233 • (918) 579-7387 fax www.hillcrest.com <i>Serving Tulsa and northeast Oklahoma</i>		●	IN MC MD PP	●		CO DE MH								

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<p><b>Hillcrest Medical Center</b>  <b>Child/Adolescent Behavioral Health at OSU Medical Center</b>            744 W. 9th St. • Tulsa, OK 74127            (918) 579-7233 • (888) 765-2605            (918) 599-5680 fax            www.hillcrest.com  <i>Serving Tulsa and northeast Oklahoma</i></p>	●	IN MD PP	●	CO MH			CO MH							
<p><b>Improving Lives Counseling</b>            6216 S. Lewis Ave., Ste. 180 • Tulsa, OK 74136            (918) 960-7852 • (539) 664-5738 fax            www.ImprovingLivesCounseling.com  <i>Serving Tulsa and surrounding counties</i></p>	●	MD PP SS	●					CO GE MH SA		CO MH SA	CO MH SA			
<p><b>Indian Health Care Resource Center</b>            550 S. Peoria Ave. • Tulsa, OK 74120            (918) 382-1241 • (918) 382-1242 fax            www.ihcrc.org  <i>Serving Tulsa and surrounding counties</i></p>	●	CD IN MC MD	●					CO MH SA					CO MH	
<p><b>Jack C. Montgomery VA Medical Center</b>            1011 Honor Heights Dr.            Muskogee, OK 74401            (918) 577-3000 • (877) 391-8387            (918) 577-3701 fax            www.muskogee.va.gov  <i>Serving Tulsa and northeast Oklahoma</i></p>		VA IN	●	CO DE MH				CO MH SA	CO MH SA				CO MH SA	
<p><b>Laureate Psychiatric Clinic &amp; Hospital</b>            6655 S. Yale Ave. • Tulsa, OK 74136            (918) 481-4000 • (918) 481-4059 fax            www.laureate.com  <i>Serving Tulsa and northeast Oklahoma</i></p>		IN MC PP	●	CO DE GE MH				CO GE MH	CO MH SA				CO GE MH SA	
<p><b>Mental Health Association in Tulsa</b>            1870 S. Boulder Ave. • Tulsa, OK 74119            (918) 585-1213 • (918) 585-1263 fax            www.mhat.org  <i>Serving Tulsa and northeast Oklahoma</i></p>	●		●					MH				●		
<p><b>Morton Comprehensive Health Services, Behavioral Health</b>            1334 N. Lansing Ave. • Tulsa, OK 74106            (918) 587-2171 • (918) 295-9389 fax            www.mortonhealth.org  <i>Serving Tulsa and northeast Oklahoma</i></p>	●	IN MC MD PP SS	●					CO MH			●		MH	

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<p><b>Muscogee [Creek] Nation Behavioral Health Services</b>            100 W. 7th, Ste. 102 • Okmulgee, OK 74447            (918) 758-1910 • (918) 756-1270 fax  <a href="http://www.muscogeenation-nsn.gov">www.muscogeenation-nsn.gov</a>  <i>Serving Muscogee [Creek] Nation Territory</i></p>	●	●	CD					CO MH SA					CO MH	
<p><b>NAMI-Tulsa National Alliance on Mental Illness</b>            700 S. Boston Ave., Ste. 219 • Tulsa, OK 74119            (918) 587-6264  <a href="http://www.namitulsa.org">www.namitulsa.org</a>  <i>Serving Tulsa and northeast Oklahoma</i></p>	●	●												
<p><b>Narcotics Anonymous</b>            (918) 747-0017 • (888) 749-0017  <a href="http://www.eascna.org">www.eascna.org</a> • <a href="http://www.na.org">www.na.org</a>  <i>Serving Tulsa and northeast Oklahoma</i></p>	●	●												
<p><b>Okmulgee Medical Center HOPE Program</b>            1401 Morris Dr. • Okmulgee, OK 74447            (918) 758-3308 • (918) 758-3311 fax  <a href="http://www.okmulgeehospital.com">www.okmulgeehospital.com</a>  <i>Serving Okmulgee and northeast Oklahoma</i></p>		●	IN MC MD PP	●	CO GE MH									
<p><b>OSU - Tulsa Counseling Center</b>            OSU -Tulsa Main Hall 2419            700 N. Greenwood Ave. • Tulsa, OK 74106            (918) 594-8568  <a href="http://www.okstate.edu">www.okstate.edu</a>  <i>Serving Tulsa and surrounding counties</i></p>	●	●	SS					CO MH						
<p><b>OU Psychiatry</b>            4502 E. 41st St. • Tulsa, OK 74135            (918) 619-4400  <a href="http://www.ou.edu/content/tulsa/ou_physicians.html">www.ou.edu/content/tulsa/ou_physicians.html</a>  <i>Serving Tulsa and northeast Oklahoma</i></p>	●	●	IN MC MD PP					CO MH					CO MH	●
<p><b>Parkside Psychiatric Hospital &amp; Clinic</b>            1620 E. 12th St. • Tulsa, OK 74120            (918) 588-8888 • (877) 522-1959            (918) 588-8859 fax  <a href="http://www.parksideinc.org">www.parksideinc.org</a>  <i>Serving Tulsa and northeast Oklahoma</i></p>	●	●	IN MC MD PP	●	CO DE MH		CO MH	CO MH	CO SA				CO MH	
<p><b>Shadow Mountain Behavioral Health System</b>            6262 S. Sheridan Rd. • Tulsa, OK 74133            (918) 492-8200 • (800) 821-6993            (918) 497-4952 fax  <a href="http://www.shadowmountainbhs.com">www.shadowmountainbhs.com</a>  <i>Serving Tulsa and surrounding counties</i></p>	●		IN MD PP	●	CO MH		CO MH	CO MH		MH			CO MH	

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<p><b>St. John Behavioral Health Services</b>                      4720 S. Harvard Ave. • Tulsa, OK 74135                      (918) 748-9868 • (918) 748-9835 fax                      www.stjohnhealthsystem.com                      Serving Tulsa and northeast Oklahoma</p>	●	●	IN MC PP					CO MH						
<p><b>Strength of Mind</b>                      8937 S. Garnett Rd. • Broken Arrow, OK 74012                      (918) 872-9777 • (918) 872-9779 fax                      www.strengthofmind.com                      Serving Tulsa and northeast Oklahoma</p>	●	●	IN MC MD PP					CO GE MH					CO GE MH	
<p><b>Tristesse Grief Center</b>                      3930 E. 31st St. • Tulsa, OK 74135                      (918) 587-1200 • (918) 712-7399 fax                      www.thegriefcenter.org                      Serving Tulsa and northeast Oklahoma</p>	●	●	SS					MH			MH			
<p><b>Tulsa Center for Behavioral Health*</b>                      2323 S. Harvard Ave. • Tulsa, OK 74114                      (918) 293-2140 • (918) 293-2193 fax                      www.ok.gov/odmhsas                      Serving Tulsa and northeast Oklahoma</p>		●	DM MC MD PP	●	●									
<p><b>Veteran's Affairs</b>  <b>Behavioral Health Medicine Clinic</b>                      10159 E. 11th St., Ste. 100 • Tulsa, OK 74128                      (918) 610-2000 • (918) 835-5760 fax                      www.va.gov                      Serving Tulsa and surrounding counties</p>		●	VA IN					CO MH SA	CO MH SA				CO MH SA	
<p><b>Volunteers of America</b>  <b>Insight Counseling Services</b>                      5319 S. Lewis Ave., Ste. 210 • Tulsa, OK 74105                      (918) 622-5156                      (918) 622-5298 fax                      www.voak.org                      Serving Tulsa County</p>	●	●	IN MD PP					CO GE MH		CO GE MH				
<p><b>Wagoner Community Hospital</b>                      1200 W. Cherokee St. • Wagoner, OK 74467                      Mental Health Inpatient                      (918) 485-1316 • (918) 485-1893 fax                      Senior Outpatient Services                      (918) 485-1397 • (918) 485-5519 fax                      www.wagonerhospital.com                      Serving Tulsa and northeast Oklahoma</p>		●	DM IN MC MD	●	●	CO MH			CO GE MH				CO GE MH	

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# 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, please utilize the page numbers to view the entire listing. Programs of LIFE Senior Services are bolded and highlighted in green.

Organization	Main Phone	Page
2-1-1 Helpline	Dial 211 or (918) 836-HELP (4357)	196
12 & 12	(918) 664-4224 • (800) 680-8979 toll-free	222
<b>A</b>		
AARP Driver Safety Program	(877) 846-3299 toll-free	188
AARP Foundation SCSEP of Tulsa	(918) 621-4480	188
AARP Grandparent Information Center	(877) 434-7598 toll-free	191
AARP Oklahoma Office	(405) 715-4480 • (866) 295-7277 toll-free	181
AARP National Membership Line	(888) 687-2277 toll-free	18
AARP Tax Aide Program	(918) 446-2277	213
Ability Resources	(918) 592-1235 • (800) 722-0886 toll-free	187
ABLE Tech at Oklahoma State University	(405) 744-9748 Voice/TTY (800) 257-1705 toll-free	201
Adult Protective Services	(800) 522-3511 toll-free	
APS Creek County	(918) 746-3300 • (800) 572-6834 toll-free	
APS Okmulgee County	(918) 752-2000 • (800) 884-1582 toll-free	
APS Osage County	(918) 287-5800 • (800) 884-1573 toll-free	
APS Pawnee County	(918) 762-3606 • (800) 270-0786 toll-free	
APS Rogers County	(918) 283-8300 • (800) 270-0804 toll-free	
APS Tulsa County	(918) 581-2401 • (800) 734-7516 toll-free	180
APS Wagoner County	(918) 614-5000 • (800) 734-7518 toll-free	
APS Washington County	(918) 338-5700 • (800) 734-7512 toll-free	
Advanced NuMed Technologies, Ltd.	(918) 249-2697 • (800) 640-3131 toll-free	208
ADvantage Consumer Inquiry Line	(800) 435-4711	200
ADvantage Program – Department of Human Services	(918) 933-4900	200
AEP-PSO (Public Service Company of Oklahoma)	24-Hour Helpline: (888) 216-3523 toll-free	218
Pallavi Agarwal, MD (Elite Medical Clinic)	(918) 742-4900	190
Vishal Aggarwal, MD (Elite Medical Clinic)	(918) 742-4900	190
Al-Anon Intergroup Service Office	(918) 627-9114 • (866) 210-3420 toll-free	223
Alcoholics Anonymous	(918) 627-2224	223
Joanne L. Alderman, MSN, RN-BC, APRN, FNGNA	(918) 760-9141	190
All City Transportation Services, Inc.	(918) 585-2489	214
ALS (Lou Gehrig's Disease) Support Group	(918) 749-7997	210
Alzheimer's Association, National Office	24-Hour Hotline: (800) 272-3900 toll-free TTY (866) 403-3073 toll-free	182
Alzheimer's Association, Oklahoma Chapter	(918) 392-5000 • (800) 272-3900	182
Alzheimer's Disease Education and Referral Center	(800) 438-4380 toll-free	182
American Association of Geriatric Psychiatry	(301) 654-7850	191
American Association of Tissue Banks	(703) 827-9582	208
American Cancer Society	(918) 743-6767 24-Hour Hotline: (800) 227-2345 toll-free	191

<b>Organization</b>	<b>Main Phone</b>	<b>Page</b>
American Diabetes Association	(918) 492-3839 Information Line (800) DIABETES (342-2383) toll-free	191
American Foundation for the Blind	(212) 502-7600	219
American Heart Association	(918) 712-4000	191
American Legion, Carson Wilson Rigney Forrester-Shoemaker Post 1	(918) 584-4274	218
American Lung Association	(918) 747-3441	191
American Printing House for the Blind, Inc.	(800) 223-1839 toll-free	219
American Parkinson's Disease Association Information and Referral Center	(918) 747-3747	191
American Red Cross	(918) 831-1100 • (800) 364-4450 toll-free	192
American Sleep Apnea Association	(888) 293-3650	209
American Society on Aging	(800) 537-9728 toll-free	192
American Stroke Association	(888) 4STROKE (478-7653) toll-free • (918) 712-4000	192
American Tinnitus Association	(800) 634-8978 toll-free	193
Angel Flight, Inc.	(918) 749-8992	201
Ann Patterson Dooley Family Safety Center	(918) 742-7480	180
Area Agencies on Aging in Oklahoma	Senior Info-Line (800) 211-2116 toll-free	
INCOG Area Agency on Aging Creek, Osage and Tulsa Counties	(918) 584-7526	
Areawide Aging Agency Canadian, Cleveland, Logan and Oklahoma Counties	(405) 943-4344	
Association of South Central Oklahoma Governments (ASCOG) Area Agency on Aging Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens and Tillman Counties	(580) 252-0595 • (800) 658-1466 toll-free	
Central Oklahoma Economic Development District (COEDD) Area Agency on Aging Hughes, Lincoln, Okfuskee, Pawnee, Payne, Pottawatomie and Seminole Counties	(405) 273-6410 • (800) 375-8255 toll-free	196
Eastern Oklahoma Development District (EODD) Area Agency on Aging Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah and Wagoner Counties	(918) 682-7891	
Grand Gateway Economic Development Association (GGEDA) Area Agency on Aging Craig, Delaware, Mayes, Nowata, Ottawa, Rogers and Washington Counties	(918) 783-5793 • (800) 482-4594 toll-free	
Kiamichi Economic Development District (KEDDO) Area Agency on Aging Choctaw, Haskell, Latimer, LeFlore, McCurtain, Pittsburg and Pushmataha Counties	(918) 465-2367 • (800) 722-8180 toll-free	
Long-Term Care Authority of Enid Aging Services Alfalfa, Blaine, Garfield, Grant, Kay, Kingfisher, Major, and Noble Counties	(580) 237-2236	
Oklahoma Economic Development Authority (OEDA) Area Agency on Aging Beaver, Cimarron, Dewey, Ellis, Harper, Texas, Woods and Woodward Counties	(580) 625-4531 • (800) 658-2844 toll-free	
Southern Oklahoma Development Association (SODA) Area Agency on Aging Atoka, Bryan, Carter, Coal, Garvin, Johnston, Love, Marshall, Murray and Pontotoc Counties	(580) 920-1388	197
South Western Oklahoma Development Authority (SWODA) Area Agency on Aging Beckham, Custer, Greer, Harmon, Kiowa, Jackson, Roger Mills and Washita Counties	(580) 562-4882 • (800) 627-4882 toll-free	
ARCH National Respite Network and Resource Center	(919) 490-5577	182

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Arms Around BA	(918) 258-7714	201
Arthritis Foundation, South Central Region	(918) 495-3553 • (800) 400-4526 toll-free	192
Attorney General's Fraud Control Unit	(918) 581-2885 • (405) 521-3921	180

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Baptist Village Retirement Communities – Entrusted Hearts Medical Equipment	(918) 274-4310 • (877) 272-6263	184
BenefitsCheckUp	www.BenefitsCheckUp.org	197
Better Business Bureau of Tulsa, Inc.	(918) 492-1266 (24 hours)	185
Bixby Community Outreach Center	(918) 366-9226	207
B. Eric Blackwell, DO	(918) 749-3533	190
Bristow Housing Authority	(918) 367-5558	195
Bristow Social Services	(918) 367-5400	216
Broken Arrow Connection – Tulsa Transit	(918) 582-2100	214
Broken Arrow Neighbors	(918) 251-7781	216
Broken Arrow Neighbors - Legal Clinic	(918) 251-7781	198
Brookhaven Hospital	(918) 438-4257	223
Broken Arrow Seniors, Inc.	(918) 259-8377	211
Bryce House for Homeless Veterans	(918) 779-7203	218

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Call Rape, Inc.	24-Hour Crisis Line: (918) 7HELPME (743-5763)	180
CareCalendar	www.carecalendar.org	208
Caregiver Action Network (CAN)	(202) 772-5050	183
Caring Bridge	www.caringbridge.org	208
Caring Community Friends	(918) 224-6464	216
Caring Companions – Volunteers of America of Oklahoma	(918) 307-1500	220
John Carment, MD	(918) 619-4400	190
Catholic Charities – Dental Clinic	(918) 508-7191	186
Catholic Charities – Housing	(918) 949-4673	195
Catholic Charities – Padre Pio Assistance	(918) 508-7161	207
Centers for Disease Control and Prevention (CDC)	(800) 232-4636 toll-free	192
Celiac Spruce Association Tulsa Support Group	www.csatulsa.org	210
Centers for Medicare and Medicaid Services (CMS)	(877) 267-2323 toll-free TTY (866) 226-1819 toll-free	199
Mary K. Chapman Center for Communication Disorders	(918) 631-2504	194
Cherokee Nation Behavioral Health	(918) 207-4977 • (800) 256-0671	223
Cimarron Public Transit System Ride Line (Creek, Kaye, Pawnee and Osage Counties) Bartlesville Ponca City Skiatook	(918) 762-3041 (800) 789-7314 toll-free (918) 336-2233 (580) 718-0456 (918) 396-4466	214
City of Tulsa Customer Care Center	(918) 596-2100	197
Claremore Indian Hospital	(918) 342-6200	197
Cleveland Area Hospital Senior Life Program	(918) 358-3616	223
CMS (Centers for Medicare and Medicaid Services)	(877) 267-2323 toll-free TTY (866) 226-1819 toll-free	199

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Communication Service for the Deaf (CSD)	TTY (866) 273-3323 toll-free TTY/Voice (800) 642-6410 toll-free Videophone (605) 496-0738	194
Community Action Resource and Development, Inc. (CARD)	(918) 341-5000	216
Community Health Connection	(918) 622-0641	201
Consumer Credit Counseling Service of Oklahoma, Inc.	(918) 744-5611 • (800) 324-5611 toll-free outside Tulsa	189
Consumer Protection Unit – Office of the Attorney General	(918) 581-2885 • (405) 521-3921	185
COPES Mobile Unit	(918) 744-4800	224
Cornerstone Assistance Network – Tulsa Metro Area	(918) 734-0471	216
Corporate Angel Network, Patient Line	(866) 328-1313 toll-free	201
Patricia Costner, DO (Laureate Psychiatric Hospital)	(918) 502-5000	190
Counseling and Recovery Services of Oklahoma Sand Springs	(918) 492-2554 (918) 245-5565	224
County Assessor		
Creek County Assessor	(918) 224-4508	214
Osage County Assessor	(918) 287-3448	
Tulsa County Assessor	(918) 596-5100	
Coweta/Ki Bios Transit System	(918) 486-1783	214
Creek County Health Department	(918) 224-5531	202
CREOKS Behavioral Health	(918) 382-7300	224
Crime Prevention Network	(918) 585-5209	185
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D-Dent	(405) 424-8092 • (800) 522-9510 toll-free	186
DayBreak Adult Day Services	(918) 336-8500	181
Dayspring Behavioral Health	(918) 712-0859	224
Deep Fork Community Action	(918) 756-2826	195
Defense Enrollment Eligibility Reporting System (DEERS)	(800) 538-9552 toll-free	218
Department of Housing and Urban Development (U.S.)	(918) 292-8900	195
Department of Human Rights (City of Tulsa)	(918) 596-7818 • Spanish: (918) 596-7837	187
Department of Human Services	www.okdhs.org	
Senior InfoLine	(800) 211-2116	
Tulsa County - Downtown Office	(918) 581-2401 • (800) 734-7516 toll-free	200
Tulsa County - McClain Office	(918) 430-2300 • (800) 734-7509 toll-free	
Creek County	(918) 746-3300 • (800) 572-6834 toll-free	
Mayes County	(918) 824-4900 • (800) 815-7572 toll-free	
Muskogee County	(918) 684-5300 • (800) 815-7573 toll-free	
Osage County	(918) 287-5800 • (800) 884-1573 toll-free	
Pawnee County	(918) 762-3606 • (800) 270-0786 toll-free	
Rogers County	(918) 283-8300 • (800) 270-0804 toll-free	
Wagoner County	(918) 614-5000 • (800) 734-7518 toll-free	
Washington County	(918) 338-5700 • (800) 734-7512 toll-free	
Department of Human Services – ADvantage Program	(918) 933-4900	199
Department of Public Safety (Physical Disability Parking Permit)	(405) 425-2403	215
Department of Public Safety	(405) 425-2424	188
Department of Rehabilitation Services – Visual Services Information Line Tulsa	TTY (918) 551-4933 (800) 829-3255 toll-free (918) 551-4900	219
Department of Rehabilitation Services – Vocational Rehabilitation Services For other DVR offices, schools, or facilities, call Tulsa	Voice/TTY (918) 581-2301 (800) 487-4042 toll-free (918) 581-2301	187

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Department of Veterans Affairs - Muskogee Regional Office	www.va.gov • (800) 827-1000 toll-free (National) (918) 781-7600	218
Department of Veterans Affairs – Behavioral Medicine Clinic 24-Hour National Veterans Crisis Line	(918) 610-2000 • (888) 397-8387 toll-free (800) 273-8255 toll-free	226
Department of Veterans Affairs – Burial Benefits	(800) 827-1000 toll-free	186
Department of Veterans Affairs – National Caregiver Support Line	(855) 260-3274 toll-free	219
Disabled American Veterans	(918) 834-4644	219
DMA Mail Preference Service	(212) 768-7277, ext. 1888	185
Do Not Call Registry	(888) 382-1222 toll-free	185
Domestic Violence Intervention Services (DVIS) 24-Hour Crisis Line (DVIS)	(918) 7HELPME (743-5763)	180
David Duncan, MD	(918) 270-1115	190
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Early Settlement Mediation	(918) 596-7786	198
Eastern Oklahoma Donated Dental Services	(918) 742-5544 • (918) 742-5545	186
Edwin Fair Community Mental Health Center	(580) 762-7561	224
Elder Care	(918) 336-8500 • (855) 336-8500 toll-free	184
Eldercare Locator (National)	(800) 677-1116 toll-free • TTY Dial 711	184
Election Boards		
Creek County Election Board	(918) 224-3529	
Okmulgee County Election Board	(918) 756-2365	
Osage County Election Board	(918) 287-3036	221
Rogers County Election Board	(918) 341-2965	
Tulsa County Election Board	(918) 596-5780	
Wagoner County Election Board	(918) 485-2142	
Employee Benefits Security Administration	(866) 444-3272 toll-free	197
EMSA (Emergency Medical Services Authority) – TotalCare	(918) 396-2888	214
Entrusted Hearts Case Management and My-L.I.F.E. Guide	(918) 272-4694 • (888) 272-5339 toll-free	184
Ernest Childers VA Outpatient Clinic	(918) 628-2500 • (888) 398-8387 toll-free • (888) 910-2234	219
EyeCare America – Senior Eye Care Program	(877) 887-6327 toll-free	219
Edwin Fair Community Mental Health Center 24-Hour Crisis Line	(580) 762-7561 (800) 566-1343 toll-free	224
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Family & Children's Services	(918) 587-9471	184
Family Caregiver Alliance/National Center on Caregiving	(800) 445-8106 toll-free	210
Federal Bureau of Investigation	State office (405) 290-7770 • (918) 664-3300	180
Federal Government Telephone Information Services	(800) FED-INFO (333-4636) toll-free	197
Fortis Therapy Outpatient Services	(918) 607-9677	225
Michael Foster, MD	(918) 743-8200	190
Foster Grandparents	(405) 231-5201	220
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Ron Gann, DO	(918) 376-8900 • (866) 641-3627	190
Gatesway Adult Day Center	(918) 258-3900	181
Good Samaritan Health Services	(918) 710-4222	202
Grace Church Community Outreach Ministry	(918) 362-5265	216
Grace Hospice Foundation	(918) 712-2800	191
Grand Gateway Area Agency on Aging	(918) 783-5793 • (800) 482-4594 toll-free	196

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Grand Lake Mental Health Center	(918) 273-1841	225
Grandparents Raising Grandchildren Support Group	(918) 492-1771	191
Gray Panthers	(800) 280-5362 toll-free	181
Green Country Behavioral Health Service, Inc. (GCBHS)	(918) 682-8407	225
Terence E. Grewe, DO	(918) 749-3533	190
<b>H</b>		
Heather Hall, MD (Laureate Psychiatric Hospital)	(918) 502-5000	190
Charles Hill, MD	(918) 748-7660	190
Handicapped Parking Permit Department of Human Rights Department of Public Safety	(918) 596-7818 • Spanish: (918) 596-7837 (405) 425-2403	215
Hearing Loss Association of America	(301) 657-2248	194
Helping Hand Ministry, Inc.	(918) 582-1356	216
Hillcrest Hospital - Claremore	(918) 341-9373	190
Hillcrest Hospital - Henryetta, Senior Focus	(918) 650-1380	225
Hillcrest Medical Center, Adult Behavioral Center	(918) 579-7233	225
Hillcrest Medical Center, Child/Adolescent Behavioral Health at OSU Medical Center	(918) 579-7233	226
Home Health Compare	www.medicare.gov/homehealthcompare	194
H.O.P.E. (HIV Outreach, Prevention and Education) HIV/AIDS Hotline Spanish Language Hotline	(918) 749-8378 (800) 535-2437 toll-free (918) 749-8389 toll-free	202
Housing Authority of the Cherokee Nation	(918) 456-5482	195
Housing Authority of Osage County	(918) 287-2278 • (918) 287-2270	195
Hospice of Green County	(918) 747-2273	220
<b>I</b>		
INCOG Area Agency on Aging	(918) 584-7526	196
Improving Lives Counseling	(918) 960-7852	226
Indian Health Care Resource Center Pharmacy	(918) 588-1900 (918) 382-1270	202
Internal Revenue Service	(918) 622-8482	214
<b>J</b>		
John 3:16 Family and Youth Center	(918) 592-1186	216
John 3:16 Mission	(918) 587-1187	216
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Insung Kim, MD, FACP	(918) 497-3650	190
Koweta Indian Health Facility	(918) 279-3200	202
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Sarah Land, DO	(918) 645-5400	190
Laureate Psychiatric Clinic & Hospital	(918) 481-4000	226
League of Women Voters of Metropolitan Tulsa	(918) 747-7933	221
Legal Aid Services of Oklahoma, Inc. – Title III Seniors Program Bartlesville Office (Craig, Delaware, Nowata, Osage, Ottawa and Washington Counties) Muskogee Office (Adair, Cherokee, McIntosh, Muskogee, Sequoyah and Wagoner Counties) Tulsa Office (Creek, Pawnee, Mayes, Rogers, Okmulgee, Okfusgee and Tulsa Counties)	www.legalaidok.org • (855) 488-6814 (918) 584-3338 • (888) 534-5243 toll-free (918) 336-5736 • (800) 421-4066 toll-free (918) 683-5681 • (800) 725-5681 toll-free	198

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Leukemia and Lymphoma Society	(405) 943-8888 • (800) 955-4572 toll-free	206
Lewy Body Dementia Association	(404) 935-6444	182
<b>LIFE's Adult Day Services – Tulsa and Broken Arrow</b>	<b>(918) 664-9000 • (866) 664-9009 toll-free</b>	<b>181</b>
<b>LIFE's ADvantage Case Management</b>	<b>(918) 664-9000 • (866) 664-9009 toll-free</b>	<b>184</b>
<b>LIFE's Caregiver Support Services</b>	<b>(918) 664-9000 • (866) 664-9009 toll-free</b>	<b>183</b>
<b>LIFE's Case Management Services</b>	<b>(918) 664-9000 • (866) 664-9009 toll-free</b>	<b>184</b>
<b>LIFE's Independent Case Management</b>	<b>(918) 664-9000 • (866) 664-9009 toll-free</b>	<b>184</b>
<b>LIFE's Senior Centers</b>	<b>(918) 664-9000 • (866) 664-9009 toll-free</b>	<b>211</b>
<b>LIFE's SeniorLine Information and Resource Counseling</b>	<b>(918) 664-9000 • (866) 664-9009 toll-free</b>	<b>197</b>
<b>LIFE's Tax Assistance Program</b>	<b>(918) 664-9000 • (866) 664-9009 toll-free</b>	<b>214</b>
<b>LIFE's <i>Vintage Newsmagazine</i></b>	<b>(918) 664-9000 • (866) 664-9009 toll-free</b>	<b>197</b>
<b>LIFE's Volunteer Resources Program</b>	<b>(918) 664-9000 • (866) 664-9009 toll-free</b>	<b>220</b>
Lifeline Assistance/Link-up America	(888) 225-5322	
AT&T	(877) 677-5635	
Bixby Telephone Company	(918) 366-8000	
Cox Communications	(918) 806-6000	
Sprocket Wireless	(918) 686-9999	218
Terracom	(888) 716-8880	
U.S. Cellular	(800) 447-1339	
Windstream	(800) 501-1754	
YourTel America	(855) 299-9990	
LifeShare Transplant Donor Services of Oklahoma, Inc.	(888) 580-5680 toll-free	208
Lift Program - Tulsa Transit	(877) 232-7433	215
Lighthouse International	(800) 829-0500 toll-free	220
LIHEAP, Low Income Home Energy Assistance Program	(405) 521-3444 • (866) 411-1877	218
Long-Term Care Planning	www.longtermcare.gov • (202) 619-0724	199
Lotsa Helping Hands	www.nfca.lotsahelpinghands.com	208
Lupus Foundation of America, Oklahoma Chapter, Inc.	(405) 225-7510	192
<b>M</b>		
Jim McAdams, DO (Laureate Psychiatric Hospital)	(918) 502-5000	190
Meals on Wheels - Claremore	(918) 342-2006	207
Meals on Wheels of Metro Tulsa	(918) 627-4103	207
Medicare 24-Hour Help Line:	1-800-MEDICARE (633-4227) toll-free TTY (877) 486-2048 toll-free	204
Medicare Part D Prescription Drug Coverage	(800) 633-4227 toll-free • TTY (877) 486-2048 toll-free	206
<b>Medicare Prescription Assistance Program (MAP) at LIFE Senior Services</b>	<b>(918) 664-9000 • (866) 664-9009 toll-free</b>	<b>204</b>
Medicare Rights Center	(800) 333-4114 • www.medicarerights.org	204
MedSupport	(918) 627-5111	215
Mental Health Association in Tulsa	(918) 585-1213	195
Mesothelioma Applied Research Foundation	(877) 363-6376 toll-free	192
Metropolitan Tulsa Urban League, Inc.	(918) 584-0001	189
Ministry Center at Allan Davis Building	(918) 585-5310	206
Jack C. Montgomery VA Medical Center	(918) 577-3000 • (866) 397-8387 toll-free	219
Morton Comprehensive Health Services – Tulsa	(918) 587-2171	
Morton East Tulsa Family Health Center	(918) 295-6185	202
Morton Midtown Family Health Center	(918) 295-6942	
Morton Nowata Family Health Center	(918) 273-9911	

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Morton Comprehensive Health Services – Dental Department	(918) 587-2171	187
Morton Comprehensive Health Services – Behavioral Health	(918) 587-2171	226
Muscogee (Creek) Nation Behavioral Health Services	(918) 758-1910	227
Muscogee (Creek) Nation Housing Division	(918) 549-2500 • (800) 482-1979 toll-free	196
Muscular Dystrophy Association, Eastern Oklahoma	(918) 749-7997 • (800) 572-1717 toll-free (National)	201
Musculoskeletal Transplant Foundation (MTF)	(732) 661-0202 • (800) 433-6576 toll-free	208
My Driver Transportation and Companion Service	(918) 491-9929	215
Myasthenia Gravis Foundation of America, Oklahoma Chapter	(800) 541-5454 toll-free • (918) 494-4951	192
MyMedicare.gov	www.MyMedicare.gov • (800) 633-4227 TTY (877) 486-2048	204
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Narcolepsy Network, Inc.	(888) 292-6522 toll-free	209
Narcotics Anonymous	(918) 747-0017 • (888) 749-0017 toll-free	227
National Alliance for Caregiving	www.caregiving.org	183
National Alliance on Mental Illness (NAMI-Tulsa)	(918) 587-6264	227
National Association for Continence	(843) 377-0900 • (800) 252-3337 toll-free	192
National Association of Professional Geriatric Care Managers, Inc.	(520) 881-8008	184
National Active and Retired Federal Employees Association	www.narfe.org	189
National Cancer Institute – Cancer Information Services	(800) 422-6237 toll-free TTY (800) 332-8615 toll-free	192
National Center for Benefits Outreach & Enrollment	www.ncoa.org	206
National Council on Aging, Inc.	(202) 479-1200 • TTY (202) 479-6674	181
National Domestic Violence Hotline	(800) 799-SAFE (799-7233) toll-free • TTY (800) 787-3224	180
National Indian Council on Aging, Inc.	(505) 292-2001	182
National Institute on Aging at National Institutes of Health	(800) 222-2225 toll-free TTY (800) 222-4225 toll-free	192
National Kidney Foundation of Oklahoma	(800) 622-9010 toll-free	192
National Library of Medicine at National Institutes of Health	(888) 346-3656 toll-free	192
National Multiple Sclerosis Society, Oklahoma Chapter	(918) 488-0882 • (800) 344-4867 toll-free (National)	193
National Osteoporosis Foundation	(800) 231-4222 toll-free	193
National Mental Health Consumers' Self-Help Clearinghouse	(800) 553-4539 toll-free	213
National Stroke Association	(800) 787-6537 toll-free	193
National Suicide Prevention 24-Hour Hotline	(800) 273-TALK (273-8255) toll-free • TTY (800) 799-4889	186
Native American Legal Resource Center	(405) 208-5337	198
Neighbor for Neighbor, Inc.	(918) 425-5578	216
Neighbor for Neighbor, Inc. – Dental Clinic	(918) 425-5578	187
Neighbor for Neighbor, Inc. – Legal Aid Services	(918) 425-5578	198
Neighbor for Neighbor, Inc. – Medical Clinic	(918) 425-5578	202
Neighbors Along the Line	(918) 584-1111	217
Neighbors Along the Line – Legal Aid Services	(918) 584-1111	198
Neighbors Along the Line – Medical Clinic	(918) 584-1111	202
Dennis R. Neill Equality Center	(918) 743-4297	202
NewView Oklahoma Low Vision Clinic	(405) 286-9699	220
Robert G. Niebergall, MD	(918) 994-9160	190
Northeast Active Timers (NEATs)	(918) 743-1303	208
Nursing Home Ratings – Oklahoma Health Care Authority	www.oknursinghomeratings.com	199

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Nursing Home Compare	www.medicare.gov/nursinghomecompare	199
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OASIS Adult Day Services Sapulpa	(918) 749-6969 (918) 224-0410	181
Office of Disability Concerns – Client Assistance Program	(800) 522-8224 toll-free	187
Oklahoma Bar Association	(405) 416-7000 • (800) 522-8065	198
Oklahoma Corporation Commission Tulsa Office	(405) 521-2211 • (800) 522-8154 toll-free (918) 581-2296	185
Oklahoma Council of the Blind	(877) 578-6212 toll-free	220
Oklahoma Department of Human Services ADvantage Administration	(918) 933-4900	199
Oklahoma Disability Law Center	Voice/TTY (918) 743-6220 • (800) 226-5883 toll-free	199
Oklahoma Foundation for Medical Quality (OFMQ)	(800) 522-3414 toll-free • (405) 840-2891	204
Oklahoma Health Care Authority (Medicaid)	(800) 987-7767 toll-free	200
Oklahoma Highway Patrol Tulsa Muskogee	(918) 627-3881 (918) 683-3256	188
Oklahoma Housing Finance Agency	(405) 848-1144 • (800) 256-1489 toll-free	196
Oklahoma Indian Legal Services	(800) 658-1497 toll-free	199
Oklahoma Insurance Department Tulsa Office Consumer Assistance/Claims Division	(800) 522-0071 toll-free • (405) 521-2828 (918) 295-3700 (800) 522-0071 toll-free • (405) 521-2828	198 185
Oklahoma Library for the Blind and Physically Handicapped	(800) 523-0288 toll-free • (405) 521-3514 TTY (405) 521-4672	220
Oklahoma Natural Gas Company	(800) 664-5463 toll-free	218
Oklahoma Respite Resource Network (ORRN)	(800) 426-2747 toll-free	182
Oklahoma Safety Council Defensive Driving Course	(918) 622-4771 • (866) 622-4771 toll-free	188
Oklahoma State Department of Health Long-Term Care Division	(405) 271-6868	199
Oklahoma State Department of Health Tulsa Division of Vital Records	(918) 594-4840	186
Oklahoma Tax Commission	(918) 581-2437	214
Okmulgee Indian Health Center	(918) 591-5748	202
Okmulgee Medical Center, HOPE Program	(918) 758-3308	227
OK VINE: Oklahoma’s Criminal Tracking and Victim Notification System	(877) 654-8463 toll-free • TTY (866) 847-1298	180
Older Women’s League (OWL)	(202) 567-2606	182
Ombudsman Program Central Oklahoma Economic Development District Area Agency on Aging (COED) Hughes, Lincoln, Okfusgee, Pawnee, Payne, Pottwatomie and Seminole Counties	(405) 273-6410 • (800) 375-8255 toll-free	199
Eastern Oklahoma Development District (EODD) Area Agency on Aging Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah and Wagoner Counties	(918) 682-7891 • (800) 211-2116 toll-free	

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Grand Gateway Area Agency on Aging Craig, Delaware, Mayes, Nowata, Ottawa, Rogers and Washington Counties	(918) 783-5793 • (800) 482-4594 toll-free	199
INCOG Area Agency on Aging Creek, Osage and Tulsa Counties	(918) 584-7526 • (800) 211-2116 toll-free	
Osage County Nutrition Program	(918) 287-2242	207
Osage Nation Adult Protective Services	(918) 287-5335 • (800) 460-4615 toll-free	180
Osage Nation Burial Assistance Program - Constituent Services	(918) 287-5662	186
Osage Nation Caregiver Program/Title VI	(918) 287-5454 • (888) 883-3610 toll-free	213
Osage Nation Counseling Center	24-Hour Crisis Line: (866) 897-4747 toll-free	186
Osage Nation Social Services	(918) 287-5335 • (800) 460-4615 toll-free	217
OSU – Body Donation Program	(918) 561-8253	208
OSU Medical Center	(918) 582-1980	
OSU Downtown Physicians Center		202
Cardiology	(918) 561-1500	
Family Medicine	(918) 584-5364	
Internal Medicine	(918) 561-1515	
Orthopedics	(918) 631-8130	
Surgery	(918) 747-5322	
Urology	(918) 631-8130	203
OSU Family Medicine	(918) 748-8111	202
OSU Physicians Houston Center – OB/GYN	(918) 586-4500	203
OSU Riverside Primary Care	(918) 209-5170	
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Parkside Psychiatric Hospital and Clinic 24-Hour Crisis Line	(877) 522-1959 (918) 588-8888	227
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Rogers County Adult Day Care	(918) 341-7588	181
RSVP of Tulsa (Retired Senior Volunteer Program)	(918) 280-8656	221
Rural Development, U.S. Department of Agriculture	(405) 742-1070 • <a href="http://www.rurdev.usda.gov/ok">www.rurdev.usda.gov/ok</a>	195
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Senior Citizens Hearing Aid Project	Voice/TTY (580) 622-8812 • (866) 309-1717 toll-free Videophone (580) 622-4504	194
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Chandini Sharma, MD	(918) 561-6642	194
SHARP (Sertoma Hearing Aid Recycling Program)	Voice/TTY (918) 832-8742	209
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National	(800) 772-1213 toll-free • TTY (800) 325-0778 toll-free	
Bartlesville	(877) 836-1557 • TTY (800) 325-0778 toll-free	
Okmulgee	(855) 287-4791 • TTY (918) 756-2286 toll-free	
Muskogee	(877) 575-5195 • TTY (918) 687-2394 toll-free	
Tulsa	(866) 931-7106 toll-free • TTY (800) 325-0778 toll-free	
Social Security Administration Internet Online Services	<a href="http://www.socialsecurity.gov/onlineservices">www.socialsecurity.gov/onlineservices</a>	209

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SoonerRide	(877) 404-4500 toll-free • TTY (800) 722-0350	215
South Tulsa Neighborhood House	(918) 742-5597	217
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Strength of Mind	(918) 342-2622 • (918) 872-9777	190
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Take Charge! OSU Health Care Center	(918) 561-8543	203
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TARC (Tulsa Advocates for the Rights of Citizens with Developmental Disabilities)	(918) 582-8272 • (800) 688-8272 toll-free	188
Christopher A. Taylor, DO	(918) 336-8500	190
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TSHA, Inc. (Total Source for Hearing-Loss and Access)	Voice/TTY (918) 832-8742	194
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Tulsa Amputee Group Support (TAGS)	(918) 584-8607	213
Tulsa Area Alliance on Disabilities – Community Service Council of Greater Tulsa	(918) 585-5551	182
Tulsa Center for Behavioral Health – Department of Mental Health and Substance Abuse Services Crisis Line	(918) 293-2140 (918) 293-2100	228
Tulsa C.A.R.E.S. (Center for AIDS Resources, Education and Support)	Voice/TTY (918) 834-4194 Voice/TTY (800) 474-4872 toll-free	193
Tulsa City-County Health Department Bixby Health Center Central Regional Health Center Collinsville Community Health Center James O. Goodwin Health Center Mingo WIC Clinic North Regional Health and Wellness Center Sand Springs Health Center South Regional WIC Clinic West Regional WIC Clinic	(918) 582-9355 (918) 369-3155 (918) 582-9355 (918) 596-8650 (918) 582-9355 (918) 669-8200 (918) 582-9355 (918) 591-6100 (918) 477-0040 (918) 582-3491	203
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Tulsa City-County Library Outreach and Literacy Services	(918) 549-7480	209
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Tulsa Dream Center	(918) 430-9984	204
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Vintage Housing – Sooner Management Consultants	(918) 485-8885	196
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Volunteer Tulsa	(918) 447-1888	221
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Wagoner Area Neighbors	(918) 485-2309	217
Wagoner Community Hospital	(918) 485-1316	228
Julia Warnock, MD	(918) 660-3115	191
Well Spouse Association	(732) 577-8899 • (800) 838-0879 toll-free	183
Western Neighbors, Inc	(918) 445-8840	218
Elise White, BSN (Laureate Psychiatric Hospital)	(918) 502-5000	190
Willis-Ekbom Disease Foundation (Restless Legs Syndrome)	(507) 287-6465	193
Gerald Wootan, DO	(918) 299-9447	191

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Workforce Oklahoma	www.workforce-ok.org	
Tulsa Eastgate	(918) 796-1200	
Tulsa Skyline	(918) 384-2300	
Claremore	(918) 341-6633	189
Muskogee	(918) 682-3364	
Okmulgee	(918) 756-5791	
Sand Springs	(918) 245-9544	
Sapulpa	(918) 224-9430	
Working in Neighborhoods (City of Tulsa)	(918) 576-5552	195
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Xavier Medical Clinic	(918) 583-7233	204
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YMCA of Greater Tulsa	www.ymcaoftulsa.org	
Daily Family YMCA of Bixby	(918) 369-9622	
Downtown YMCA	(918) 583-9622	
R.C. Dickerson Family YMCA	(918) 872-9622	
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Hutcherson Family YMCA	(918) 382-9622	
South Neighborhood YMCA	(918) 518-5940	
Thornton Family YMCA	(918) 280-9622	
Westside YMCA	(918) 446-1424	
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