

**2023 RESOURCE DIRECTORY**

**Covering:**

Caddo County

Comanche County

Cotton County

Grady County

Jefferson County

McClain County

Stephens County

Tillman County

**Association of South Central Oklahoma Governments**

**Area Aging Agency**

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Duncan, Oklahoma 73534

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Senior Information Hotline: (800) 211-2116

www.ascog.org

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# **FOREWORD**

This resource directory has been compiled and published by the Association of South Central Oklahoma Governments (ASCOG) Area Agency on Aging (AAA) for older people, their families and caregivers who live in the ASCOG eight county region:

Caddo Jefferson

Comanche McClain

Cotton Stephens

Grady Tillman

The publication of this directory is authorized by the Older Americas Act of 1965 and funded by the Special Unit on Aging (SUOA).

# **ACKNOWLEDGEMENTS**

The compiling of this resource directory has been a collaborative effort. The ASCOG Area Agency on Aging would like to thank all businesses, social organizations, senior citizen organizations and anyone who has been gracious enough to return a call, suggest an association or participate in any way with the completion of this project.

Thank you for your dedication to our senior citizens. The goal of this project is to make sure that our senior citizens are aware of the resources available to them.

# **WHAT IS ASCOG?**

The Association of South Central Oklahoma Governments was incorporated on July 24, 1969. The purpose of ASCOG is to assist local governments in serving the needs of their citizens. ASCOG is one of eleven regional councils of local governments in Oklahoma and funding is provided by local dues, state appropriated funds and state, federal and private grants. ASCOG serves an eight-county area: Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens, and Tillman.

ASCOG became a Trust Authority on December 31, 1991. Board meetings are held quarterly with the Executive Committee meeting in the off months. ASCOG operates under a Board of Trustees that consists of a county commissioner, a mayoral representative, a conservation district director, a citizen-at-large representative from each of the eight counties, four minority representatives, two Native American tribal representatives and the Mayor of Lawton.

The Trustees oversee the programs administered by ASCOG, and they work together to address governmental issues that go beyond their political boundaries.

# **ASCOG STAFF**

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# **ASCOG SUPPORTIVE SERVICES**

ASCOG Supportive Services Division consists of two divisions: ASCOG Area Agency on Aging (AAA) and ASCOG Managed Care Services.

ASCOG Area Agency on Aging serves the eight counties in the ASCOG region by funding more than 35 senior nutrition centers, which provide meals and activities for area senior citizens.

ASCOG AAA also provides regional planning, information and assistance to senior citizens, referrals to services, the Ombudsman program and access to the legislative process (i.e., the Silver Haired Legislature).

ASCOG AAA is governed by the ASCOG board of trustees and is represented by the AAA Advisory Council, which is made up of members from each of the eight counties and minority representation.

ASCOG Managed Care Services assesses the needs, builds an individual care plan, and provides advocacy, monitoring, and evaluations to make sure senior citizens can live independently in their homes.

For more information on ASCOG AAA or Managed Care Services please call (800) 658-1466 or (580) 736-7969.

# **ASCOG MANAGED CARE SERVICES**

The purpose of ASCOG Managed Care Services is to help elderly, frail and disabled individuals maintain their independence and remain in their homes.

Case management services are available to individuals approved for the Advantage Program. Case managers are responsible for assessing the needs of individuals approved for the program. They also develop a comprehensive plan, arrange for services, monitor all services that are going into the home, advocate on behalf of clients, make monthly contacts by telephone and conduct home visits every three months or as needed depending on the case.

Case managers provide a wealth of knowledge about available services in the community and how individuals can access those services.

The goal of the Advantage Program is to provide individuals with services they can receive at home as opposed to going to a nursing home.

To be eligible for the Advantage Program, individuals must meet the following requirements:

* Must be 65 years of age or older and frail.
* Must be 21 years of age or older with a physical disability.
* Must meet financial guidelines.
* Must require the level of services provided in a nursing home.
* Must require services that are below the cost of nursing home care.

ASCOG case managed services also provides free assistance with completing an “advance directive” to physicians.

For information on Managed Care Services please contact:

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802 W. Main Street; P.O. Box 1647, Duncan, Oklahoma 73534

# **ASCOG LONG-TERM CARE OMBUDSMAN PROGRAM**

The purpose of the ASCOG Ombudsman program is to advocate for the rights of residents in nursing homes, assisted living and residential care facilities.

The ASCOG Ombudsman program trains and supervises volunteers who visit facilities weekly. The program offers two-day training for anyone interested in becoming a volunteer. Upon completion of the training course, the volunteer may select a long-term care facility to begin their ombudsman duties.

Volunteers are only required to give two to four hours a week of their time to the program. They improve and enrich the lives of residents by being available to listen and act on their concerns. Ombudsmen work can also improve the care and quality of life for residents who live there.

Ombudsman supervisors train volunteers, facility staff and family council. They give presentations and provide information to those seeking nursing home placement.

Contact:

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Brookridge Retirement Community, Cedar Crest Manor, Duncan Community Residence, Edith Kassanavoid Gordon Assisted Living, Elk Crossing, Country Club Care, Lawton VA Center, McMahon-Tomlinson Nursing Center, Memorial Nursing Center, Meridian Nursing Home, Inc., Temple Manor Nursing Home, Ten Oaks Place, The Brentwood Senior Living, The Chateau, Westbrook Healthcare, Inc., Willow Park Health Care Center.

Anadarko Nursing & Rehab, Ashbrook Village (Sterling House of Duncan), Binger Nursing & Rehab, Brookdale in Chickasha, Carnegie Nursing Home, Inc., Chickasha Nursing Center, Inc., Chisholm Trail Assisted Living, Duncan Assisted Living (Canoe Brook), Glenhaven Retirement Village, Grace Living Center, Gregston Nursing Home, Inc., Marlow Nursing & Rehab, Montevista Rehab & Skilled Care, Purcell Care Center, Senior Village Healthcare, Shannon Springs Residence, Inc., Sunset Estates of Purcell, Tuttle Care Center, West Wind Assisted Living, Westbrook Gardens Senior Living Community, Wilkins Health & Rehab Community.

# **ASCOG AREA AAA ADVISORY COUNCIL**

**Caddo County**:

\*John Kusel: OSHL Representative

**Comanche County**:

\*Jalmer “Bo” Fallon: OSHL Representative

**Cotton County**:

Kathleen Flanagan

**Grady County**:

\*Merlene Rust: OSHL Representative

**Jefferson County**:

Jim Grounds

**McClain County**:

\*Rowena Scott-Johnson: Mayoral Appointee

**Stephens County**:

\*Haljean Gillispie: Vice Chair, Commissioner Appointee; OSHL Representative

**Tillman County**:

TBD

**Minority Representative:**

**TBD**

*\*Denotes Executive Committee Member*

**NATIONAL COUNCIL ON AGING**

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**AREA AGENCY ON AGING SILVER HAIRED LEGISLATURE**

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# **ABOUT THE SILVER HAIRED LEGISLATURE**

The Silver Haired Legislature has been involved in the passing of many laws that benefit senior citizens and the entire state such as:

* Living wills (advance directives)
* Public Transportation Revolving Fund
* Omnibus Reconciliation Bill
* Long-Term Care Omnibus Bill
* Required Training for Nursing Home Aides
* Spousal Impoverishment Act
* Funding Legal Aid for Persons over 60 Years of Age
* Homestead Exemption Increase
* Adult Day Care Amendment

The Silver Haired Legislature is a body of elected officials whose primary focus is to speak on behalf of the elderly. Legislators take the concerns of elderly people and work to make those concerns known to our elected officials at the State Capital.

The Oklahoma Silver Haired Legislature is supported by the Oklahoma Silver Haired Legislature Alumni Association, the Oklahoma Area Agencies on Aging and the OKDHS Aging Services Division

If you would like additional information about the program, please call (405) 522-6239 or fax (405) 522-6739.

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# **OKLAHOMA AGING SERVICES**

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**Long-Term Care Ombudsman Program/ASCOG**

Ryan Payne, Ombudsman Supervisor

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## **Area Agencies on Aging**

Oklahoma has 11 Area Agencies on Aging. They provide information and referrals to senior citizens along with newsletters, brochures, and resource directories. AAA also provides area planning and funds for senior nutrition sites. It is the goal of the AAA to make sure every Oklahoma senior is well informed, well taken care of and not merely surviving but thriving in their later years.

**Area 1**

**Grand Gateway Economic Development Association**

**Staci Pierce Director**

(800) 482-4594 x212 or (918) 783-5793 **Fax:** (918) 783-5786

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**EODD AAA**

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**Area 3**

**KEDDO AAA**

**Samantha Humphreys**

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**Area 4**

**SODA AAA**

**Joye Angel Director**

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jangel@soda-Oklahoma.org

soda-Oklahoma.org

**Area 5**

**COEDD AAA**

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aaadirector@coedd.net

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**Area 6**

**INCOG AAA**

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**Area 7**

**Long-Term Care Authority of Enid**

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**Area 9**

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**Counties:** Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens, Tillman

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**Area 10**

**SWODA AAA**

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**AREA AGENCIES ON AGING INFORMATION & ASSISTANCE**

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**Area 2**

**EODD AAA**

(918) 682-7891 or (918) 682-5444

1012 N. 38th Street/P.O. Box 1367, Muskogee, Oklahoma 74402

**Counties:** Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah, Wagoner

eoddOklahoma.org

**Area 3**

**KEDDO AAA**

(800) 722-8180or(918) 465-2367

1002 Hwy 2 North/P.O. Box 638, Wilburton, Oklahoma 74578

**Counties:** Choctaw, Haskell, Latimer, LeFlore, McCurtain, Pittsburg, Pushmataha

**Area 4**

**SODA AAA**

(580) 920-1388

2704 N. 1st Street, Durant, Oklahoma 74701

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

soda-Oklahoma.org

**Area 5**

**COEDD AAA**

(800) 375-8255 or (405) 273-6410 x128

400 N. Bell/P.O. Box 3398, Shawnee, Oklahoma 74801

**Counties:** Hughes, Lincoln, Okfuskee, Pawnee, Payne, Seminole, Pottawatomie

aginginfo@coedd.net

**Area 6**

**INCOG AAA**

(918) 579-9477

2 W. 2nd Street, Suite 800,Tulsa, Oklahoma 74103

**Counties:** Creek, Osage, Tulsa

**Area 7**

**Long-Term Care Authority of Enid**

(580) 234-7475 or (580) 237-2236

202 W. Broadway, Suite A, Enid, Oklahoma 73703

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

**Area 8**

**Areawide Aging Agency, Inc.**

(405) 942-8500

4101 N. Perimeter Center Dr., Suite 310, Oklahoma City, Oklahoma 73112

**Counties:** Canadian, Cleveland, Logan, Oklahoma

**Area 9**

**ASCOG AAA**

(800) 658-1466 or (580) 736-7036

804 W. Main Street/P.O. Box 1647, Duncan, Oklahoma 73534

**Counties:** Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens, Tillman

ascog.org

**Area 10**

**SWODA AAA**

(800) 627-4882 or (580) 562-4882

420 Sooner Drive/P.O. Box 569, Burns Flat, Oklahoma 73624

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

# **COUNTY COMMISSIONERS**

**Caddo County**

Caddo County Courthouse

(405) 247-3105 **Fax:** (405) 247-3611

P.O. Box 1427, Anadarko, Oklahoma 73005

caddo.county@yahoo.com

District 1 – Mike Belter

(405) 656-2822 or (405) 247-3105 **Fax:** (405) 247-3611

201 Oklahoma Ave, Anadarko, Oklahoma 73005

RR 1 Box 195A, Binger, Oklahoma 73009

caddod1@gmail.com

District 2 – Jeff Boren

(405) 966-2685 or (405) 247-3105 **Fax:** (405) 247-3611

201 Oklahoma Ave, Anadarko, Oklahoma 73005

PO Box 832, Anadarko, Oklahoma 73005

caddod2@sbcglobal.net

District 3 – Robert Weaver

(580) 654-1761 or (405) 247-3105 **Fax:** (405) 247-3611

201 Oklahoma Ave, Anadarko, Oklahoma 73005

523 Ruth Drive, Carnegie, Oklahoma 73015

caddodistrict3@carnegienet.net

**Comanche County**

Comanche County Courthouse

(580) 353-3717 **Fax:** (580) 585-5242

315 SW 5th Street, Room #303, Lawton, Oklahoma 73501

teresa.wilson@comanchecounty.us

District 1 – John O’Brien

(580) 591-2660 or (580) 353-3717 **Fax:** (580) 357-9478

315 SW 5th Street # 303, Lawton, Oklahoma 73501

John.obrien@comanchecounty.us

District 2 - Johnny Owens

(580) 353-3717 **Fax:** (580) 357-9478

315 SW 5th Street # 303, Lawton, Oklahoma 73501

johnny.owens@comanchecounty.us

District 3 – Josh Powers

(580) 429-4457or (580) 353-3717 **Fax:** (580) 357-9478

315 SW 5th Street # 303, Lawton, Oklahoma 73501

Josh.powers@comanchecounty.us

**Town of Chattanooga**

Jaime Fisher (contact), Office Manager

(580) 597-3390 **Fax:** (580) 597-2598

302 3rd Street, Chattanooga, Oklahoma 73528

Rob Stallcup, Chief

(580) 512-9122

townofchatty@pldi.net

chattanoogaOklahoma.myruralwater.com

**Cotton County**

Cotton County Courthouse

(580) 875-3026 **Fax:** (580) 875-3756

301 N. Broadway Street, Walters, Oklahoma 73572

cottonco@sbcglobal.net

District 1 -

(580) 512-7688 or (580) 875-3026 **Fax:** (580) 875-3756

301 N Broadway Street, Walters, Oklahoma 73572

cottonco@sbcglobal.net

District 2 - Ricky Vardell

(580) 857-6636 or (580) 875-3026 **Fax:** (580) 875-3756

301 N Broadway Street, Walters, Oklahoma 73572

cottonco@sbcglobal.net

District 3 - Greg Powell\*

(580) 299-3339 or (580) 875-3026 **Fax:** (580) 875-3756

301 N Broadway Street, Walters, Oklahoma 73572

RR 1, Box 10K, Devol, Oklahoma 73531

cottonco@sbcglobal.net

**Grady County**

Grady County Courthouse

(405) 224-5211

326 W. Choctaw Avenue, Chickasha, Oklahoma 73018

kthomas@gradycountyOklahoma.com

District 1 – Zachary Davis

(405) 392-3171or (405) 224-5211 **Fax:** (405) 222-1053

326 W Choctaw Ave, Chickasha, Oklahoma 73018

720 S Sarah Rd, Tuttle, Oklahoma 73089

grady1@sbcglobal.net

District 2 - Kirk Painter

(405) 224-2504 or (405) 224-5211 **Fax:** (405) 222-1053

326 W. Choctaw Ave, Chickasha, Oklahoma 73018

1328 County Road 1350, Chickasha, Oklahoma 73018

gradydist2@yahoo.com

District 3 – Gary Bray

(580) 476-3865 or (405) 224-5211 **Fax:** (405) 222-1053

326 W. Choctaw Ave, Chickasha, Oklahoma 73018

RR 1, Box 141, Rush Springs, Oklahoma 73082

**Jefferson County**

Jefferson County Courthouse

(580) 228-2241 **Fax: (**580) 228-3418

220 N. Main, Room #101, Waurika, Oklahoma 73573

jefferson@sbcglobal.net

District 1 - Brice Bohot

(580) 439-5933 or (580) 228-2241 **Fax:** (580) 228-3418

220 N. Main, Room 101, Waurika, Oklahoma 73573

RR 1, Box 39B, Waurika. Oklahoma 73573

jeffcodist1@hotmail.com

District 2 - Ty Phillips

(580)662-2479 or (580) 228-2241 **Fax:** (580) 228-3418

220 N. Main, Room 101, Waurika, Oklahoma 73573

P.O. Box 134, Ringling, Oklahoma 73456

district-jefferson@att.net

District 3 - Ricky Martin\*

(580) 662-2479 or (580) 228-2241 **Fax:** (580) 228-3418

220 N. Main, Room 101, Waurika, Oklahoma 73573

Rt. 1, Box 53A, Ryan, Oklahoma 73565

**McClain County**

McClain County Courthouse

(405) 527-3117

P.O. Box 629, Purcell, Oklahoma 73080

District 1 - Glen Murray

(405) 459-4365 or (405) 527-3117 **Fax:** (405) 527-5242

P.O. Box 629 Purcell, Oklahoma 73080

12739 Indian Meridian Ave, Wayne, Oklahoma 73095

1McClaindist@gmail.com

District 2 - Wilson Lyles

(405) 288-6006 or (405) 527-3117 **Fax:** (405) 527-5242

P.O. Box 629, Purcell, Oklahoma 73080

mcdist2@gmail.com

District 3 - Terry Daniel

(405) 527-3360 or (405) 527-3117 **Fax:** (405) 527-5242

P.O. Box 629, Purcell, Oklahoma 73080

mcdist3@pldi.net

**Stephens County**

Stephens County Courthouse

(580) 255-4193 **Fax:** (580) 255-1771

101 S. 11th Street, Duncan, Oklahoma 73533

stcocomm@cableone.net

District 1 - Kreg Murphree

(580) 658-2416 or (580) 255-4193 **Fax:** (580) 255-1771

101 S 11th St., #200, Duncan, Oklahoma 73533

RR 3, Box 351, Marlow, Oklahoma 73055

stephens691@att.net/stcocomm@cableone.net

District 2 - Todd Churchman

(580) 255-6636 or (580) 255-4193 **Fax:** (580) 255-1771

101 S. 11th Street, #200, Duncan, Oklahoma 73533

1805 W. Bois D’Arc, Duncan, Oklahoma 73533

stcod2@yahoo.com / stcocomm@cableone.net

District 3 - Russell Morgan

(580) 439-2206 or (580) 255-4193 **Fax:** (580) 255-1771

101 S. 11th Street, #200, Duncan, Oklahoma 73533

18256 N. 2810 Rd, Comanche, Oklahoma 73529

stcocomm@cableone.net

**Tillman County**

Tillman County Courthouse

(580) 335-2156 **Fax:** (580) 335-3795

P.O. Box 992, Frederick, Oklahoma 73542

commoff@pldi.net

District 1 – Roger Hoover

(580) 667-4145 or (580) 335-2156 **Fax:** (580) 667-5473

200 E. Frederick Street, Tipton, Oklahoma 73570

commoff@pldi.net

District 2 - Joe Don Dickey\*

(580) 335-2374 or (580) 335-2156 **Fax:** (580) 335-3795

700 S. 8th Street, Frederick, Oklahoma 73542

1300 S. 15th, Frederick, Oklahoma 73542

commoff@pldi.net

District 3 – Levi Krasser

(580) 479-5236 or (580) 335-2156 **Fax:** (580) 335-3795

600 N. Bell Road, Grandfield, Oklahoma 73546

23847 County Road EW 184, Loveland, Oklahoma 73553

commoff@pldi.net

\* Denotes Chairman

# **COUNTY CLERKS**

**Caddo County**

Patrice Dolch

(405) 247-6609 **Fax:** (405) 247-6510

Caddo County Courthouse, P.O. Box 68, Anadarko, Oklahoma 73005

caddopa@outloOklahoma.com

**Comanche County**

Carrie Tubbs

(580) 355-5214 **Fax:** (580) 357-9478

Comanche County Courthouse, 315 SW 5th, Room 304, Lawton, Oklahoma 73501

countyclerk@comanchecounty.us

**Cotton County**

Joseph Schappert

(580) 875-3026 **Fax: (**580) 875-3756

Cotton County Courthouse, 301 N. Broadway Street, Walters, Oklahoma 73572

countyclerk17@sbcglobal.net

**Grady County**

Jill Locke

(405) 224-7388 **Fax:** (405) 222-4506

Grady County Courthouse, P.O. Box 1009, Chickasha, Oklahoma 73023

glocke@gradycountyOklahoma.com

**Jefferson County**

Traci Smith

(580) 228-2029 **Fax:** (580) 228-3608

Jefferson County Courthouse, 220 N. Main Street, Rm 103, Waurika, Oklahoma 73573

jeffersonclerk2@yahoo.com

**McClain County**

Pam Beller

(405) 527-3360

McClain County Courthouse, P.O. Box 629, Purcell, Oklahoma 73080

McClainclerk@gmail.com

**Stephens County**

Jenny Moore

(580) 255-0977 **Fax:** (580) 255-0991

Stephens County Courthouse, 101 S. 11th, Rm 203, Duncan, Oklahoma 73533

sccdunOklahoma@cableone.net

**Tillman County**

Cacy Caldwell

(580) 335-3421 X43 **Fax:** (580) 335-3795

Tillman County Courthouse, P.O. Box 992, Frederick, Oklahoma 73542

coclerkoff@pldi.net

# **CITIES AND TOWNS**

**Caddo County – Population:** 29,600

City of Anadarko **Population:** 5,742

(405) 247-2481 P.O. Box 647, Anadarko, Oklahoma 73005

Town of Apache **Population:** 1,067

(580) 588-3505P.O. Box 390, Apache, Oklahoma 73006

Town of Binger **Population:** 426

(405) 656-2426P.O. Box 481, Binger, Oklahoma 73009

Town of Bridgeport **Population:** 100

(405) 542-7376P.O. Box 368, Hinton, Oklahoma 73047

Town of Carnegie **Population:** 1,397

(580) 654-1004P.O. Box 1075, Carnegie, Oklahoma 73015

Town of Cement **Population:** 446

(405) 489-3222 P.O. Box 337, Cement, Oklahoma 73017

Town of Cyril **Population:** 918

(580) 464-2411P.O. Box 448, Cyril, Oklahoma 73029

Town of Eakly **Population:** 298

(405) 797-3252P.O. Box 305, Eakly, Oklahoma 73033

Town of Fort Cobb **Population:** 526

**(**405) 643-2682P.O. Box 328, Fort Cobb, Oklahoma 73038

Town of Gracemont **Population:** 265

(405) 966-2201 P.O. Box 40, Gracemont, Oklahoma 73042

Town of Hinton **Population:** 3,108

(405) 542-3253P.O. Box 159, Hinton, Oklahoma 73047

Town of Hydro **Population:** 912

(405) 663-2531P.O. Box 248, Hydro, Oklahoma 73048

Town of Lookeba **Population:** 166

(405) 457-6361P.O. Box 73, Lookeba, Oklahoma 73053

**Comanche County – Population: 124,098**

City of Cache **Population:** 2,796

(580) 429-3354P.O. Box 466, Cache, Oklahoma 73527

Town of Chattanooga **Population:** 461

(580) 597-3390302 3rd Street, Chattanooga, Oklahoma 73528

City of Elgin **Population:** 2,156

(580) 492-5777 P.O. Box 310, Elgin, Oklahoma 73538

Town of Faxon **Population:** 136

(580) 591-2455 (Mayor) 353 8th Street, Faxon, Oklahoma 73540

Town of Fletcher **Population:** 1,177

(580) 549-6550P.O. Box 448, Fletcher, Oklahoma 73541

City of Geronimo **Population:** 1,268

(580) 353-5511 100 W. Main Street, Geronimo, Oklahoma 73543

Town of Indiahoma **Population:** 344

(580) 246-3572P.O. Box 38, Indiahoma, Oklahoma 73552

City of Lawton **Population:** 96,867

(580) 581-3301 212 SW 9th Street, Lawton, Oklahoma 73501

Town of Medicine Park **Population:** 382

(580) 529-2825 P.O. Box 231, Medicine Park, Oklahoma 73557

Town of Sterling **Population:** 793

(580) 365-4445 P.O. Box 277, Sterling, Oklahoma 73567

**Cotton County – Population: 6,193**

Town of Devol **Population:** 151

(580) 299-3393 P.O. Box 36, Devol, Oklahoma 73531

Town of Randlett **Population:** 438

(580) 281-3370 P.O. Box 173, Randlett, Oklahoma 73562

Town of Temple **Population:** 1,102

(580) 342-6776 P.O. Box 40, Temple, Oklahoma 73568

City of Walters **Population:** 2,551

(580) 875-3337 P.O. Box 485, Walters, Oklahoma 73572

**Grady County- Population: 16,036**

Town of Alex **Population:** 550

(405) 785-2393 P.O. Box 27, Alex, Oklahoma 73002

Town of Amber **Population:** 419

(405) 222-2175 P.O. Box 3, Amber, Oklahoma 73004

Town of Bridge Creek **Population:** 340

(405) 381-9411 (Donna) 1089 Mesa Road, Tuttle, Oklahoma 73059

Town of Bradley **Population:** 182

(405) 462-7581 P.O. Box 146 Bradley, Oklahoma 73011

City of Chickasha **Population:** 16,036

(405) 222-6020 117 N. 4th Street Chickasha, Oklahoma 73018

City of Minco **Population:** 1,632

(405) 352-4274 P.O. Box 512, Minco, Oklahoma 73059

Town of Ninnekah **Population:** 1,002

(405) 222-0882 P.O. Box 211, Ninnekah, Oklahoma 73067

Town of Norge **Population:** 145

P.O. Box 2454, Chickasha, Oklahoma 73023

Town of Pocasset **Population**: 156

(405) 459-6737 P.O. Box 164, Pocasset, Oklahoma 73079

Town of Rush Springs **Population:** 1,231

(580) 476-3277 P.O. Box 708, Rush Springs, Oklahoma 73082

City of Tuttle **Population:** 6,019

(405) 381-2335 P.O. Box 10, Tuttle, Oklahoma 73089

Town of Verden **Population:** 530

(405) 453-7235 P.O. Box 206, Verden, Oklahoma 73092

**Jefferson County – Population: 6,472**

Town of Addington **Population:** 114

P.O. Box 146, Addington, Oklahoma 73520

Town of Cornish **Population:** 161

(580) 662-2428 P.O. Box 333, Ringling, Oklahoma 73456

Town of Hastings **Population:** 114

**(**580) 963-3221 P.O. Box 67, Hastings, Oklahoma 73548

Town of Ringling **Population:** 1,037

**(**580) 662-2264 P.O. Box 565, Ringling, Oklahoma 73456

Town of Ryan **Population:** 816

(580) 757-2277 614 Washington, Ryan, Oklahoma 73565

Town of Sugden **Population**: 43

(580) 313-0882 214 McCabe Street, Waurika, Oklahoma 73573

Town of Terral **Population:** 382

**(**580) 437-2337 P.O. Box 399, Terral, Oklahoma 73569

City of Waurika **Population:** 2,064

(580) 228-2713 122 S. Main Street, Waurika, Oklahoma 73573

**McClain County – Population: 34,506**

City of Blanchard **Population:** 7,670

(405) 485-9392 P.O. Box 480, Blanchard, Oklahoma 73010

Town of Byars **Population:** 255

(405) 255-4197 (Jamie Price) P.O. Box 251, Byars, Oklahoma 74831

Town of Cole **Population:** 555

(405) 485-3532 26887 Main Street, Blanchard, Oklahoma 73010

Town of Dibble **Population:** 878

**(**405) 344-6659 P.O. Box 57, Dibble, Oklahoma 73031

Town of Goldsby **Population**: 1,801

(405) 288-6675 100 E. Center Road, Goldsby, Oklahoma 73093

City of Newcastle **Population:** 7,685

(405) 387-4427 P.O. Box 179, Newcastle, Oklahoma 73065

City of Purcell **Population:** 5,884

(405) 527-6561 230 W. Main, Purcell, Oklahoma 73080

Town of Rosedale **Population:** 68

(405) 469-4216 37710 Broadway Ave, Byars, Oklahoma 74831

Town of Washington **Population:** 618

(405) 288-2578 P.O. Box 127, Goldsby, Oklahoma 73093

Town of Wayne **Population:** 688

(405) 449-3451 P.O. Box 160, Wayne, Oklahoma 73095

**Stephens County – Population: 45,048**

Town of Bray **Population:** 1,209

(580) 658-2709 3703 Highway 29, Marlow, Oklahoma 73055

Town of Central High **Population:** 1,199

(580) 641-2974 227266 Blackburn Road, Marlow, Oklahoma 73055

City of Comanche **Population:** 1,663

(580) 439-8832 500 N. Rodeo Drive, Comanche, Oklahoma 73529

City of Duncan **Population:** 23,431

(580) 252-0250 P.O. Box 969, Duncan, Oklahoma 73534

Town of Empire **Population:** 1,029

(580) 252-9059 **Fax:** (580) 439-8832

P.O. Box 445, Comanche, Oklahoma 73529

Town of Loco **Population:** 122

(580) 467-3660 P.O. Box 27, Loco, Oklahoma 73442

City of Marlow **Population:** 4,662

(580) 658-5401 P.O. Box 113, Marlow, Oklahoma 73055

Town of Velma **Population:** 620

(580) 444-3393 P.O. Box 447, Velma, Oklahoma73491

**Tillman County – Population: 7,992**

Town of Davidson **Population:** 315

(580) 568-2600 P.O. Box 308, Davidson, Oklahoma 73530

City of Frederick **Population:** 3,940

(580) 335-7551 P.O. Box 399, Frederick, Oklahoma 73542

City of Grandfield **Population:** 1,038

(580) 479-5215 Drawer L, Grandfield, Oklahoma 73546

Town of Hollister **Population:** 50

P.O. Box 222, Hollister, Oklahoma 73551

Town of Loveland **Population:** 13

(580) 479-3390 838 Johnson Street, Loveland, Oklahoma 73553

Town of Manitou **Population:** 161

(580) 397-2006 P.O. Box 40, Manitou, Oklahoma 73555

Town of Tipton **Population:** 847

(580) 667-5211 100 W. Main, Tipton, Oklahoma 73570

# **CHAMBERS OF COMMERCE**

**Caddo County**

#### Anadarko

#### (405) 247-6651

#### P.O. Box 366, Anadarko, Oklahoma 73005

Apache

(580) 588-2093

115 Evans Ave., Apache, Oklahoma 73006

Carnegie

(580) 654-2121

P.O. Box 96, Carnegie, Oklahoma 73015

**Comanche County**

Lawton/Ft. Sill

(580) 355-3541

302 W. Gore Blvd., Lawton, Oklahoma 73501

**Cotton County**

Temple

(580) 342-5115

125 N. Commercial Street, Temple, Oklahoma 73568

Walters

**(**580) 875-3335

116 N. Broadway St, Walters, Oklahoma 73572

**Grady County**

Chickasha

(405) 224-0787

221 W. Chickasha Avenue, Chickasha, Oklahoma 73018

Minco

(405) 352-4382

P.O. Box 451, Minco, Oklahoma 73059

**Jefferson County**

Waurika

(580) 228-2081

P.O. Box 366, Waurika, Oklahoma 73573

**McClain County**

Newcastle

(405) 387-3232

P.O. Box 1006, Newcastle, Oklahoma 73065

Purcell

(405) 527-3093

P.O. Box 923, Purcell, Oklahoma 72080

**Stephens County**

Duncan

(580) 255-3644

P.O. Box 699, Duncan, Oklahoma 73534

Marlow

(580) 658-2212 or (580) 641-0440

223 W. Main, Marlow, Oklahoma 73055

**Tillman County**

Frederick

(580) 335-2126

105 S. Main, Frederick, Oklahoma 73542

# **ABUSE**

**Adult Abuse Hotline**

(800) 522-3511

**Adult Protective Services**

**Website:** Oklahomadhs.org/services/aps/Pages/default

**County Offices:**

Caddo County (405) 247-4000

Comanche County (580) 250-3600

Cotton County (580) 875-4000

Grady County (405) 574-7400

Jefferson County (580) 228-3581

McClain County (405) 527-6511

Stephens County (580) 251-8300

Tillman County (580) 335-6800

**ASCOG Ombudsman**

(800) 658-1466 or **(**580) 736-7974 or (580) 736-7975

804 W. Main Street/P.O. Box 1647 Duncan, Oklahoma 73534

**Child Abuse Hotline**

24 Hour Statewide Hotline **(**800) 522-3511

**Elder Abuse Hotline**

(800) 522-3511

# **ADULT DAYCARE SERVICES**

**Comanche County**

Nora O'Neal Adult Day Care Center

(580) 351-0207

631 SW E Avenue, Lawton, Oklahoma 73501

noraoneal.net

Goodwill Wintergreen Adult Day Services

(580) 248-9313

923 Hilltop Drive, Lawton, Oklahoma 73505

goodwillsont.org

# **ADVOCACY SERVICES**

Alcoholics Anonymous (405) 524-1100 aaOklahoma.org

Alzheimer’s Association

(800) 272-3900 or (580) 699-2877

6425 NW Cache Road, Suite 102, Lawton, Oklahoma 73505

alz.org

Alzheimer’s Foundation of America (866) 232-8484

American Association of Retired Persons (AARP)

(800) 424-3410

8144 Walnut Hill Lane,Dallas, Texas 75231

aarp.org

American Cancer Society of Comanche County

1320 NW Homestead Drive, Suite D, Lawton, Oklahoma 73505

cancer.org

American Council of the Blind

(800) 424-8666 or (202) 467-5081

1703 N. Beauregard Street, Suite 420,Arlington, Virginia 22301

acb.org

American Diabetes Association

3000 United Founders Blvd, Suite. 108,Oklahoma City, Oklahoma 73112

diabetes.org

Arthritis Foundation of Oklahoma

(800) 627-5486 or (405) 936-3366

710 W. Wilshire Creek, Suite 101, Oklahoma City, Oklahoma 73116

arthritis.org/Oklahoma

American Heart Association

(800) 242-8721

5700 N. Portland, Suite 203, Oklahoma City, Oklahoma 73112

heart.org

American Lung Association

800.588.4872 or (405) 748-4674

1212 May Avenue #405, Oklahoma City, Oklahoma 73120

lung.org

Centers for Disease Control and Prevention

**(**800) 232-4636

cdc.gov

Epilepsy Association of the Sooner State

(405) 271-3232 or (800) 503-9864

711 Stanton L. Young Blvd., Suite 550, Oklahoma City, Oklahoma 73104

Federal Bureau of Investigation (FBI) (Oklahoma City Office)

(405) 290-7770

fbi.gov

Federal Bureau of Alcohol, Tobacco, and Firearms (ATF) (Oklahoma City Office)

(800) 800-3855

atf.gov

Foster Grandparent Program- Delta Community Action

(580) 255-3222

921 Maple, Duncan, Oklahoma 73533

Missing and Exploited Children National Hotline

(800) 843-5678

missingkids.com

National Fraud and Information Center

**(**800) 876-7060

fraud.org

National Parkinson Foundation

**(**800) 473-4636

200 SE 1st Street, Suite 800, Miami, Florida 33131

1359 Brodd, Ste. 1504, New York, New York 10018

parkinson.org

National Runaway Switchboard

**(**800) 786-2929

1800runaway.org

Oklahoma Alliance on Aging

**(**405) 943-1895

3200 NW 48th Street, Room 2222, Oklahoma City, Oklahoma 73112

Oklahomadhsdrs.org/drupal/guide/Oklahoma-Alliance-aging

Oklahoma Bureau of Narcotics and Dangerous Drugs Control

(800) 522-8031

Oklahoma.gov/obndd

Oklahoma Corporation Commission

(800) 522-8154

occeweb.com

Oklahoma Dental Association

(800) 876-8890 or (405) 848-8873

317 NE 13th Street, Oklahoma City, Oklahoma 73104

Oklahomada.org

Oklahoma Environmental Quality, Spills & Complaint Hotline

(800) 522-0206

deq.state.Oklahoma.us

Oklahoma Highway Patrol (Lawton Office)

(580) 353-0783

dps.state.Oklahoma.us/ohp

Oklahoma Insurance Department

(800) 522-0071

oid.Oklahoma.gov

Oklahoma State Bureau of Investigation (OSBI – Oklahoma City Office)

(800) 522-8017

Oklahoma.gov/osbi

Oklahoma State Council on Aging

(405) 522-3069

2401 NW 23rd Street, Suite 40, Oklahoma City, Oklahoma 73107

Oklahoma Suicide Hotline

(800) 273-8255

suicide.org

Suicidepreventionlifeline.org

Poison Control Center

(800) 222-1222

Oklahomapoison.org

Senior Health Insurance Counseling

(800) 763-2828

2401 NW 23rd Street, Suite 28, Oklahoma City, Oklahoma 73107

medicareassistance.com

Teen Dating Abuse Helpline

(866) 331-9474

loveisrespect.org

Toxic Chemical & Oil Spills & Terrorists Threats

(800) 424-8802

U.S. Drug Enforcement Administration (DEA) (Oklahoma City Office)

(405) 475-7500

dea.gov

U.S. Marshal Service (Oklahoma City Office)

(405) 231-4206

usmarshals.gov

U.S. Secret Service (Oklahoma City Office)

(405) 272-0630

secretservice.gov

Women's Resource Center

(405) 364-9424P.O. Box 5089 Norman, Oklahoma 73070

wrcnormanOklahoma.com

# **AMBULANCE SERVICES**

*If you are not sure who to call* ***ALL EMERGENCY SERVICES MAY BE REACHED BY DIALING “911”.*** *The operator will send the appropriate response team.*

**Caddo County**

Anadarko Fire Department EMS

(405) 247-3871 115 W. Kentucky, Anadarko, Oklahoma 73005

Apache Ambulance Service

(580) 588-2424 204 W. Evans Street, Apache, Oklahoma 73006

Carnegie Tri-County Municipal Hospital

102 S. Broadway Avenue, Carnegie, Oklahoma 73015

Cyril Ambulance Service

(405) 464-2206 202 W. Main Street, Cyril, Oklahoma 73029

**Comanche County**

Comanche County Memorial Hospital Ambulance Service

(580) 585-5555 1301 SW 30th Street, Lawton, Oklahoma 73501

Geronimo Fire Department

(580) 248-8827 100 W. Main Street, Geronimo, Oklahoma 73543

Kirk’s Ambulance Service

(580) 355-6500 1616 SW F Street, Lawton, Oklahoma 73501

Survival Flight

Comanche County Memorial Hospital

3401 W. Gore Blvd., Lawton, Oklahoma 73505

1208 Maple Street, Altus, Oklahoma 73521

**Grady County**

Chickasha Fire Department EMS

(405) 222-6035 1700 Harly Day Dr., Chickasha, Oklahoma 73018

Rush Springs EMS

(580) 476-3438 201 W. Blakely, Rush Springs, Oklahoma 73082

Tuttle EMS

(405) 381-2335

**Jefferson County**

Waurika EMS

(580) 228-7044 121 S. Main Street, Waurika, Oklahoma 73573

**McClain County**

Wadley’s EMS, Inc

(405) 527-5555 402 W. Washington Street, Purcell, Oklahoma 73080

**Stephens County**

American Medical Response

(580) 252-4512 616 N. Hwy 81, Unit 21175, Duncan, Oklahoma 73533

amr.net/Locations/Operations/Oklahoma/Stephens-County

Air Evacuation Life Team 25

(580) 786-2549 2702 S. 13th Street, Duncan, Oklahoma 73533

lifeteam.net

Velma Community Ambulance

(580) 444-2522

**ASSISTED LIVING\RETIREMENT HOMES\NURSING HOMES**

**Caddo County**

Binger Nursing Home

(405) 656-2302 Highway 281 North, Binger, Oklahoma 73009

Carnegie Nursing Home

(580) 654-1439 225 N. Broadway, Carnegie, Oklahoma 73015

Anadarko Nursing and Rehabilitation

(405) 247-3346 300 W. Washington Avenue, Anadarko, Oklahoma 73005

**Comanche County**

Benjamin O. Davis High Rise

(580) 353-5242 620 S. E Avenue Lawton, Oklahoma 73501

Brookridge Retirement Community

(580) 536-9700 7802 NW Quanah Parker Trailway, Lawton, Oklahoma 73505

broOklahomaridgeliving.com

Cedar Crest Manor

(580) 355-16161700 Ft. Sill Blvd., Lawton, Oklahoma 73507

cedarcrestmanor.org

Comanche County Memorial Hospital - Nursing Transition Unit

(580) 355-8620 3401 W. Gore Blvd., Lawton, Oklahoma 73505

ccmhhealth.com

Edith Kassanavoid Gordon - Assisted Living Center

(580) 699-3736 or (580) 699-3749 1001 SE 36th Street, Lawton, Oklahoma 73501

Lawton/Fort Sill Veterans Center

(580) 351-6511 501 SE Flower Mound Road, Lawton, Oklahoma 73501

odva.Oklahoma.gov/content/lawton

McMahon Tomlinson Nursing and Rehabilitation Center

(580) 357-3240 2007 NW 52nd Street,Lawton, Oklahoma 73505

ccmhonline.com/mtnc/mcmahon-tomlinson-nursing-center

Montevista Rehabilitation & Skilled Care

(580) 536-28667604 Quanah Parker Trailway, Lawton, Oklahoma 73505

montevistarehab.com

Ten Oaks Place

(580) 353-1190 3610 SE Huntington Circle, Lawton, Oklahoma 73501

The Chateau of Lawton - Retirement Community

(580) 536-6800 6301 SW Lee Blvd., Lawton, Oklahoma 73505

thechateauoflawton.com

The Brentwood Senior Living

(580) 536-4848 6920 W. Lee Blvd., Lawton, Oklahoma 73505

thebrentwoodseniorliving.com

Willow Park Health Care Center

(580) 536-1279 7019 NW Cache Road, Lawton, Oklahoma 73505

willowparkhealthcarecenter.com

**Cotton County**

Temple Manor Nursing Home

(580) 342-6228 100 W. Green Avenue Temple, Oklahoma 73568

**Grady County**

Sterling House of Chickasha

(405) 224-8300801 Country Club Road, Chickasha, Oklahoma 73018

brookdale.com/communities/sterling-house-of-chickasha

Chickasha Nursing Home

(405) 224-3593 2700 S. 9th Street, Chickasha, Oklahoma 73018

Grace Living Center

(405) 224-6456 2300 W. Iowa Avenue, Chickasha, Oklahoma 73018

gracelivingcenters.com/chickasha

Glenhaven Retirement Village

**(**405) 224-1351 3003 Iowa Avenue, Chickasha, Oklahoma 73018

glenhavencorp.com

Shannon Springs Residence

(405) 224-1397 2500 S. 12th Street, Chickasha, Oklahoma 73018

Tuttle Care Center

(405) 381-3363 104 SE 4th Street, Tuttle, Oklahoma 73089

**Jefferson County**

Westbrook Healthcare, Inc.

(580) 228-2363 1100 N. Ash, Waurika, Oklahoma 73573

**McClain County**

Purcell Care Center

(405) 527.7798 801 N. 6th,Purcell, Oklahoma 73080

Senior Village Nursing Home

(405) 485-3315 1104 N. Madison, Blanchard, Oklahoma 73010

Sunset Estates of Purcell, Inc.

(405) 527-2122 915 N. 7th Avenue, Purcell, Oklahoma 73080

Westbrook Gardens Senior Living Community

(405) 294-2952 1215 Westbrook Blvd., Purcell, Oklahoma 73080

**Stephens County**

Ashbrook Village Assisted Living

(580) 252-8300 915 W. Plato Road, Duncan, Oklahoma 73533

Canoe Brook Assisted Living

(580) 252-3337 415 Chisholm Trail Pkwy., Duncan, Oklahoma 73533

Chisholm Trail Assisted Living

(580) 470-8700 625 Chisholm Trail Pkwy., Duncan, Oklahoma 73533

Country Club Care

(580) 255-4600 1904 N. Highway 81, Duncan, Oklahoma 73533

Duncan Community Residence

(580) 255-3926 1510 W. Main Street, Duncan, Oklahoma 73534

duncancommunityresidence.com

Gregston Nursing Home

(580) 658-2319 711 S. Broadway Street, Marlow, Oklahoma 73055

Marlow Manor

(580) 658-5468 702 S. 9th Street, Marlow, Oklahoma 73055

Meridian Nursing Home, Inc.

(580) 255-5522 RR 2, Meridian Road, Comanche, Oklahoma 73529

West Wind Assisted Living

(580) 658-1200 111 N. 9th Street, Marlow, Oklahoma 73055

westwindassistedliving.com

Wilkins Nursing Center

(580) 252-3955 1205 S. 4th, Duncan, Oklahoma 73533

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

**Tillman County**

Memorial Nursing Center

(580) 335-7565 319 E. Josephine Avenue, Frederick, Oklahoma 73542

# **CENTENARIAN CLUB OF OKLAHOMA**

(918) 510-0150 - 24-hour cell phone

3119 S. Jamestown, Tulsa, Oklahoma 74135

eghelmuth@aol.com

**CENTERS FOR INDEPENDENT LIVING**

Progressive Independence

(405) 321-3203

121 N. Porter Avenue, Norman, Oklahoma 73071

jlhughes@progind.org

# **CHARITABLE ORGANIZATIONS**

**Comanche County**

Catholic Charities – Lawton Regional Office

(580) 353-1811 106 SW A Avenue, Lawton, Oklahoma 73501

Lawton Food Bank

(580) 353-7994 1819 SW Sheridan Rd., Lawton, Oklahoma 73505

Operation C.A.R.E. Ministries

(580) 318-2490 opcares@att.net opcarehelps.com

221 W. Walnut, Altus, Oklahoma 73521

* Utility Bills
* Clothing
* Food
* Medical Prescriptions
* Emergency Travel
* Emergency Lodging
* Budget Planning

Salvation Army Corps Community Center

(580) 355-1802 1306 E Avenue, Lawton, Oklahoma 73501

salvationarmyaOklahoma.org

United Way of Southwest Oklahoma

(580) 355-0218 1116 SW A Avenue, Lawton, Oklahoma 73502

uwswOklahoma.org

**Jefferson County**

Department of Human Services Food Closet - Jefferson County Helping Hands

(580) 228-3581 P.O. Box 180, Waurika, Oklahoma 73573

First Baptist Church, Food Bank

1001 Taylor Street, Ryan, Oklahoma 73565

First State Bank

(580) 757-2221 Ryan, Oklahoma 73565

**Stephens County**

AMBUCS (Duncan Chapter)

(580) 255-5825 P.O. Box 1354, Duncan, Oklahoma 73534

Christians Concerned

(580) 252-9120 P.O. Box 811, Duncan, Oklahoma 73534

Christian Helping Hands

(580) 439-5712 608 Oak Man Avenue, Comanche, Oklahoma 73529

Duncan Chisholm Trail Kiwanis Club

P.O. Box 661, Duncan, Oklahoma 73534

Duncan Jaycees

P.O. Box 1402, Duncan, Oklahoma 73534

Marlow Samaritans

(580) 658-5771 214 W. Main, Marlow, Oklahoma 73055

United Way of Stephens County

(580) 255-3648 16 S. 8th Street, Duncan, Oklahoma 73533

unitedwayofsc.org

# **COMMUNITY ACTION PROGRAM AGENCIES**

**Delta Community Action Foundation**

Karen Nichols, Executive Director

(405) 756-1100 308 SW 2nd Street, Lindsay, Oklahoma 73052

(580) 255-3222 921 W. Maple Duncan, Oklahoma 73533

(405) 238-3838 225 W. McClure Avenue, Paul’s Valley, Oklahoma 73075

**Great Plains Improvement Foundation, Inc.**

Virginia Spencer, Executive Director

(580) 353-2364 2 SE Lee Blvd., Suite 200, Lawton, Oklahoma 73501

**Rural Enterprises Community Action Program**

Brent Morey, Executive Director

(580) 335-5588 105 S. Main Street/P.O. Box 989, Frederick, Oklahoma 73542

**Washita Valley Community Action Program**

Sharlotte Key, Executive Director

(405) 224-5831 1000 W. Minnesota Avenue, Chickasha, Oklahoma 73018

# **COUNSELING SERVICES**

**Comanche County**

American Cancer Society

(580) 353-8145 1320 NW Homestead Drive, Lawton, Oklahoma 73505

Cameron Psychology Clinic

(580) 581-3153 275 SW 27th Street, Lawton, Oklahoma 73505

Compassionate Friends – Grief Support

(580) 678-9024 211 SW A Avenue, Lawton, Oklahoma 73501

6:30 p.m. on the 1st Thursday of the Month

David Howenstine Drug and Alcohol Counseling

(580) 510-0069 6425 NW Cache Road, Lawton, Oklahoma 73505

Lawton 1st Assembly-DeAnn Gatlin

(580) 678-6192 82nd and Quanah Parker Trailway, Lawton, Oklahoma

Heartbeat Grief Support Group

(580) 536-7078 Memorial Hospital Oakwood Room 4, Lawton, Oklahoma

Marie Detty Youth and Family Services

(580) 250-1123 317 C Avenue, Lawton, Oklahoma 73501

mariedetty.com

NAMI – Mental Health Support Group

(580) 583-8126 Memorial Hospital, Lawton, Oklahoma

Oklahoma Chapter of Alzheimer’s Association

(580) 699-2877 6425 NW Cache Road, Suite 102, Lawton, Oklahoma 73505

Ostomy Support Group

(580) 536-9950 Centenary United Methodist, Lawton, Oklahoma

Silent War Foundation

(580) 704-9274 1315 NW Sheridan Road, Lawton, Oklahoma 73505

Taliaferro Community Mental Health Center

(580) 248-5780 602 SW 38th Street, Lawton, Oklahoma 73505

**Stephens County**

Gillispie Counseling Services

(580) 606-6577 23 N. 8th Street, Duncan, Oklahoma 73533

**Southwest Oklahoma**

Christian Family Counseling Services - Duncan Office

(580) 255-2458 101 N. 14th Street, Duncan, Oklahoma 73533

Christian Family Counseling Services - Lawton Office

(580) 531-4512 5002 SW Lee Blvd., Lawton, Oklahoma 73505

cfccOklahoma.org

Multi County Counseling

(580) 581-1818 1719 SW 11th Street, Lawton, Oklahoma 73501

In Home Counseling provided in Comanche, Stephens, and Jefferson Counties

# **DENTAL CARE**

**Caddo County**

Anadarko Denture Clinic

(800) 248-9848 21141 County Road 1310, Anadarko, OKLAHOMA 73005

**Comanche County**

Phillip L. Aday, DDS

(580) 248-2225 1116 NW Arlington Avenue, Lawton Oklahoma 73507

Aspen Dental

(580) 713-0984 1758 NW 92nd Street, Lawton, Oklahoma 73505

Bridges Dentistry

(580) 248-6700 1802 NW 52nd Street, Lawton, Oklahoma 73505

Bonnie L. Burton, DDS

(580) 536-2662 1320 NW Homestead Drive, Lawton, Oklahoma 73505

Calvary Baptist Dental Clinic

(580) 353-2008 calvarybaptistlawton.org/dental-clinic/

Wuse H. Cara, DDS

(580) 355-2345 1116 NW Arlington, Lawton, Oklahoma 73501

William Carter, Jr., DDS

(580) 357-4943 6740 NW Cache Road, Lawton, Oklahoma 73505

David J. Drummond, DDS

(580) 355-0344 4006 NW Cache Road Lawton, Oklahoma 73505

David Harrell, DDS

(580) 248.7333 4417 W. Gore Wolf Creek, Suite 10, Lawton, Oklahoma 73505

Michael Jackson, DDS

**(**580) 357-7878 309 NW Sheridan Road, Lawton, Oklahoma 73505

Lutz Family Dentistry

(580) 355-2000 60 NW Sheridan, Suite 7,Lawton, Oklahoma 73505

Jack L. McKinnis

(580) 357-1581 2101 NW Ferris Avenue, Lawton, Oklahoma 73501

Robert Miracle, DDS

(580) 355-1314 1810 NW Ferris Avenue, Lawton, Oklahoma 73507

Andrea Montgomery, DDS

Patrick Montgomery, DDS

(580) 536-3313 725 NW 67th Street, Duncan, Oklahoma 73505

Robert Muller, DDS

(580) 536-7172 1301 NW 63rd Street, Lawton, Oklahoma 73501

My Dentist

(580) 699-8802 2111 NW Cache Road, Lawton, Oklahoma 73505

Ocean Dental

(580) 595-9492 5314 NW Cache Road,Lawton, Oklahoma 73505

Sheppard Family Dental Care

(580) 355-3065 4206 SW Lee Blvd., Lawton, Oklahoma 73505

Brett R. Warn, DDS

(580) 248.4224 5103 NW Cache Road,Lawton, Oklahoma 73505

**Grady County**

29th Street Dental Care

(405) 222-0222 2900 W. Grand Avenue, Chickasha, Oklahoma 73018

Richard L. Johnson

(405) 222-0900 621 W. Grand Avenue, Chickasha, Oklahoma 73018

**Stephens County**

William Beeson, DDS

(580) 252-7502 2815B W. Elk Avenue, Duncan, Oklahoma 73533

Gerald D. Davis, DDS

(580) 255-3570 1309 Jackie Road, Duncan, Oklahoma 73533

My Dentist

(580) 252-2056 1408 N. Highway 81, Duncan, Oklahoma 73533

Steven W. Gregg, DDS

(580) 252-5480 1022 W. Main Street, Duncan, Oklahoma 73533

Michael E. Nelson, DDS

(580) 252-4293 2025 W. Elk Avenue, Duncan, Oklahoma 73533

Matthew Bridges, DDS

(580) 255-4880 2035 W. Elk, Duncan, Oklahoma 73533

Rob Schick, DDS

(580) 255-6621 1007 W. Oak Avenue, Duncan, OKLAHOMA 73533

Scott Family Dentistry

(580) 658-5464 1919 S. Broadway, Marlow, Oklahoma 73055

Jay Lynn White, DDS

(580) 252-9422 1502 W. Main Street, Duncan, Oklahoma 73533

# **DEVELOPMENTAL DISABILITY SERVICE PROVIDERS**

Apex

(405) 247-7377

P.O. Box 804, Anadarko, Oklahoma 73005

office@apexOklahoma.com

Goodwill Industries of Southwest Oklahoma

(580.355.2163

1210 SW Summit, Lawton, Oklahoma 73501

jcrews@goodwillsont.org

Ability First

(580) 252-8000

1301 W. Main Street, Duncan, Oklahoma 73533

dgh73533@sbcglobal.net

# **DISABILITY SERVICES**

Central Oklahoma Association for the Deaf

(405) 241-5882 4501 Classen Blvd., #109, Oklahoma City, OKLAHOMA 73118

occf.org

Disabled American Veterans

(405) 521-0758 2311 N. Central Avenue, Suite 1000B, Oklahoma City, OKLAHOMA 73105

Oklahomadav.org

Duncan Group Homes/Think Ability First

**(**580) 252-8000 1301 W. Main Street, Duncan, Oklahoma 73533

Oklahoma Department of Rehabilitation

(800) 845-8476 (405) 951-3400

3535 NW 58th Street, Suite 500, Oklahoma City, Oklahoma 73112

Oklahomadrs.gov

Office of Disability Concerns

(800) 522-8224 (405) 521-3756

1111 N. Lee Avenue, Suite 500, Oklahoma City, Oklahoma 73103

Oklahoma.gov/odc

Oklahoma Library for the Blind and Physically Handicapped

(800) 523-0288 (405) 521-3514

300 NE 18th Street, Oklahoma City, Oklahoma 73105

library.state.Oklahoma.us

Services to the Deaf and Hearing Impaired

(800) 833-8973 (405) 522-7930

2401 NW 23rd, Suite 51, Oklahoma City, Oklahoma 73107

SDHH@Oklahomadrs.gov

Visual Services Department of Rehabilitation

(800) 845-8476 (405) 951-3400

3535 NW 58th Street, Suite 500, Oklahoma City, Oklahoma 73112

klohr@Oklahomadrs.gov

# **DISASTER PREPAREDNESS**

AARP Foundation Disaster Preparedness Tips for Seniors - Disaster Plan Video

www.aarp.org/aarp-foundation/

Emergency Preparedness

ready.gov/

Oklahoma Emergency Management (OEM)

Provides tips on [Creating an Emergency Plan](http://www.ok.gov/OEM/Programs_&_Services/Preparedness/Preparedness_-_Create_an_Emergency_Plan.html); [Winter Weather Safety](http://www.ok.gov/OEM/Programs_&_Services/Preparedness/Preparedness_-_Winter_Weather.html); [Wildfire Safety](http://www.ok.gov/OEM/Programs_&_Services/Preparedness/Preparedness_-_Wildfires.html); [Tornado Safety](http://www.ok.gov/OEM/Programs_&_Services/Preparedness/Preparedness_-_Tornadoes.html); [Flood Safety](http://www.ok.gov/OEM/Programs_&_Services/Preparedness/Preparedness_-_Flooding.html); [Lightning Safety](http://www.ok.gov/OEM/Programs_&_Services/Preparedness/Preparedness_-_Lightning.html); [Earthquake Safety](http://www.ok.gov/OEM/Programs_&_Services/Preparedness/Preparedness_-_Earthquakes.html)

(405) 521-2481

P.O. Box 53365, Oklahoma City, Oklahoma 73152

Oklahoma.gov/oem/

OKLAHOMA-WARN for Hearing Impaired/Deaf

OKLAHOMA-WARN is a new way for deaf and hard-of-hearing people to receive timely notification of weather hazards in the state of Oklahoma. The program was created to help ease the fears of deaf and hard-of-hearing individuals who may have difficultly receiving lifesaving warnings.

OKLAHOMA-WARN is a customized database program that sends out critical weather information to alphanumeric pagers and e-mail addresses. For more information go to:

Oklahoma.gov/OEM/Programs\_&\_Services/OKLAHOMA-WARN/

# **DOMESTIC VIOLENCE/SEXUAL ABUSE/SEXUAL ASSAULT**

ACMI House, Inc.

(580) 482-3800 P.O. Box 1088, Altus, Oklahoma 73522

Domestic Violence Hotline

**(**800) 799-8233

thehotline.org

Domestic Violence & Rape Hotline - Jefferson & Stephens Counties

(580) 252-4357

Marie Detty New Directions Women’s Shelter

(580) 357-6141317 C Avenue, Lawton, Oklahoma 73501

mariedetty.com

Safe Center

(580) 252-5324 P.O. Box 555, Duncan, Oklahoma 73534

Women’s Resource Center, Inc.

(405) 364-9424 P.O. Box 5089, Norman, Oklahoma 73070

wrcnormanOklahoma.com

# **EDUCATION**

## **ASCOG Area Universities**

**Cameron University**

Dr. John McArthur, President

(580) 581-2230

2800 W. Gore Blvd., Lawton, Oklahoma 73505

cameron.edu

**University of Science & Arts of Oklahoma**

Dr. John Feaver, President

**(**405) 224-3140

1727 W. Alabama, Chickasha, Oklahoma 73018

usao.edu/

**Cameron University – Duncan**

Susan Camp, Administrator

(580) 255-7566

3100 W. Bois D’Arc Avenue, Duncan, Oklahoma 73533

cameron.edu/duncan/services

**Ft. Sill Army Continuing Education System (ACES)**

(580) 442-3201

Harry S. Truman Education Center, Building 3281 Sheridan Road, Ft. Sill, Oklahoma 73503

## **ASCOG Area Technology Centers**

**Caddo Kiowa**

Tony Handcock, Superintendent

(405) 643-5511 P.O. Box 190,Fort Cobb, Oklahoma 73038

caddokiowa.com

**Canadian Valley - Chickasha Campus**

Ronnie Bogle, Campus Director

(405) 224-7220 1401 Michigan Avenue, Chickasha, Oklahoma 73018

cvtech.edu/

**Great Plains**

Dr. Tom Thomas, Superintendent

(580) 355-63714500 SW Lee, Lawton, Oklahoma 73505

greatplains.edu

**Great Plains Tillman/Kiowa Counties Campus**

Clarence Fortney, Director

(580) 335-5525 2001 E. Gladstone Avenue, Frederick, Oklahoma 73542

greatplains.edu/tillman-kiowa-campus

**Mid-America Technology Center**

DustyRicks, Superintendent

(405) 449-3391P.O. Box H, Wayne, Oklahoma 73095

matech.edu

**Red River Technology Center**

Dennis Loafman, Superintendent

(580) 255-2903 P.O. Box 1807, Duncan, Oklahoma 73534

rrtc.edu

# **ELDERCARE**

(800) 677-1116

# **EMERGENCY ASSISTANCE**

**State of Oklahoma**

Temporary Assistance for Needy Families (TANF)

(866) 411-1877

**Comanche County**

**Chattanooga Police Chief:** Rob Stallcup

(580) 512-9122

P.O. Box 165, 302 3rd Street, Chattanooga, Oklahoma 73528

chattychief@pldi.net

Phone Alert League Program (PAL)

(580) 248-0471 3501 Dr. Elise Hamm Dr. Avenue, Lawton, Oklahoma 73505

**Stephens County**

Christian’s Concerned

(580) 252-9120 P.O. Box 811, Duncan, Oklahoma 73533

Corey’s Hands of Hope

(580) 786-0038 516 N. 7th Street, Duncan, Oklahoma 73533

Marlow Samaritans

(580) 658-5771 214 W. Main Street, Marlow, Oklahoma 73055

# **EMERGENCY MANAGEMENT SERVICES**

American Red Cross – Great Plains Chapter

6 SE Lee Blvd., Lawton, OKLAHOMA 73501

**Counties Served:** Comanche, Cotton, Jefferson, Stephens and Tillman

redcross.org

American Red Cross – Heart of Oklahoma Chapter

(405) 321-0591 1205 Halley Avenue, Norman, Oklahoma 73069

**County Served:** McClain

redcross.org

American Red Cross – Canadian Valley Chapter

(405) 262-5760 401 S. Grand Avenue, El Reno, Oklahoma 73036

**County Served:** Caddo

redcross.org

American Red Cross – Central Oklahoma Chapter

(405) 228-9500 601 NE 6th Street, Oklahoma City, Oklahoma 73104

**County Served:** Grady

redcross.org

# **EYE CARE**

**Comanche County**

Advanced Eye Site

(580) 353-2015 3414 NW Cache Road, Suite E, Lawton, Oklahoma 73505

Complete Eye Care

(580) 355-2020 4250 NW Cache Road, Lawton, Oklahoma 73505

Complete Eye Care

(580) 248-5280 409 SW C Avenue, Lawton, Oklahoma 73501

Eye Care on Gore

(580) 355-3036 or (580) 248-EYES 1415 W. Gore Blvd., Lawton, Oklahoma 73502

Family Vision Clinic

(580) 355-1298 1302 SW C Avenue, Lawton, Oklahoma 73501

Dean Nolan, OD

(580) 353-2015 3414 NW Cache Road, Suite E, Lawton, Oklahoma 73505

Richard S. Swales, OD

(580) 357-6911 2518 West Gore Blvd., Lawton, Oklahoma 73505

Lawton Noon Lions

President: Yasmin Malone

(580) 917-3812 920 S. Sheridan Rd., Lawton, Oklahoma 73505

Comanche Fairgrounds, Great Plains Coliseum

Brett Wagner, OD

(580) 536-0000 5606 SW Lee Blvd., Suite 301, Lawton, Oklahoma 73505

**Stephens County**

Jody W. Atchley, OD

Jeffrey W. Edwards

(580) 255-9717 2204 N. Hwy 81, Duncan, Oklahoma 73533

Brendhan Fritts, OD PC

(580) 255-1346 14 S. 8th Street,Duncan, Oklahoma 73533

Ronny M. LaQuey, OD FAAO

(580) 255-0249 2120 W. Elk Avenue, Suite 1, Duncan, Oklahoma 73533

Miller Eye Care

(580) 255-2501 1311 Jackie Road, Duncan, Oklahoma 73533

Donald C. Rice, OD

(580) 255-0988 1320 W. Main, Duncan, Oklahoma 73533

Timothy P. Walker OD

(580) 255-7399 1601 Jones, Duncan, Oklahoma 73533

Wesley J. Walker, OD

(580) 658-6664 405 S. Broadway, Marlow, Oklahoma 73055

# **FOOD PANTRIES**

**Caddo County**

Apache Ministerial Alliance

(580) 588-2426 First United Methodist, Apache, Oklahoma 73006

Christian Center of Anadarko, Anadarko, Oklahoma 73005

**Comanche County**

Armed Services YMCA, Lawton, Oklahoma 73501

(580) 355-5520

Bethlehem Bread of Life Food/Clothing Ministry, Lawton, Oklahoma 73501

(580) 354-9266

Centenary United Methodist Church

(580) 355-5660

4th Saturday of the month

House of Bread Ministries Church Food Pantry, Lawton, Oklahoma 73507

(580) 248-8519

Lawton 1st Assembly

Fill in the online form, you will be contacted to make an appointment at lawtonfirst.org/food.

Lawton Food Bank, Lawton, Oklahoma 73505

(580) 353-7994

Lunch House of Bread Ministries

(580) 248-8519 or (580) 514-5102 1415 SW Wisconsin, Lawton, Oklahoma 73501

4th Saturday of the month 1:30 – 3:30

Salvation Army Corps Community Center

(580) 355-0399 1306 E Avenue, Lawton, Oklahoma 73501

St. John’s Baptist – Food Ministry

(580) 357-3742 504 SW N H Jones Avenue, Lawton, Oklahoma 73501

6 days a week 11:30 – 12:30

**Cotton County**

Cotton County Community Action Development Corporation, Temple, Oklahoma 73568

(580) 342-6967

First Baptist Church, Walters, Oklahoma 73572

(580) 875-3341

**Grady County**

First Baptist Church, Chickasha, Oklahoma 73018

(405) 224-5196

Salvation Army Chickasha, Oklahoma 73018

(405) 224-5647

Southern Oaks Church of Christ Chickasha, Oklahoma 73018

(405) 224-1821

**Jefferson County**

Community Action Development Corp, Ryan, Oklahoma 73565

(580) 757-2235

Oklahoma Department of Human Services, Waurika, Oklahoma 73573

(580) 228-3581

**McClain County**

Community Center, Dibble, Oklahoma 73031

**(**405) 344-6789

Fervent Fire Ministries, Blanchard, Oklahoma 73010

(405) 485-3777

Goldsby Baptist Church, Goldsby, Oklahoma 73093

(405) 288-2514

McClain County Salvation Army, Purcell, Oklahoma 73080

(405) 573-5081

Memorial Assembly of God Purcell, Oklahoma 73080

(405) 527-2769

**Stephens County**

Assumption Catholic Church, Duncan, Oklahoma 73533

(580) 255-0590

Chisholm Trail, Duncan, Oklahoma 73533

(580) 255-7038

Christian Helping Hands,

608 Oak Main, Comanche, Oklahoma 73529

(580) 439-5712

Compassion Care Center,

802 N. 10th, Duncan, Oklahoma 73533

(580) 255-2650

Immanuel Baptist Church, Duncan, Oklahoma 73533

(580) 255-0467

Oklahoma Department of Human Service, Duncan, Oklahoma 73533

(580) 251-8300

Rescue Mission, Duncan*,* Oklahoma 73533

(580) 255-4679

**Tillman County**

First Baptist Church, Frederick, Oklahoma 73542

(580) 335-2166

# **FUNERAL SERVICES**

**Caddo County**

Crews Funeral Home

(580) 588-3366 122 E. Floyd Street, Apache, Oklahoma 73006

crewsfh.com

Cyril Funeral Home

(405) 464-2222 5th & Nebraska, Cyril, Oklahoma 73029

crewsfh.com

Fort Cobb Funeral Home

(405) 643-2622 306 N. 3rd Street, Fort Cobb, Oklahoma 73038

Hinton-Turner Funeral Home

**(**405) 542-3222 123 W. Park Street, Hinton, Oklahoma 73047

turnerfh.net

Ray & Martha’s Funeral Home

(580) 726-5800 20 W. Main Street, Carnegie, Oklahoma 73015

rayandmarthas.com

Smith Funeral Chapel

(405) 247-3701 301 W. Oklahoma, Anadarko, Oklahoma 73005

smithfuneralservices.com

Ray & Martha’s Funeral Home

(405) 247-6750 1115 S. Mission,Anadarko, Oklahoma 73005

rayandmarthas.com

Turner Funeral Home

(405) 656-2240 114 N Broadway, Binger, Oklahoma 73009

turnerfh.net

**Comanche County**

Becker-Rabon Funeral Home

(580) 353-30301502 Ft. Sill Blvd., Lawton, Oklahoma 73507

beckerfuneral.com

Cache Funeral Home

(580) 429-0211 407 W. D Avenue, Cache, Oklahoma 73527

Comanche Nation Funeral Home

(580) 351-0045 2701 SW J Street, Lawton, Oklahoma 73505

Lawton Ritter Gray Funeral Home

(580) 353-2940 632 SW C Avenue, Lawton, Oklahoma 73501

grayfuneral.com

Miller’s Mortuary

(580) 353-9945 15 NW Dearborn Avenue, Lawton, Oklahoma 73507

Sunset Memorial Gardens

(580) 536-1065 8900 NW Cache Road, Lawton, Oklahoma 73505

Whinery Huddleston Funeral Service

(580) 536-02116210 NW Cache Road, Lawton, Oklahoma 73505

whineryhuddleston.com

**Grady County**

Callaway-Smith-Cobb Chapel

(580) 476-3403 326 W. Blakely, Rush Springs, Oklahoma 73082

callawaysmithcobb.com

Brown Thomas Funeral Home

(405) 224-7258 401 S. 1st Street, Chickasha, Oklahoma 73018

Ferguson Funeral Home

(405) 224-1344 804 Utah, Chickasha, Oklahoma 73018

ferguson-funeralhome.com

Huber Benson Funeral Home

(405) 352-4355 301 N. 3rd Street, Minco, Oklahoma 73059

McRay Funeral Home

(405) 224-4141 110 S. 8th Street, Chickasha, Oklahoma 73018

mcrayfuneralhome.com

Sevier Funeral Home, Inc.

(405) 224-4266 702 W. Chickasha Avenue, Chickasha, Oklahoma 73018

**Jefferson County**

Alexander Funeral Home

(580) 662-2476 214 E Main Street, Ringling, Oklahoma 73456

alexanderfuneralhome.org

Dudley Funeral Home

(580) 757-2401 525 Washington Street, Ryan, Oklahoma 73563

dudleyfuneralhomes.com

Dudley Funeral Home

(580) 228-3535 414 W. Elm, Waurika, Oklahoma 73573

dudleyfuneralhomes.com

Spivey-Reser Funeral Home

(580) 662-2255 108 E. Main Street, Ringling, Oklahoma 73456

**McClain County**

Eisenhour Funeral Home

(405) 485-3311 2500 N. Council Avenue, Blanchard, Oklahoma 73010

eisenhourfh.com

Wadley’s Funeral Service, Inc.

(405) 527-6687 303 W. Washington Street, Purcell, Oklahoma 73080

wadleysfuneralservice.com

Wilson-Little Funeral Home

(405) 527-6543 127 S. Canadian Street, Purcell, Oklahoma 73080

wilsonlittle.com

**Stephens County**

Bailes-Polk-Brooks Funeral Home

(580) 255-5252 910 W. Oak Avenue, Duncan, Oklahoma 73533

bailesPolkfuneralhome.com

Callaway-Smith-Cobb Funeral Home

(580) 658-5455 415 W. Main Street, Marlow, Oklahoma 73055

callawaysmithcobb.com

Carter-Smart Funeral Home

(580) 255-2766 1316 W. Oak Avenue,Duncan, Oklahoma 73533

cartersmartfuneralhome.com

Dudley Funeral Home

(580) 439-8822 203 Church Avenue, Comanche, Oklahoma 73529

dudleyfuneralhomes.com

Whitt Funeral Services

(580) 252-2244 3720 N. Hwy 81, Duncan, Oklahoma 73533

whittfh.com

**Tillman County**

Gray Funeral Home

(580) 479-5258 202 SW 2nd Street,Grandfield, Oklahoma 73546

grayfuneral.com

Gray Gish Funeral Home

(580) 335-2112111 N. 11th Street, Frederick, Oklahoma 73542

tiptonfuneralhome.com

Jackson Funeral Home

(580) 335-7447 First & Gladstone, Frederick, Oklahoma 73542

jacksonfuneral.net

Tipton Funeral Home

(580) 667-5241 220 E. Main, Tipton, Oklahoma 73570

tiptonfuneralhome.com

**GRANDPARENTS RAISING GRANDCHILDREN**

Millions of grandparents have taken on the responsibility of raising their grandchildren. There are many resources available to aid grandparents in this task such as Temporary Assistance for Needy Families (TANF), food stamps, Supplemental Security Income (SSI) and support groups. Contact your local Department of Human Services for a list of available services.

**Support Groups:**

**Center for Creative Living**

Caregivers Support Group

When: Thursday

Time: 9:00 – 11:00 a.m.

Where: Center for Creative Living

(580) 248-0471

3501 Dr. Elsie Hamm Drive, Lawton, Oklahoma 73505

**Heartland Healthcare**

Caregivers Support Program

(800) 353-2905 (580) 353-9800

1608 NE Euclid, Lawton, Oklahoma 73507

**MaddieLuke**

(855) 9MADDIE (855) 962-3343)

1313 Ash, Suite 102, Duncan, Oklahoma 73533

pete.goldring@maddieluke.com

**Websites:**

www.aarp.org

www.brookdalefoundation.org

www.gu.org

www.raisingyourgrandchildren.com

**RESOURCES FOR GRANDPARENTS RAISING GRANDCHILDREN:**

**County Health Departments**

Your county health department provides a variety of services to single parent families, two parent families, adults, grandparents, teenagers, and children. Your county health department may be able to help in areas of nutrition and dental education, outreach services and HIV/STD screenings. Other services provided include:

* Car seats
* Children First program
* Family planning
* Guidance
* Immunizations

# **HEALTHCARE PROVIDERS**

**Caddo County**

Caddo County Health Department

(405) 247-2507 216 W. Broadway, Anadarko, Oklahoma 73005

Carnegie Tri-County Municipal Hospital

(580) 654-1050 102 N. Broadway, Carnegie, Oklahoma 73015

carnegiehospital.org

**Comanche County**

Cancer Centers of Southwest Oklahoma

(580) 536-2121 104 NW 31st Street, Lawton, Oklahoma 73505

Comanche County Health Department

(580) 248-5890 1010 SW Sheridan Road, P.O. Box 87, Lawton, Oklahoma 73502

Comanche County Memorial Hospital

(580) 355-8620 3401 W. Gore Blvd., Lawton, Oklahoma 73502

ccmhhealth.com

Ambulance Service (580) 585-5555 or 911

Cancer Services (580) 355-8699 x4200

Cardiovascular Services (580) 357-4339

Diabetes Center (580) 585-5554

Rehabilitation Services (580) 355-8699 x4257

Center for Industrial Rehabilitation (580) 355-8699 x5577

Home Health Services (580) 585-5575

Lifeline (580) 585-5575

Medication Fund (580) 355-8699 x3506

Neurological Services (580) 250-6400

Nutritional Services (580) 355-8699 x3121

Poison Prevention Center (580) 355-8699 x4444

Women’s and Children Services (580) 250-5800

Volunteer Program (580) 585-5590

Reynolds Army Hospital

(580) 558-2800 4301 Wilson Street, Ft. Sill, Oklahoma 73503

rach.sill.amedd.army.mil

Southwest Medical Center

(580) 531-4700 5602 SW Lee Blvd., Lawton, Oklahoma 73505

swmconline.com

USPHS Lawton Indian Hospital

(580) 353-0350 1515 NE Lawrie Tatum Road, Lawton, Oklahoma 73507

swmconline.com

Veterans Affairs Outpatient Clinic

(580) 585-5600 1310 NW 47th Street, Suite B, Lawton, Oklahoma 73505

**Cotton County**

Cotton County Health Department

(580) 875-6121 or (580) 875-6122 1501-A South 7th Street, Walters, Oklahoma 73572

**Grady County**

Grady County Health Department

(405) 224-2022 2116 W. Iowa Avenue, Chickasha, Oklahoma 73018

Grady Memorial Hospital

(405) 224-2300 2220 W. Iowa Avenue, Chickasha, Oklahoma 73018

gradymem.org

**Harmon County**

Shortgrass Community Health Center, Inc.

(580) 688-3314 or (580) 688-2193 400 E. Sycamore, P.O. Box 311, Hollis, Oklahoma 73550

**Jefferson County**

Jefferson County Health Department

**(**580) 228-2313 107 E. Anderson, Waurika, Oklahoma 73573

Jefferson County Hospital

(580) 228-2334 Hwy. 70 81, P.O. Box 90, Waurika, Oklahoma 73573

jeffersoncountyhospital.net

**McClain County**

McClain County Health Department

(405) 527-6541 919 N. 9th Avenue, Suite 3, Purcell, Oklahoma 73080

McClain County Health Department

(405) 485-3319 107 S. Main, Blanchard, Oklahoma 73010

Purcell Municipal Hospital

(405) 527-6524 1500 N. Green Avenue, Purcell, Oklahoma 73080

purcellhospital.com

**Stephens County**

Cancer Centers of Southwest Oklahoma

(580) 251-6600 2110 Duncan Regional Loop Road, Duncan, Oklahoma 73533

Compassion Care Center

(580) 255-2650 802 N. 10th Street, Duncan, Oklahoma 73533

Duncan Regional Hospital

(580) 252-53001407 Whisenant Drive, Duncan, Oklahoma 73534

duncanregional.com

Sanford Children’s Clinic

(580) 252-9600 2502 W. Elk Avenue, Duncan, Oklahoma 73533

Stephens County Health Department

(580) 252-0270 1401 W. Bois D'Arc, Duncan, Oklahoma 73533

Solutions Practice Management

(580) 251-8281 2210 Duncan Regional Loop Road, Duncan, Oklahoma 73533

Solutions Practice Management

(580) 444-2630 Velma, Oklahoma 73533

Urgent Med

(580) 252-1911 2004 N. Hwy 81, Duncan, Oklahoma 73533

urgent-med.com

**Tillman County**

Memorial Hospital & Physicians Group

(580) 335-7565319 E. Josephine Avenue, Frederick, Oklahoma 73542

frederickhospital.org

Tillman County Health Department

(580) 335-2163 1500 N. Main Street, Frederick, Oklahoma 73542

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# **HEARING AID ASSISTANCE PROGRAMS**

Reynolds Army Community Hospital (RACH) Audiology

(580) 558-2235 Military Retirees can buy their hearing aids at a significant savings.

Audient National Program (866) 956-5400 ext. 2

Lions Club

Check your local listing for telephone number in your area.

Vocational Rehabilitation **(**800) 487-4042

Starkey Hearing Foundation

(800) 328-8602 (866) 354-3254 **Fax:** (952) 947-4997

6700 Washington Avenue South, Eden Prairie, Minnesota 55344

starkeyhearingfoundation.org

**HOME HEALTH/DAILY LIFE ASSISTANCE PROVIDERS**

**Caddo County**

Advanced Home Care Services

(580) 772-1000 or (580) 772-1003

1104 N. Washington Avenue, Weatherford, Oklahoma 73096

Family Faith Hospice, Inc.

(405) 247-9526 804 Wyman Court, Anadarko, Oklahoma 73005

HealthBack Home Health

(405) 247-6864 420 S. 22nd Street, Chickasha, Oklahoma 73018

healthback.com

**Comanche County**

AGAPE Home Health Agency

(580) 351-2273 207 SW C Avenue, Lawton, Oklahoma 73501

Angels Care Home Health

(580) 248-0186 4645 W. Gore Blvd., Suite C, Lawton, Oklahoma 73505

angelscarehealth.com

Aspire Home Care

(580) 510-8006 7205 W. Gore Blvd., Lawton, Oklahoma 73505

aspirehomecare.com

Comanche County Memorial Home Health

(580) 585-5575 3126 NW Arlington Avenue, Lawton, Oklahoma 73505

ccmhonline.com/home-health

Entrusted Hearts

(580) 355-2440 60 NW Sheridan Road, #8, Lawton, Oklahoma 73505

Faith Hospice

(580) 353-2711 1836 NW 52nd Street, Lawton, Oklahoma 73501

faithhospice.com

Gentiva Health Services

(580) 248-9998 2210 Gore Blvd., Suite 3, Lawton, Oklahoma 73501

HealthBack Home Health of Lawton

(580) 353-3332 1220 NW 31st, Suite 101, Lawton, Oklahoma 73505

healthback.com

Quantum Health Care

(580) 248-8481 6302 SW Lee Blvd., Lawton, Oklahoma 73505

quantumhomehealthcare.com

Ross Healthcare

(580) 353-1206 1919 W. Gore Blvd., Lawton, Oklahoma 73501

rosshc.com

Southwestern Home Health

(580) 248-7060 1908 E. Gore Blvd., Suite A, Lawton, Oklahoma 73501

swhomehealth.com

**Cotton County**

Aspire Home Care

(855) 527-7473 120 S. Broadway, Walters, Oklahoma 73572

aspirehomecare.com

Personal Touch Home Health

(580) 875-3702 230 E. Missouri Street, Walters, Oklahoma 73572

Therapy Link

(580) 591-6288 P.O. Box 614, Walters, Oklahoma 73572

**Grady County**

Faith Hospice

(405) 224-1763 420 S. 22nd Street, Suite B, Chickasha, Oklahoma 73018

faithhospice.com

HealthBack Home Health

(405) 224-3366420 S. 22nd Street, Chickasha, Oklahoma 73018

healthback.com

Lifeline Home Health Care

(405) 224-4891 1701 W. Iowa, Chickasha, Oklahoma 73018

lifelinehomehealthhospice.com

Lifeline Hospice

(405) 224-4891 1701 W. Iowa, Chickasha, Oklahoma 73018

lifelinehomehealthhospice.com

Ross Health Care

(405) 224-0012 328 S. 28th Street, Chickasha, Oklahoma 73018

rosshc.com

**Jefferson County**

Angels Care Home Health

(580) 228-3545 210 S. Main Street, Waurika, Oklahoma 73573

angelscarehealth.com

Good Health Care Professionals, Inc

(580) 757-2282 1006 6th Street, Ryan, Oklahoma 73565

**McClain County**

Florence Night and Day

(800) 684-3570 or (405) 213-0247

2830 NW 32nd Street, Suite 302, Newcastle, Oklahoma 73065

flo247.com

HealthBack Home Health

(405) 527-0027 519 W. Delaware Street, Purcell, Oklahoma 73080

healthback.com

**Stephens County**

A Premier Home Health Company

(580) 366-4237 1408 W. Elder, Duncan, Oklahoma 73533

apremierhealth.com

ASCOG Managed Care

(580) 252-0595 802 Main Street, P.O. Box 1647, Duncan, Oklahoma 73534

ascog.org

Aspire Home Care

(855) 527-7473121 S. Broadway, Marlow, Oklahoma 73055

aspirehc.com

Chisholm Trail Hospice

(580) 251-8764 2000 W. Elk Avenue, Duncan, Oklahoma 73533

duncanregional.com/hospice

Choice Home Health

(580) 252-9909 1501 Brookwood, Duncan, Oklahoma 73533

Duncan Regional Hospital Home Health Care

(580) 251-8752 2000 W. Elk Avenue, Duncan, Oklahoma 73533

duncanregional.com/hospice

Faith Hospice

(580) 251-9853 12 S. 8th Street, Duncan, Oklahoma 73533

faithhospice.com

Health Watch

(580) 251-9536 2124 N. Hwy. 81, Duncan, Oklahoma 73533

healthwatchOklahoma.com

Mays Housecall Home Health, Inc.

(580) 251-9536 2124 N. Hwy. 81, Duncan, Oklahoma 73533

mayshomecare.com

Peters Agency

(580) 470-8678 1935 W. Elk Avenue, Duncan, Oklahoma 73533

**Tillman County**

Aspire Home Health

(855) 527-7473 1315 N. 12th Street, Frederick, Oklahoma 73542

aspirehc.com

# **HOMELESS SHELTERS**

**Comanche County**

C. Carter Crane Emergency Homeless Shelter

(580) 248-0936 1203 SW Texas Avenue, Lawton, Oklahoma 73501

gpif-caa.org

Family Assistance Center

P.O. Box 183, Lawton, Oklahoma 73502

Family Promise

(580) 699-2821 or (580) 353-7522 910 SW E Avenue, Lawton, Oklahoma 73501

familypromiseoflawton.org

Great Plains Improvement Foundation

(580) 248-0936 2 S. Lee Blvd, Suite 200, Lawton, Oklahoma 73501

gpif-caa.org

House of Bread Ministries Church Homeless Outreach

(580) 248-8519 1415 SW Wisconsin Avenue, Lawton, Oklahoma 73501

New Directions Women’s Shelter

(580) 250-1123 317 SW C Avenue,Lawton, Oklahoma 73501

mariedetty.com

Salvation Army Corps Community Center

(580) 355-1802 1306 SW E Avenue, Lawton, Oklahoma 73501

salvationarmyaOklahoma.org

**Grady County**

Resurrection House

(405) 224-5413

910 W. Chickasha Avenue, Chickasha, Oklahoma 73018

**Jefferson County**

Safe Center

(580) 252-4357 810 N. 5th Street, Duncan, Oklahoma 73533

**Stephens County**

Safe Center

(580) 252-4357 810 N. 5th Street, Duncan, Oklahoma 73533

**HOTLINES**

|  |  |
| --- | --- |
| **A** |  |
| A Special Wish Foundation | (800) 486-9474 |
| American Automobile Association (AAA) | (800) 222-4357 |
| AARP | (800) 424-2277 |
| Abortion Alternatives/Birthright | (800) 848-5683 |
| Abuse or Neglect of Adults (DHS) | (800) 522-3511 |
| Association for Children for Enforcement of Support, Inc. (ACES) | (800) 738-2237 |
| Adoptive Families of America, Inc. | (800) 372-3300 |
| Adult Protective Services Statewide | (800) 522-3511 |
| AIDS Hotline | (800) 342-2437 |
| AIDS Hotline (Spanish) | (800) 344-7432 |
| AIDS Project Info. (National Treatment) | (800) 822-7422 |
| Air Medic | (800) 423-2667 |
| Al-Anon/Alateen Family Group | (800) 356-9996 |
| Alcohol and Drug Helpline | (800) 821-4357 |
| Alcohol and Drug Hotline | (800) ALCOHOL |
| Alcohol Abuse Helpline and Treatment | (800) 888-9383 |
| Alzheimer’s Diagnostic Clinic | (800) 782-0895 |
| American Association of Homes and Services for the Aging | (800) 508-9442 |
| American Cancer Research Center | (800) 525-3777 |
| American Cancer Society | (800) 227-2345 |
| American Council of the Blind | (800) 424-8666 |
| American Lung Association of Oklahoma | (800) 586-4872 |
| American Medical Association Catalog | (800) 621-8335 |
| American Pharmaceutical Association | (800) 237-2742 |
| American Speech, Language and Hearing Association | (800) 638-8255 |
| Amtrak Information | (800) 872-7245 |
| Arthritis Foundation Information Line | (800) 283-7800 |
| Arthritis Medical Center | (800) 327-3027 |
| ASCOG Area Agency on Aging | (800) 658-1466 |
| Association for Couples in Marriage Enrichment | (800) 634-8325 |
| Asthma and Allergy Information Line | (800) 822-ASMA |
| Autism Society of America Foundation | (800) 3AUTISM |
| **B** |  |
| Better Hearing Institute | (800) EAR-WELL |
| Betty Ford Center | (800) 854-9211 |
| Birthright Hotline | (800) 848-LOVE |
| Blind American Foundation | (800) 232-5463 |
| Library for the Blind | (800) 523-0288 |
| Braille Institute of America | (800) BRAILLE |
| Breast Cancer Hotline | (800) 221-2141 |
| Breast Center | (800) 427-0565 |
| **C** |  |
| Cancer Hotline (National) | (800) 433-0464 |
| Cancer Hotline (Local) | (800) 422-6237 |
| Cancer Hotline (State) | (800) 4CANCER |
| Cancer Response System | (800) ACS-2345 |
| Chemical Treatment Center (Non-emergency) | (800) CMA-8200 |
| Child Abuse National Hotline | (800) 4ACHILD |
| Child Find | (800) IAMLOST |
| Child Help USA (Child Abuse Line) | (800) 422-4453 |
| Child or Adult Abuse Hotline, State | (800) 522-3511 |
| Child Safety Council, National | (800) 222-1464 |
| Christian Marriage Enrichment | (800) 875-7560 |
| Cocaine 24-hour Crisis Center | (800) 333-2294 |
| Cocaine Abuse Helpline | (800) 888-9383 |
| Consumer Product Safety | (800) 638-2772 |
| Corporation Commission | (800) 522-8154 |
| Crippled Children’s Hotline (Shriners) | (800) 237-5055 |
| Crisis Hotline (for youth) | (800) 448-4663 |
| **D** |  |
| Deaf and Hearing-Impaired Message Relay | (800) 522-8506 |
| Dental Assistance | (800) 522-9510 |
| Depression after Delivery | (800) 944-4773 |
| Department of Tourism and Recreation | (800) 652-6552 |
| Diabetes Association | (800) 259-6553 |
| Domestic Violence Hotline | (800) 522-7233 |
| Down Syndrome, National | (800) 232-6372 |
| Drug and Alcohol Hotline | (800) ALCOHOL |
| Drug Abuse Information and Referral Line | (800) 662-4357 |
| **E** |  |
| Eating Disorder Hotline | (800) 248-3285 |
| Eldercare Locator Services | (800) 677-1116 |
| Epilepsy Foundation of America | (800) EFA-1000 |
| Equal Employment Opportunity Commission (EEOC) | (800) 669-4000 |
| Equal Rights Advocate (ERA) | (800) 834-4372 |
| **F** |  |
| Families Anonymous (Family support for drug, alcohol, behavior problems) | (800)736-9805 |
| Father Flannagan’s Boys Town (Crisis Hotline) | (800) 448-3000 |
| Feed the Children | (800) 627-4556 |
| Fellowship of Christian Athletes | (800) 289-0909 |
| Flood Insurance Program | (800) 638-6620 |
| Food and Drug Administration (FDA) | (800) 332-4010 |
| Fraud Task Force | (800) 424-5454 |
| **G** |  |
| Gladney Center (Maternity Home and Adoption Agency) | (800) GLADNEY |
| Gulf War Incident Hotline | (800) 472-6719 |
| **H** |  |
| Habitat for Humanity International | (800) HABITAT |
| Handicapped Concerns of Oklahoma | (800) 522-8224 |
| Headache National Foundation | (800) 843-2256 |
| Health Information | (800) 336-4797 |
| Hearing Aid Hotline | (800) 521-5247 |
| Hepatitis and Liver Foundation | (800) 223-0179 |
| Hill Burton Hospital Care Program (Federal program for hospital financial assistance) | (800) 638-0742 |
| Home Health Care Complaints, State Department of Health | (800) 234-7258 |
| Homework Hotline | (800) 278-1290 |
| Homosexuals Anonymous | (800) 288-HAFS |
| **I** |  |
| Infant Nutrition, Beechnut | (800) 523-6633 |
| Internal Revenue Service | (800) 829-1040 |
| **K** |  |
| Kidney Disease | (800) 638-8229 |
| **L** |  |
| Library for the Blind and Handicapped, National | (800) 424-9100 |
| Lifeline Systems | (800) 451-0525 |
| Liver, American Foundation | (800) 223-0179 |
| Locks of Love (American Cancer Society) | (888) 896-1588 |
| Lung Disease, Jewish | (800) 222-LUNG |
| Lupus Foundation of America | (800) 558-0121 |
| **M** |  |
| Mothers Against Drunk Drivers (MADD) | (800) 438-6233 |
| Make a Wish Foundation | (800) 722-9474 |
| Medicare Hospital Complaints (report or appeal fraud/abuse) | (800) 522-3414 |
| Medicare Part B | (800) 522-9079 |
| Mental Health, Substance Abuse (Oklahoma) | (800) 522-9054 |
| Mental Retardation/American Association | (800) 424-3688 |
| Missing Children Help Center | (800) 872-5437 |
| Multiple Sclerosis, Oklahoma Chapter | (800) 777-7814 |
| Muscular Dystrophy Association | (800) 572-1717 |
| **N** |  |
| National Academy of Ophthalmology | (800) 227-3937 |
| National Alliance for the Mentally Ill | (800) 950-NAMI |
| National Association of Hospital Hospitality Houses (Referral for Housing for families of hospital patients or outpatients) | (800) 542-9730 |
| National Cancer Institute | (800) 422-6237 |
| National Center for Missing and Exploited Children | (800) 843-5678 |
| National Center for Victims of Crime | (800) 394-2255 |
| National Council on Problem Gambling | (800) 522-4700 |
| National Domestic Violence Hotline | (800) 799-7233 |
| National Institute on Aging | (800) 222-2225 |
| National Institute on Deafness | (800) 241-1044 |
| National Leukemia Society | (800) 955-4572 |
| National Marrow Donor Program | (800) MARROW2 |
| National Mental Health Association | (800) 969-6642 |
| National Poison Control Hotline | (800) 222-1222 |
| National Teen HIV/AIDS Hotline | (800) 234-8336 |
| National Runaway Switchboard (Crisis Line) | (800) 621-4000 |
| National Runaway Switchboard (for agencies only, I & R Service) | (800) 344-2785 |
| National Society to Prevent Blindness | (800) 331-2020 |
| National Suicide Hotline | (800) SUICIDE |
| National Victims’ Resource Center | (800) 627-6872 |
| Nursing Home Complaints (Oklahoma) | (800) 747-8419 |
| **O** |  |
| OASIS | (800) 42OASIS |
| Oklahoma Bureau of Narcotics and Dangerous Drug Control | (800) 522-8031 |
| Oklahoma Corporation Commission | (800) 522-8154 |
| Oklahoma Department of Mental Health and Substance Abuse Teenline (Noon to Midnight) | (800) 522-TEEN |
| Oklahoma Department of Mental Health | (800) 522-9054 |
| Oklahoma Medicare Hotline | (800) 522-3414 |
| Ombudsman Supervisor (ASCOG) | (800) 658-1466 |
| Organ Donations | (800) 528-2971 |
| Ostomy, United Association (UOA) | (800) 826-0826 |
| **P** |  |
| PMS Access Line | (800) 222-4PMS |
| Paws with a Cause | (800) 253-7297 |
| Peace Corps | (800) 424-8580 |
| Pearl S. Buck Foundation | (800) 220-2825 |
| Pesticides | (800) 858-7378 |
| Polly Klaas Foundation | (800) 587-4357 |
| **R** |  |
| RAININ (Rape, Abuse, and Incest National Network) | (800) 656-4673 |
| Rare Diseases and Orphans Drugs NHI Spanish | (800) 336-4797 |
| Reach Out Hotline (OKC) | (800) 522-9054 |
| Response Center, National Hotline | (800) 424-8802 |
| Reye’s Syndrome National | (800) 233-7393 |
| Runaway Hotline | (800) 231-6946 |
| Runaway Switchboard (National) | (800) 621-4000 |
| **S** |  |
| Section 8, Oklahoma Housing Finance Agency | (800) 256-1489 |
| Senior Citizens Information Line | (800) 211-2116 |
| Senior Citizens Prescription Discounts  Eli Lily and Company  Pfizer and Company Share Card  Together RX  GlaxoSmithKline “The Orange Card”  US Pharmaceutical Group | (877) 795-4559  (800) 717-6005  (800) 865-7211  (800) 672-6436  (800) 810-9502 |
| Senior Health Insurance Counseling (info on Medigap) | (800) 763-2828 |
| Shriner’s Hospital (For children under the age of 18 needing treatment for burns, spinal cord injury, cleft palate or orthopedic care) | (800) 237-5055 |
| Small Business Administration | (800) 827-5722 |
| Social Security Administration | (800) 772-1213 |
| State Children’s Health Insurance Program (SCHIP) | (800) KIDSNOW |
| Sudden Infant Death Syndrome (SIDS)  TDD Message Relay Service | (800) 221-SIDS  (800) 522-8506 |
| Suicide Hotline (National Hopeline Network) | (800) 784-8433 |
| **T** |  |
| Teen Hotline | (800) 522-TEEN |
| Toughlove International | (800) 333-1069 |
| Trevor Helpline (Teens in crisis/sexual issues) | (800) 850-8078 |
| **U** |  |
| UNICEF | (800) FOR-KIDS |
| US Administration on Aging | (800) 677-1116 |
| US Department of Health and Human Services | (800) 336-4797 |
| **V** |  |
| Valley Hope Drug and Alcohol Treatment Center | (800) 722-5940 |
| Veterans Affairs Department | (800) 827-1000 |
| Volunteers of America | (800) 899-0089 |
| **Y** |  |
| Youth Crisis Line | (800) 999-9999 |

**HOUSING**

**Caddo County**

Anadarko Housing Authority

(405) 247-3110 615 E. Texas Drive, Anadarko, Oklahoma 73005

Apache Housing Authority

(580) 588-3664 103 Coblake Street,Apache, Oklahoma 73006

Cement Housing Authority

(405) 489-3674 122 S. 1st Street, Cement, Oklahoma 73017

Cedar Ridge Apartments

(580) 252-5038 403 W. Locust, Binger, Oklahoma 73009

Cyril Housing Authority

(580) 464-2439 101 Chandler Drive, Cyril, Oklahoma 73029

Caddo Indian Housing Authority

(405) 966-2203 21 Halfmoon Circle, Gracemont, Oklahoma 73042

Elms

(405) 247-1020 319 W. Oklahoma Avenue, Anadarko, Oklahoma 73005

Fort Cobb Housing Authority

(405) 643-2111 10 Thames Circle, Fort Cobb, Oklahoma 73038

Housing Authority of Apache Tribe

(405) 247-7305 211 N. Country Club Road, Anadarko, Oklahoma 73005

Hydro Housing Authority

(405) 663-2326 501 W. 4th Street, Hydro, Oklahoma 73048

Knox House and Texas House

(405) 247-6727, (405) 247-7377 or (866) 933-2293 ext.64478

211 W. Texas and 406 W. Knox, Anadarko, Oklahoma 73005

Westside Village Apartments

(855) 201-5502 526 W. Main, Hinton, Oklahoma 73047

**Comanche County**

Benjamin O. Davis High Rise for Senior Citizens

(580) 581-3400 620 SW E Avenue, Lawton, Oklahoma 73501

C. Carter Crane Shelter for the Homeless

(580) 248-0936 1203 Texas, Lawton, Oklahoma 73501

Cache Housing Authority

(580) 429-3405 111 S. 7th, P.O. Box 582, Cache, Oklahoma 73527

Comanche Nation Housing Authority

(580) 357-4956 1918 E. Gore Blvd., Lawton, Oklahoma 73501

Goodwill Village Apartments

(580) 353-0912 1505 SW 11th Street, Lawton, Oklahoma 73501

Home at Last Lawton

Housing for Homeless Veterans by Veterans

(580) 215-9160 705 SW McKinley Avenue, Lawton, Oklahoma 73501

Indiahoma Housing Authority

(580) 429-3405 308 Big Bow, Indiahoma, Oklahoma 73552

Lawton Housing Authority

(580) 353-7392 609 SW F Avenue, Lawton, Oklahoma 73501

Mountain Park Housing Authority

(580) 569-2868 103 N. Komalty, Mountain Park, Oklahoma 73559

Snyder Housing Authority

(580) 569-2827 300 E Street, Snyder, Oklahoma 73566

Sterling Housing Authority

(580) 365-4862 #3 E. Hancock Street, Sterling, Oklahoma 73567

Villanova Apartments

(580) 248-2550 305 NW 4th, Lawton, Oklahoma 73507

**Cotton County**

Temple Housing Authority

(580) 342-5013 100 N. McClain Dr., Temple, Oklahoma 73568

Walters Housing Authority

(580) 875-2310 500 E. California, Walters, Oklahoma 73572

**Grady County**

Country Park Apartments

(405) 222-0909 1601 S. Henderson, Chickasha, Oklahoma 73018

Minco Housing Authority

(405) 352-4996 400 SW 6th Street, Minco, Oklahoma 73059

Nowata Gardens

(405) 224-9222 2501 S. 9th Street, Chickasha, Oklahoma 73018

Somerset Apartments

(580) 476-3850 400 W. Blakely Street, Rush Springs, Oklahoma 73082

**Jefferson County**

Ryan Housing Authority

(580) 757-2390 1401 Grant Street, Ryan, Oklahoma 73565

Ringling Housing Authority

(580) 662-2227 200 W. D Street, Ringling, Oklahoma 73456

Terral Housing Authority

(580) 437-2433 106 S. 6th St., P.O. Box 70, Terral, Oklahoma 73569

Waurika Housing Authority

(580) 228-2976 811 Phillips Avenue, Waurika, Oklahoma 73573

**McClain County**

Tuttle Housing Authority

(405) 381-2721 412 E. Bond Street, Tuttle, Oklahoma 73089

**Stephens County**

Chickasaw Housing Authority

(580) 252-5669 2414 Harris Drive, Duncan, Oklahoma 73533

Comanche Housing Authority

(580) 439-5333 9th & Wilson, Comanche, Oklahoma 73529

Duncan Community Residence

(580) 255-3926 1510 W. Main Street, Duncan, Oklahoma 73533

Duncan Plaza

(580) 252-4511 2021 N. Hwy. 81, Duncan, Oklahoma 73533

Indian Trails Apartments

(580) 439-6140 100 Seminole Drive, Comanche, Oklahoma 73529

**Tillman County**

Frederick Housing Authority

(580) 335-7551 200 W. Grand Avenue, Frederick, Oklahoma 73542

Community Action Development Corp.

(580) 335-5588 105 S. Main, P.O. Box 989, Frederick, Oklahoma 73542

Grandfield Housing Authority

(580) 479-5256 130 E. 1st Street,Grandfield, Oklahoma 73546

Tipton Housing Authority

(580) 667-5358 224 NW 5th Street, Tipton, Oklahoma 73570

# **LEGAL SERVICES**

Legal Aid of Western Oklahoma, Inc.

(800) 850-5950 or (580) 248-4675 323 SW C Avenue, Lawton, Oklahoma 73501

legalaidOklahoma.org

Center for Creative Living

(580) 248-0471 3501 Dr. Elsie Hamm Drive, Lawton, Oklahoma 73505

Oklahoma SeniorPlus Legal Aid Services Helpline

(855) 488-6814

# **LIBRARIES**

**Caddo County**

Carnegie Public Library

(405) 654-1980 22 S. Broadway, Carnegie, Oklahoma 73015

carnegieOklahoma.org/library

**Comanche County**

Lawton Public Library

(580) 581-3450 110 SW 4th Street, Lawton, Oklahoma 73501

cityof.lawton.Oklahoma.us/library/

**Cotton County**

Walters City Library

(580) 875-2006 202 N. Broadway, Walters, Oklahoma 73572

**Grady County**

Chickasha Public Library

(405) 222-6075 527 W. Iowa Avenue, Chickasha, Oklahoma 73018

chickashapl.Oklahomapls.org

Glover Spencer Memorial Library

(580) 476-2108 100 S. 6th Street, Rush Springs, Oklahoma 73082

glover.lib.Oklahoma.us

**Jefferson County**

Gleason Memorial Library

(580) 662-2925 101 E. Main, Ringling, Oklahoma 73456

ringling.Oklahomapls.org

Waurika Public Library

(580) 228-3274 203 S. Meridian, Waurika, Oklahoma 73573

waurika.Oklahomapls.org

**McClain County**

Blanchard Public Library

(405) 485-2275205 NE 10th Street, Blanchard, Oklahoma 73010

pioneerlibrarysystem.org

Purcell Public Library

(405) 527-5546 919 N. 9th Street, Purcell, Oklahoma 73080

pioneerlibrarysystem.org

**Stephens County**

Duncan Public Library

(580) 255-0636 2211 N. Hwy 81, Duncan, Oklahoma 73533

youseemore.com/duncan/

Garland Smith Public Library

(580) 658-5354 702 W. Main, Marlow, Oklahoma 73055

garlandsmithpublicibrary.Oklahomapls.org

# **MEALS ON WHEELS**

**Comanche County**

Meals on Wheels is a nonprofit community service agency providing a hot, nutritious meal once each day, Monday through Friday to the elderly and disabled citizens of Lawton.

To receive services, individuals must be homebound, unable to prepare meals, have no one else in the home during the day who can prepare meals and be willing to donate to the program. For information or to apply for services, please call Lawton Mobile Meals at (580) 357-5396.

**Caddo County**

Delta Nutrition Project

(580) 255-3967 7074 S. King Place, Duncan, Oklahoma 73533

Sites:

Anadarko 415 W. Main, Anadarko, Oklahoma 73005

(405) 247-4857

Carnegie 3 E. 3rd Street, Carnegie, Oklahoma 73015

(580) 654-1507

Cement Cement Senior Center, 323 N. Main, Cement, Oklahoma 73017

(405) 489-3803

Cyril Nutrition Project

(580) 464-2745 P.O. Box 143, Cyril, Oklahoma 73029

Cyril 2010 W. Ohio, Cyril, Oklahoma 73029

(580) 464-2300

**Comanche County**

Delta Nutrition Project

(580) 255-3967 707 S. King Place, Duncan, Oklahoma 73533

Sites:

Cache 302 SW 5th, Cache, Oklahoma 73527

(580) 429-3427

Elgin 801 1st Street, Elgin, Oklahoma 73538

(580) 492-4980

Geronimo 101 Main Street, Geronimo, Oklahoma 73543

(580) 353-3488

Lawton North 1705 NW 20th, Lawton, Oklahoma 73507

(580) 581-3481

Lawton East Patterson Center, 4 NE Arlington, Oklahoma 73507

(580) 581-3485

**Cotton County**

Temple Nutrition Project

(580) 342-6944 P.O. Box 652, Temple, Oklahoma 73568

Temple 201 S. Commercial, Temple, Oklahoma 73568

(580) 342-6944

Delta Nutrition Project

(580) 255-3967 707 S. King Place, Duncan, Oklahoma 73533

Walters 500 E. California, Walters, Oklahoma 73572

(580) 875-9044

**Grady County**

Delta Nutrition Project

(580) 255-3967 707 S. King Place, Duncan, Oklahoma 73533

Chickasha 203 N. 18th, Chickasha, Oklahoma 73018

(405) 224-4315

(405) 249-6608

**Jefferson County**

Delta Nutrition Project

(580) 255-3967 707 S. King Place, Duncan, Oklahoma 73533

Sites:

Ringling 200 W. D St., Ringling, Oklahoma 73456

(580) 662-2362

Ryan 400 Taylor, Ryan, Oklahoma 73565

(580) 757-2412

**McClain County**

Delta Nutrition Project

(580) 255-3967 707 S. King Place, Duncan, Oklahoma 73533

Sites:

Byars Byars Community Center, 217 E. Ripley, Byars, Oklahoma 74831

(405) 783-4468

Purcell Purcell Senior Citizens Center, 228 N. 2nd, Purcell, Oklahoma 73080

(405) 527-9462

Wayne Wayne Nutrition, 107 S. Shannon Street, Wayne, Oklahoma 73095

(405) 449-3079

**Stephens County**

Delta Nutrition Project

(580) 255-3967 707 S. King Place, Duncan, Oklahoma 73533

Sites:

Duncan Duncan North, 1110 N. 7th, Duncan, Oklahoma 73533

(580) 252-1174

Duncan South, 707 S. King Pl, Duncan, Oklahoma 73533

(580) 255-3967

Marlow Red Bud Park, 201 Elm, Marlow, Oklahoma 73005

(580) 658-5773

**Tillman County**

Delta Nutrition Project

(580) 255-3967 707 S. King Place, Duncan, Oklahoma 73533

Frederick 102 E. Grand, Frederick, Oklahoma 73542

(580) 335-7026

# **MEDICARE AND MEDICAID**

Oklahoma Medicare Assistance Program

(800) 763-2828

Medicare

(800) 633-4227 medicare.gov

Medicaid Oklahoma

(877) 252-6002 or (800) 522-0310 or (405) 522-7171

ASCOG

Medicare Assistance Specialist

(800) 658-1466 or (580) 736-7036

802 W. Main Street, Duncan, Oklahoma 73533

# **MEDICAL SUPPLIES/EQUIPMENT**

**Emergency Response**

Adex Home Security

(888) 522-9696

Alert Response, LLC

(800) 289-6070

CVS Pharmacy Medical Alert System

(866) 268-1378

Freedom Med Alert

(877) 727-4492

Life Alert

(800) 813-6440

Life Watch USA

(847) 720-2100

Medical Guardian

(855) 274-9517

**Comanche County**

Anderson Pharmacy

(580) 595-9500 5366 NW Cache Road, Lawton, Oklahoma 73505

Carter Healthcare

(580) 353-0377 5366 NW Cache Road, Lawton, Oklahoma 73505

Combined Home Medical Equipment

(580) 250-1999 2504 SW Lee Blvd., Lawton, Oklahoma 73501

Elgin Discount Pharmacy

(580) 492-5007 7523 US 277, Elgin, Oklahoma 73538

Family Home Medical

(580) 248-5151 1202 NW 21st Street, Lawton, Oklahoma 73507

Lawton Medi-Equip

(580) 355-7665 924 NW 38th Street or 2710 W. Gore Blvd., Lawton, Oklahoma 73505

Lincare, Inc.

(580) 353-4181 28 SW E Street, Lawton, Oklahoma 73501

**Jefferson County**

Med Tech Corporation

(580) 228-2100 111 N. Main Street, Waurika, Oklahoma 73573

**Stephens County**

Advanced Medical Supply

(580) 252-4700 2045 W. Elk Avenue, Duncan, Oklahoma 73533

Newberry Express Pharmacy

(580) 658-5428 801 S. Broadway, Marlow, Oklahoma 73055

# **MENTAL HEALTH AGENCIES**

**State of Oklahoma**

Department of Health and Human Services

(800) 273-8255

**Comanche County**

Reflections Mental Health

(580) 536-6302 1602 SW 82nd Street, Lawton, Oklahoma 73505

Silver Linings

(580) 250-6651 3401 W. Gore Blvd., Lawton, Oklahoma 73505

Southwestern Behavior Health Center

(580) 536-0077 1602 SW 82nd Street, Lawton, Oklahoma 73505

Taliaferro Mental Health Center

(580) 248-5780 602 SW 38th Street, Lawton, Oklahoma 73505

**Kiowa County**

Great Plains Youth and Family Services

(580) 726-3383 or (888) 296-6735 901 S. Broadway, Hobart, Oklahoma 73651

gpyfs.org

Millennium Community Services

(580) 752-7409 or (580) 752-4356

tonya@Oklahomamis.com

Oklahomamcs.com

**Stephens County**

Deb Brantley, PhD, LPC

(580) 255-7460 1608 W. Jones Avenue, Duncan, Oklahoma 73533

Duncan Community Residence

(580) 255-3926 1510 W. Main, Duncan, Oklahoma 73533

Live Wires Behavioral Center

1509 Brookwood Avenue, Suite A, Duncan, Oklahoma 73533

Jim Taliaferro Community Mental Health Center - Duncan Satellite

(580) 475-0519 (voice mail available after 5:00 p.m.)

324 S. Highway 81, Duncan, Oklahoma 73533

# **NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

Caregivers are a growing Population in the United States. A caregiver can be defined as “an individual who has the principal responsibility for caring for a child or a dependent adult, especially in the home.”

The National Caregiver program works to ensure that caregivers are aware of resources and information that may assist them in their daily lives as they take on the enormous task of caring for a loved one.

The ASCOG Area Agency on Aging in conjunction with the Oklahoma Areawide Services Information System (OASIS) provides information, support groups and respite for those who are taking care of someone age 60 or older.

Respite vouchers are available for caregivers who live in one of the eight counties served by ASCOG: Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens, and Tillman counties.

Caregivers may use the vouchers to have a neighbor, family member or a friend sit with their loved one while they take a break from their care giving duties. Respite vouchers can also be used at adult daycare centers.

The purpose of the vouchers is to try to prevent caregivers from suffering from burnout, physical and/or emotional illness because of the lack of time they have for themselves.

**Respite Providers:**

**MaddieLuke**

Cindy.hale@maddieluke.com

**Comanche Nation Native American Caregiver Program**

(580) 355-2330 x104 or (580) 351-0447

1107 SW H Avenue, Lawton, Oklahoma 73501

# **NEWSPAPERS**

**Caddo County**

Anadarko Daily News

(405) 247-3331 P.O. Box 548, Anadarko, Oklahoma 73005-0548

news@anadarko-news.com

Apache News

(580) 588-3862 120 E. Evans, Apache, Oklahoma 73006

wrightapachenews@aol.com

Carnegie Herald

(580) 654-1443 P.O. Box 129, Carnegie, Oklahoma 73015

news@carnegieherald.com

Country Connection

(405) 797-3648 P.O. Box 206, Eakly, Oklahoma 73033

countryconnectionnews@yahoo.com

Cyril News

(580) 464-2410 P.O. Box 10, Cyril, Oklahoma 73029

cyrilnews@tds.net

Hinton Record

(405) 542-6644 P.O. Box 959, Hinton, Oklahoma 73047

news@hintonrecord.com

hintonrecord.com

**Comanche County**

The Chronicle

(580) 529-NEWS ((580) 529-6397) 7602 US Highway 277, Suite A, Elgin, Oklahoma 73538

thechronicle.news.org

County Times

(580) 429-8200 P.O. Box 3, Cache, Oklahoma 73527

TCT@countytimes.org

Lawton Constitution

(580) 353-0620 102 SW 3rd Street, Lawton, Oklahoma 73501

swOklahomanews.com

**Cotton County**

Walters Herald

(580) 875-3326 P.O. Box 247, Walters, Oklahoma 73572

whereald@sbcglobal.netwaltersherald.com

**Grady County**

Express Star

(405) 224-2600 P.O. Drawer E, Chickasha, Oklahoma 73023

james@chickasha.com

Rush Springs Gazette

(580) 476-2525 P.O. Box 597, Rush Springs, Oklahoma 73082

rsgazette@sbcglobal.net

Tuttle Times

(405) 376-6688 P.O. Box 180, Tuttle, OKLAHOMA 73089-0180

tuttletimes@sbcglobal.net

Washita Valley Community Magazine

(405) 224-7467 920 S. 4th Street, Chickasha, Oklahoma 73018

wvshopper@att.net

washitavalleyweekly.com

**Jefferson County**

Ringling Eagle

(580) 662-2221 P.O. Box 626, Ringling, Oklahoma 73456

ringlingeagle@sbcglobal.net

Waurika News Journal

(580) .228-2545 114 S. Main, Waurika, Oklahoma 73573

waurikanewsjournal@gmail.com

**McClain County**

Blanchard News

(405) 485-231 P.O. Box 60, Blanchard, Oklahoma 73010

blanchardnews@pldi.net

Newcastle Pacer

(405) 387-5277 P.O. Box 429, Newcastle, Oklahoma 73065

newcastlepacer.com

Purcell Register

(405) 527-2126 P.O. Box 191, Purcell, Oklahoma 73080

purcellregister.com

**Oklahoma County**

The Oklahoman

(405) 475-3311 100 W. Main, Oklahoma City, Oklahoma 73114

Oklahoman.com

**Stephens County**

Chisholm Trail Shopper

(580) 255-2428 1898 US Hwy 81, Duncan, Oklahoma 73533

email@chisholmtrailshopper.com

chisholmtrailshopper.com

Comanche Times

(580) 439-6500 P.O. Box 580, Comanche, Oklahoma 73529

Duncan Banner

(580) 255-5354 1001 W. Elm Street, Duncan, Oklahoma 73534

news@duncanbanner.com

Marlow Review

(580) 658-6657 316 W. Main, Marlow, Oklahoma 73055

marlowreview.com

**Tillman County**

Big Pasture News

(580) 479-5757 922 W. 1st Street, Grandfield, Oklahoma 73546

# **NUTRITION SITES**

The nutrition sites offer a variety of meals to Seniors, ages 60 and up, with or without their spouses, free of charge five days a week for those who meet the eligibility requirements. For those who do not meet the requirements may participate with a potential donation.

**Caddo County**

Anadarko Nutrition Center

(405) 247-4857 417 W. Main Street, Anadarko, Oklahoma 73005

Apache Tribe of Oklahoma Nutrition

(405) .247-6330 525 E. Colorado/P.O. Box 1330, Anadarko, Oklahoma 73005

Caddo Tribe of Oklahoma Nutrition

(405) 656-9042 P.O. Box 487, Binger, Oklahoma 73009

Carnegie Nutrition Center

(580) 654-1507 3 E. 3rd Street/P.O. Box 1126, Carnegie, Oklahoma 73015

Cement Nutrition Center

(405) 489-3803 P.O. Box 351/323 N. Main St, Cement, Oklahoma 73017

Cyril Nutrition Center

(580) 464-2300 P.O. Box 143/201 W. Ohio, Cyril, Oklahoma 73029

Fort Sill Apache Tribe Nutrition Project

(580) 588-2298 43187 US Hwy 281, Apache, Oklahoma 73006

Hinton Nutrition Center

(405) .542-6454 P.O. Box 322/515 W. Main Street, Hinton, Oklahoma 73047

Kiowa Tribe of Oklahoma

(580) 654-2300 P.O. Box 369, Carnegie, Oklahoma 73015-0369

Wichita and Affiliated Tribes Nutrition

(405) 247-9677 P.O. Box 729, Anadarko, Oklahoma 73005

**Comanche County**

Cache Nutrition Center

(580) 429-3427 or (580) 429-3428 416 W. C Avenue, Cache, Oklahoma 73527

Comanche Tribe Nutritional Center

(580) 355-2330 1107 SW H Avenue, Lawton, Oklahoma 73501

Elgin Nutrition Center

(580) 492-4980 801 1st Street, Elgin, Oklahoma 73538

Geronimo Nutrition Center

(580) .353-3448 101 E. Main Street, Geronimo, Oklahoma 73543

Lawton North Nutrition Center

(580) 581-3481 1705 NW 20th Street, Lawton, Oklahoma 73507

Lawton Eastside Nutrition Center - Patterson Community Center

(580) 581-3485 or (580) 357-7764 4 NE Arlington, Lawton, Oklahoma 73505

**Cotton County**

Temple Nutrition Center

(580) 342-6944 201 S. Commercial Street/P.O. Box 652, Temple, Oklahoma 73568

Walters Nutrition Center

(580) 875-9044 500 E. California Street/P.O. Box 452, Walters, Oklahoma 73572

**Grady County**

Chickasha Nutrition Center

(405) 224-4315 203 N. 18th Street, Chickasha, Oklahoma 73018

Rush Springs Nutrition Center

(580) 476-3168 215 Blakley/P.O. Box 432, Rush Springs, Oklahoma 73082

Verden Nutrition Center

(405) 453-7720 214 N. Main Street/P.O. Box 518, Verden, Oklahoma 73092

**Jefferson County**

Ringling Nutrition Center

(580) 662-2362 200 W. D Street/P.O. Box 1007, Ringling, Oklahoma 73456

Ryan Nutrition Center

(580) 757-2412 400 Taylor/Route 1 Box 8, Ryan, Oklahoma 73565

**McClain County**

Blanchard Nutrition Center

(405) 485-9260 101 S. Main Street/P.O. Box 1248, Blanchard, Oklahoma 73010

Byars Nutrition Center

(405) 783-4468 217 E. Ripley, Byars, Oklahoma 74831

Purcell Nutrition Center

(405.527.9462 228 N. 2nd, Purcell, Oklahoma 73080

Washington Nutrition Center

(405) 288-6404 219 N. Turner/P.O. Box 624, Washington, Oklahoma 73093

Wayne Nutrition Center

(405) 449-3079 107 Shannon/P.O. Box 141, Wayne, Oklahoma 73095

**Stephens County**

Chickasaw Nation Nutrition Center

(580) 470-2160 1909 W. Plato Road, Duncan, Oklahoma 73533

Comanche Nutrition Center

(580) 439-5076 410 S. 2nd, Comanche, Oklahoma 73529

Delta Nutrition Program

(580) 252-1174 707 King Place, Duncan, Oklahoma 73533

Duncan Northside Nutrition Center

(580) 252-1174 1110 N. 7th Street, Duncan, Oklahoma 73533

Marlow Nutrition Center

(580) 658-5773 or (405) 255-3967 201 N. Elm Street. Marlow, Oklahoma 73055

**Tillman County**

Frederick Nutrition Center

(580) 335-7026 102 E. Grand/Grand Hotel, Frederick, Oklahoma 73542

**OKLAHOMA DEPARTMENT OF REHABILITATION SERVICES**

**DIVISION OF VOCATIONAL SERVICES FIELD OFFICE**

**State Office**

Department of Rehabilitative Services

(405) 951-3400 or (800) 845-8476 **Fax:** (405) 951-3529

3535 NW 58th Street, Suite 500, Oklahoma City, Oklahoma 73112

**Ada**

DVR Office

(580) 332-0178 **Fax:** (580) 332-4712

1001 E 14th Street, Ada, Oklahoma 74820

Social Services Center

(580) 332-2785 **Fax:** (580) 436-3542

1628 E. Beverly, Suite 109, Ada, Oklahoma 74820

**Altus**

DVR Office

(580) 482-8605 **Fax:** (580) 477-2240

1121 N. Spurgeon, Suite B, Altus, Oklahoma 73521

**Alva**

DVR Office

(580) 327-1214 **Fax:** (580) 327-8643

P.O. Box 578, NWOSU Shockley Hall, Alva, Oklahoma 73717

**Ardmore**

DVR Office

(580) 226.1808 **Fax:** (580) 223-4265

333 W. Main, Suite. 430, Ardmore, Oklahoma 73401

**Bartlesville**

DVR Office

(918) 333-0760 **Fax:** (918) 331-9012

4100 SE Adams Road, Suite E104, Bartlesville, Oklahoma 74006

**Chickasha**

DVR Office

(405) 224-0709 **Fax:** (405) 222-5728

1000 Choctaw, Suite 2, Plaza N. Shopping Center, Chickasha, Oklahoma 73018

**Claremore**

DVR Office

(918) 341-8122 **Fax:** (918) 342-0355

1701 W. Will Rogers Blvd., Rogers State University H5161, Claremore, Oklahoma 74017

**Duncan**

DVR Office

(580) 255-1115 **Fax:** (580) 255-3740

Chisholm Creek Mall, 1206 N. Hwy. 81, Suite. 15-A, Duncan, Oklahoma 73533

**Durant**

DVR Office

(580) 924-2677 **Fax:** (580) 924-0208

1007 W. Main, Durant, Oklahoma 74701

**Enid**

DVR Office

(580) 233-0244 **Fax:** (580) 233-6535

528 N. Van Buren, Enid, Oklahoma 73703

**Guymon**

DVR Office

(580) 338-2043 **Fax:** (580) 338-1169

508 N. Roosevelt, Guymon, Oklahoma 73942

**Idabel**

DVR Office

(580) 286-3389 **Fax:** (580) 286-7466

513 E. Washington, Idabel, Oklahoma 74745

**Lawton**

DVR Office

(580) 585-4200 **Fax:** (580) 585-4232

1332 NW 53rd St., Lawton, Oklahoma 73505

Career Planning Center

(580) 585-4200 **Fax:** (580) 585-4232

1324 NW 53rd St., Lawton, Oklahoma 73505

Goodwill Industries of Southwest Oklahoma Inc.

(580) 355-2163 **Fax:** (580) 355-2166

1210 SW Summit, Lawton, Oklahoma 73501

**McAlester**

DVR Office

(918) 302-4200 **Fax:** (918) 302-4220

321 S. 3rd, Suite 2, McAlester, Oklahoma 74501

**Miami**

DVR Office

(918) 542-4716 **Fax:** (918) 540-0072

Northeastern A & M College, P.O. Box 3896, Miami, Oklahoma 74355

**Midwest City**

DVR Office

(405) 737-4897 **Fax:** (405) 737-6907

1104-10 S. Air Depot, Midwest City, Oklahoma 73110

(405) 732-7693 **Fax:** (405) 732-8167

607 W. Rickenbacker, Midwest City, Oklahoma 73110

**Muskogee**

DVR Office

(918) 781-4150 **Fax:** (918) 447-5909

733 S. 32nd, Muskogee, Oklahoma 74401

**Norman**

DVR Office

(405) 329-6096 **Fax:** (405) 447-5909

2227 W. Lindsey, Suite 1201, Norman, Oklahoma 73069

(405) 329-6160 **Fax:** (405) 447-5909

227 W. Lindsey, Suite 1400, Norman, Oklahoma 73069

(405) 447-0295 **Fax:** (405) 447-5326

2227 W. Lindsey, Suite 1200, Norman, Oklahoma 73069

**Oklahoma City**

DVR Office

Career Planning Center

(405) 635-2750 **Fax:** (405) 631-8115

5813 S. Robinson, Oklahoma City, Oklahoma 73109

(405) 522-6525 **Fax:** (405) 522-6545

2401 NW 23rd, Ste. 59 (Shepherd Mall), Oklahoma City, Oklahoma 73107

**Services to the Deaf and Hard of Hearing**

Oklahoma School for the Deaf

(580) 622-5900 (V/TTY)

(888) 685-3323 (V/TTY)

1100 E. Oklahoma Street, Sulphur, Oklahoma 73086

**Okmulgee**

DVR Office

(918) 756-6435 **Fax:** (918) 756-7532

P.O. Box 2547, OSU-Oklahoma, Okmulgee, Oklahoma 74447

**Poteau**

DVR Office

(918) 647-8121 **Fax:** (918) 647-8929

1507 S. McKenna, Carl Albert State College, Hemphill Hall, Room 106, Poteau, Oklahoma 74953

**Shawnee**

DVR Office

(405) 273-9922 **Fax:** (405) 273-5658

1135 N. Kickapoo, Shawnee, Oklahoma 74801

**Stillwater**

DVR Office

(405) 372-1995 **Fax:** (405) 377-2036

217 W. 5th, Suite 2A, Stillwater, Oklahoma 74074

**Tahlequah**

DVR Office

(918) 456-6193 **Fax: (**918) 456-8396

214 S. Muskogee, Tahlequah, Oklahoma 74464

**Tulsa**

DVR Office

(918) 836-5556 or (918) 836-7105 (TDD) **Fax:** (918) 835-2358

8740 E. 11th Street, Suite F, Tulsa, Oklahoma 74112

Career Planning

(918) 581-2366 (Voice/TDD) **Fax:** (918) 581-2270

(918) 581-2301 (Voice/TDD) (918) 583-9210

444 S. Houston, Suite 200, Tulsa, Oklahoma 74127

(918) 382-7700 **Fax:** (918) 583-5414

125 N. Greenwood, Suite 300, Tulsa, Oklahoma 74120

**Vinita**

DVR Office

(918) 256-5509 **Fax:** (918) 256-5846

441 N. Wilson, Vinita, Oklahoma 74301

**Weatherford**

DVR Office

(580) 772-5805 **Fax:** (580) 772-7905

1401 Lera Drive, Suite 5, Weatherford, Oklahoma 73096

(580) 772-2808 **Fax:** (580) 772-5471

219 W. College, SWOSU, Basement of Neff Hall, Weatherford, Oklahoma 73096

**Wilburton**

DVR Office

(918) 465-2119 **Fax:** (918) 465-0192

Eastern Oklahoma State College, P.O. Box 1050, Wilburton, Oklahoma 74578

**Woodward**

DVR Office

(580) 256-6738 **Fax:** (580) 256-2285

1611 Main, Suite 204, Woodward, Oklahoma 73801

# **OSU-OKLAHOMA COOPERATIVE EXTENSION SERVICES**

**Community Nutrition Education Program**

Fresh Start Nutrition and You

(405) 744-6283 **Fax:** (405) 744-1461

301 Human Sciences Building 007, Stillwater, Oklahoma 74078

Caddo County Office

(405) 247-3376 **Fax:** (405) 247-7638

1202 E. Central Blvd., Anadarko, Oklahoma 73005

Comanche County Office

(580) 355-1045 611 SW C Avenue, Lawton, Oklahoma 73501

Stephens County Office

(580) 255-0510 2002 S. 13th Street, Duncan, Oklahoma 73533

The Fresh Start Nutrition and You program is a free service where nutrition education assistants will come to your home for an hour a week to teach you how to prepare healthier meals for you and your family. Tips offered by the Fresh Start Program include:

* Great ways to budget meals and stretch your food dollars.
* Feeding infants and children.
* Basic health and nutrition information.
* Meal planning tips to meet nutrition requirements.
* New ideas for making healthy and delicious low-cost meals.
* Information on food safety, storage, and sanitation.

# **RADIO STATIONS**

**Caddo County**

KACO - 98.5 FM

(405) 247-6682 115 W. Broadway Street, Anadarko, Oklahoma 73005

**Comanche County**

KBZQ - 99.5 FM

(580) 357-9950 2331 SW Lee Blvd., Lawton, Oklahoma 73501

KCCU - 89.3 FM

(888) 454-7800 2800 W. Gore Blvd., Lawton, Oklahoma 73505

KKRX - 1050 AM / KJMZ - 98.1 FM

(580) 355-1050 1525 SE Flower Mound Road, Lawton, Oklahoma 73501

KJRF - 91.1 FM

(580) 357-4498 2405 SW Lee Blvd., Lawton, Oklahoma 73505

KLAW - 101.3 FM

(580) 581-3600 626 SW D Avenue, Lawton, Oklahoma 73501

KMGZ - 95.3 FM

(580) 536-9530 1421 NW Great Plains Blvd., Suite C, Lawton, Oklahoma 73505

KVRW - 107.3 FM

(580) 581-3600 626 SW D Avenue, Lawton, Oklahoma 73501

KZCD - 94.1 FM

(580) 581-3600 626 SW D Avenue, Lawton, Oklahoma 73501

**Grady County**

KWCO - 105.5 FM and 106.1 FM

(405) 224-1560 627 Chickasha Avenue, Chickasha, Oklahoma 73018

**Stephens County**

KFXI - 92.1 FM

(580) 658-9292 1101 N. Broadway Marlow, Oklahoma 73055

KKEN 97.1 FM/KPNS 1350 AM/KDDQ-105.3 FM

(580) 255-1350 1701 W. Pine Avenue, Duncan, Oklahoma 73533

# **RECREATION**

**State of Oklahoma**

Oklahoma Tourism and Recreation Information

(800) 652-6552

Lodge & Cabin Reservations: (800) 654-8240

travelOklahoma.com

U.S. Fish and Wildlife Service - Southwest Region

fws.gov/southwest

For information on the National Wildlife Refuge System

(800) 344-WILD

**Caddo County**

Anadarko Heritage Museum

(405) 247-3240 301 E. Main Street, Anadarko, Oklahoma 73005

Anadarko Philomathic Museum

311 E. Main (inside the Rock Island Railroad Depot), Anadarko, Oklahoma 73005

museum@cityofanadarko.org

Apache Historical Museum

(580) 588-3392 101 W. Evans, Apache, Oklahoma 73006

Caddo Tribal Heritage Museum

(405) 656-2344 117 Memorial Lane, Binger, Oklahoma 73009

Delaware Tribal Museum

(405) 247-2448 31064 Hwy 281, Anadarko, Oklahoma 73005

Hinton Historical Museum & Parker House

(405) 542-3181 801 S. Broadway Street, Hinton, Oklahoma 73047

Kiowa Tribal Museum

(580) 654-2300 Highway 9, Carnegie, Oklahoma 73015

Southern Plains Indian Museum

(405) 247-6221 715 E. Central Boulevard, Anadarko, Oklahoma 73005

**Comanche County**

Center for Creative Living

(580) 248-0471 3501 Dr. Elsie Hamm Drive, Lawton, Oklahoma 73505

Comanche Nation Museum & Cultural Center

(580) 353-0404 701 NW Ferris Lawton, Oklahoma 73507

Ft. Sill National Historic Landmark & Museum

(580) 442-5123 435 Quanah Road, Ft. Sill, Oklahoma 73503

Mattie Beal Home/Lawton Heritage Association

(580) 678-3156 1008 SW 5th Street, Lawton, Oklahoma 73501

Museum of the Great Plains

(580) 581-3460 601 NW Ferris, Lawton, Oklahoma 73501

Wichita Mountains Wildlife Refuge

(580) 429-3222 32 Refuge Headquarters, Indiahoma, Oklahoma 73552

fws.gov/refuge/Wichita\_Mountains/

**Cotton County**

Cotton County Museum

(580) 875-3335 116 N. Broadway, Walters, Oklahoma 73572

**Grady County**

Grady County Historical Society Museum

(405) 224-6480 400 Block of Chickasha Ave. (Dixie Bldg), Chickasha, Oklahoma 73018

Loretta Y. Jackson African American Historical Society Museum

(405) 224-5297 315 E. Ada Sipuel Avenue, Chickasha, Oklahoma 73018

Minco Historical Society Museum

(405) 352-4480 304 NW Main Street, Minco, Oklahoma 73059

Muscle Car Ranch

(405) 222-4910 3609 S. 16th Street, Chickasha, Oklahoma 73018

**Jefferson County**

Chisholm Trail Historical Museum

East of intersection of Hwy 81 and Hwy 70, Waurika, Oklahoma 73573

**McClain County**

McClain County Museum

(405) 527-5894 203 W. Washington, Purcell, Oklahoma 73080

**Stephens County**

Chisholm Trail Heritage Center

(580) 252-6692 1000 Chisholm Trail Parkway, Duncan, Oklahoma 73533

onthechisholmtrail.com

Duncan Convention and Visitors Bureau

(800) 782-7167 P.O. Box 981, Duncan, Oklahoma 73533

duncanOklahoma.org

Calendar of Upcoming Events: duncancalendar.com

Duncan Little Theatre

(580) 252-8331 P.O. Box 531, Duncan, Oklahoma 73534

duncanlittletheatre.com

Marlow Area Museum

(580) 658.2212 127 W. Main, Marlow, Oklahoma 73055

Rock Island 905 Historical Society

(580) 252-2182

Fuqua Park, Intersection of Hwy 81 and Beech Avenue, Duncan, Oklahoma 73533

The Simmons Center

(580) 252-2900 800 Chisholm Trail Parkway, Duncan, Oklahoma 73533

tourism@simmonscenter.com

Stephens County Historical Museum

(580) 252-0717

Fuqua Park, Intersection of Hwy 81 and Beech Avenue, Duncan, Oklahoma 73533

W.T. Foreman Prairie House

(580) 251-0027 814 W. Oak, Duncan, Oklahoma 73533

**Tillman County**

Pioneer Townsite Museum

(580) 335-5844 201 N. 9th Street, Frederick, Oklahoma 73542

# **RESPITE**

Respite care is a temporary break from caregiving duties. Respite vouchers assist caregivers in allowing them to pay someone to temporarily aid as a care provider in their absence.

The Contracts and Coalition Unit of Aging Services provides vouchers to caregivers who are not eligible for other respite programs. Funds are made available through the Lifespan Respite grant.

Contact Information:

(405) 521-4358

2401 NW 23rd Street, Suite. 40, Oklahoma City, Oklahoma 73107

# **SENIOR NUTRITION CENTERS**

**Caddo County**

Alfalfa Community Center

(580) 637-2276 P.O. Box 148, Carnegie, Oklahoma 73015

Anadarko Nutrition Center

(405) 247-4857 417 W. Main Street, Anadarko, Oklahoma 73005

Apache Senior Center

(580) 588-2200 301 E. Evans, Apache, Oklahoma 73006

Binger Senior Citizens Center (8-1)

208 W. Main Street, Binger, Oklahoma 73009

Carnegie Nutrition Center

(580) 654-1507 3 E. 3rd Street, Carnegie, Oklahoma 73015

Cement Nutrition Center

(405) 489-3803 323 N. Main, Cement, Oklahoma 73017

Cyril Senior Nutrition Center

(580) 464-2300 P.O. Box 143, Cyril, Oklahoma 73029

Ft. Cobb Nutrition Senior Center

(405) 668-2220 312 Main Street, Fort Cobb, Oklahoma 73038

Hinton Senior Citizens

(405) 542-6454 515 W. Main Street, Hinton, Oklahoma 73047

**Comanche County**

Benjamin O. Davis Senior Center

(580) 353-5242 620 S. E Avenue, Lawton, Oklahoma 73501

Cache Senior Citizen and Delta Nutrition

(580) 429-3427 302 SW 5th Street, Cache, Oklahoma 73527

Center for Creative Living

(580) 248-0471 3501 SW Dr. Elsie Hamm Dr., Lawton, Oklahoma 73505

Chattanooga Community Center/Great Plains

(580) 597-3339 303 4th Street, Chattanooga, Oklahoma 73528

Elgin Nutrition Center

(580) 492-4980 801 1st Street, Elgin, Oklahoma 73538

Geronimo Senior Citizens Center

(580) 353-3448 101 W. Main Street, Geronimo, Oklahoma 73543

Indiahoma Senior Center

(580) 246-3572 900 Indiahoma Road, Indiahoma, Oklahoma 73552

Lawton Housing Authority

(580) 353-7392 609 SW F Avenue, Lawton, Oklahoma 73501

Meers Community Center

(580) 492-5128 12033 NW Rhodes Road, Lawton, Oklahoma 73507

Patterson Community Center

(580) 581-3485 4 NE Arlington, Lawton, Oklahoma 73502

Wichita Mountains Area Senior Citizens

(580) 529-3585 First Baptist Church, Medicine Park, Oklahoma 73557 (Temporary)

**Cotton County**

Temple Senior Citizens Center

(580) 342-5017 201 E. Minnesota, Temple, Oklahoma 73568

Walters Senior Citizens Center

(580) 591-3009 111 E. Colorado, Walters, Oklahoma 73572

**Grady County**

Alex Community/Senior Center

(405) 785-9103 P.O. Box 243, Alex, Oklahoma 73002

Amber Community/Senior Center/Amber Nutrition

(405) 224-4315 P.O. Box 3/404 Holly, Amber, Oklahoma 73004

Borden Park Community Center/Chickasha

(405) 222-9281 P.O. Box 2101/200 N. 18th Street, Chickasha, Oklahoma 73018

Bradley Community Center

(405) 462-7595 322 McKee Street, Bradley, Oklahoma 73011

Chickasha Senior Citizens Center

(405) 224-4315 P.O. Box 2101/201 N. 18th, Chickasha, Oklahoma 73018

Minco Senior Citizens Center

(405) 352-5018 P.O. Box 357/221 NW Main Street, Minco, Oklahoma 73059

Ninnekah Senior Citizen Center

(405) 224-7434 512 Elm Street/P.O. Box 16, Ninnekah, Oklahoma 73067

Pocasset Senior Citizen Center

(405) 459-8862 530 S. Main Street, Pocasset, Oklahoma 73079

Rush Springs Senior Citizens Center

(580) 476-3168 215 W. Blakely, Rush Springs, Oklahoma 73082

Tuttle Senior Citizens Center

(405) 381-2606 P.O. Box 134/5 JD Ryan Road, Tuttle, Oklahoma 73089

Cottonwood Center

(405) 453-7720 119 N. Main Street, Verden, Oklahoma 73092

**Jefferson County**

Hastings Senior Citizens Center

(580) 963-2531 P.O. Box 3, Hastings, Oklahoma 73548

Ringling Nutrition Center

(580) 662-2362 P.O. Box 1007/200 W. D Street, Ringling, Oklahoma 73456

Ryan Senior Center\Community Center

(580) 757-2615 701 Washington, Ryan, Oklahoma 73565

Waurika Senior Citizens Center

(580) 228-2087 108 S. Main, Waurika, Oklahoma 73573

**McClain County**

Blanchard Senior Citizens

(405) 485-9260 P.O. Box 626/101 S. Main Street, Blanchard, Oklahoma 73010

Byars Nutrition Center

(405) 783-4468 217 E. Ripley, Byars, Oklahoma 74831

Dibble Senior Citizens Center

(405) 344-6789 or (405) 222-4546

c/o Ed Cantrell, Ctr. Pres. 2210 CR 1400, Alex, Oklahoma 73002

Newcastle Senior Citizens Center

(405) 387-2100 P.O. Box 86/504 W. Hwy. 130, Newcastle, Oklahoma 73065

Purcell Senior Citizens Center

(405) 527-5070 228 N. 2nd Street, Purcell, Oklahoma 73080

Washington Senior Citizen Center

(405) 288-6404 219 N. Turner, Washington, Oklahoma 73093

Wayne Senior Citizens Center

(405) 449.3079 107 Shannon Street, Wayne, Oklahoma 73095

**Stephens County**

Bray Senior Citizens

(580) 658-2709 1014 S. Brooks, Marlow, Oklahoma 73055

Central High Senior Citizens Center

Rt. 1, Box 151, Marlow, Oklahoma 73055

Chickasaw Nation Senior Center

(580) 470-2160 1909 W. Plato Road, Duncan, Oklahoma 73533

Douglass Community Senior Center

(580) 255-9579 707 S. King Place, Duncan, Oklahoma 73533

Duncan Senior Citizens Center

(580) 255-6902 1110 N. 7th Street, Duncan, Oklahoma 73533

Marlow Senior Citizens Center

(580) 658-5628 325 W. Main Street, Marlow, Oklahoma 73055

Velma Senior Citizens Center

(580) 444-3772 ½ mile East on Old Hwy. 7/P.O. Box 584, Velma, Oklahoma 73491

**Tillman County**

Frederick Senior Citizens Center

(580) 335-7026 102 E. Grand, Frederick, Oklahoma 73542

Grandfield Multipurpose Senior Center

(580) 479-3320 123 W. 1st, Grandfield, Oklahoma 73546

Tipton Area Senior Center

(580) 667-4158 100 E. Main, Tipton, Oklahoma 73570

# **SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAMS**

AARP Foundation

(660) 619-5957

Experience Works

(866) 397-9757 700½ N. Commerce St., Ardmore, Oklahoma 73401

National Indian Council on Aging (NICOA)

(405) 951-9240 909 Meridian, Suite 540, Oklahoma City, Oklahoma 73108

# **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

**Food Distribution Program**

Comanche County

(580) 255-3600 1610 SW Lee Blvd, Lawton, Oklahoma 73501

Grady County 1707 W. Frisco Avenue, Chickasha, Oklahoma 73018

Oklahoma Department of Human Services - Stephens County

(800) 734-7506 or (580) 251-8300 P.O. Box 1367, Duncan, Oklahoma 73533

Oklahoma Department of Human Services - Office for Civil Rights

(800) 214-3529 **or** (405) 521-3529 P.O. Box 25352, Oklahoma City, Oklahoma 73125

USDA, Director - Office of Civil Rights

Room 1341, Whitten Building 1400 Independence Ave., SW Washington, DC 20250

# **SOONERSTART SERVICES**

**Website:** Oklahoma.gov/sde/soonerstart

**Address:**  Your County Health Department

The SoonerStart program is a free service where professionals can evaluate children from newborns through three years of age and provide care if needed. Services may include:

* Medical services
* Psychological services
* Occupational, physical and speech language therapy

**SMOKE ALARMS & ALERT EQUIPMENT FOR**

**OKLAHOMANS WITH A DISABILITY**

Oklahoma ABLE Tech

(800) 257-1705 (V/TTY) **Fax:** (405) 744-2487

1514 W. Hall of Fame, Stillwater, Oklahoma 74078

abletech@Oklahomastate.edu

Oklahomans of all ages with a documented disability of:

* Deaf
* Hard of hearing
* Blind
* Low vision
* Use of a mobility device

# **TAX INFORMATION**

Internal Revenue Services

irs.gov

AARP Free Tax Preparation

aarp.org

Center for Creative Living

(580) 248-0471 3501 Dr. Elsie Hamm Drive, Lawton, Oklahoma 73505

Great Plains Improvement Foundation

(580) 353-2364 2 S. Lee Blvd, Suite 200, Lawton, Oklahoma 73501

gpif-caa.org

**FREE TAX ASSISTANCE**

**Ada**

The Chickasaw Nation – VITA 501 S. Mississippi (580) 272-5798

AARP Tax Aide 730 Crestview St. (580) 447-4869

**Altus**

Southwest Community Action 221 N Park Lane

**Antlers**

Pushmataha Co. 603 SW B Street (580) 298-2921

**Atoka**

INCA 301 W. 10th Street (580) 889-5193

**Bartlesville**

CARD 3618 E. Tuxedo Blvd. (918) 333-8115

Bartlesville Public Library 600 S. Johnstone Ave.

**Broken Arrow**

Broken Arrow Central Park 1500 S. Main St.

Community Center

**Catoosa**

CN Catoosa 310 Chief Stand Watie (918) 342-6814

**Chandler**

Chandler Public Library 1021 Manvel Ave.

**Chickasha**

Goodwill 818 W. Grand Ave.

**Claremore**

CARD 707 W. Lowry Road (918) 341-5000

CN Claremore 23205 S. Hwy 66 (918) 342-6807

**Cleveland**

Jay C. Byers Memorial Library 215 E. Wichita (918) 762-3041

**Clinton**

Opportunities CAA 2250 Modelle

**Duncan**

Duncan Tax Aide Site 3300 W. Bois D’Arc

**Durant**

DWR Community Center 1515 W. Main Street

**Edmond**

Edmond Community Center 28 E. Main Street

University of Central Oklahoma 100 N. University Dr.

**El Reno**

Community Action El Reno 203 N. Bickford

**Enid**

Enid Oakwood Mall 4125 W. Garriott Road

**Eufaula**

Caf, Inc. 1500 Lakehurst Drive (918) 759-1898

**Fredrick**

CADC Tillman 100 S. Main

**Grove**

NEOCAA 1005 Leisure Road (918) 253-4683

**Guymon**

Opportunities 306 NE 4th Street

**Henryetta**

First Family Credit Union 313 W. Main Street

**Hobart**

CADC Kiowa 400 N. Randlett (580) 726-3343

**Holdenville**

Holdenville Housing Authority 301 Crestview Drive (918) 759-1898

**Hugo**

Choctaw County 500 E. Rosewood (580) 326-5165

**Idabel**

McCurtain County 312 NW Texas (580) 286-9348

**Jay**

CN Jay 1300 W. Cherokee #111 (918) 253-4078

NEOCAA 856 E. Melton Suite C (918) 253-4683

**Lawton**

Great Plains Improvement #2 Lee Blvd., Suite 200 (580) 353-2364

Foundation, Inc.

Lawton Public Library 110 SW 4th Street

Center for Creative Living 3501 SW Dr. Elsie Hamm Dr.

Goodwill II 1838 NW 52nd Street

Goodwill I 1210 Summit Avenue

**McAlester**

Pittsburg County 609 E. Peoria

McAlester Public Library 401 N. 2nd Street

**Miami**

NEOCAA 2114 Denver Harner Dr. (918) 253-4683

**Midwest City**

Senior Citizens Center 8251 E. Reno Ave

Neighborhoods in Action 200 N. Midwest Blvd.

**Moore**

Moore Public Library 225 S. Howard

**Muskogee**

CN Muskogee 1001 S. 41st Street (918) 453-5536

Muskogee Public Library 801 W. Okmulgee Street

**Norman**

United Way 1155 E. Main

Norman Public Library Central 103 W. Acres Street

Senior Citizens Center 329 S. Peters Avenue (405) 329-4200

**Nowata**

CARD 317 E. Delaware (918) 273-2868

CN Nowata 1020 Lenape Dr. (918) 342-6807

**Oakland**

INCA 18649 8th Street (580) 795-2372

**Ochelata**

CN Ochelata 39500 W. 2900 Road (918) 342-6807

**Okemah**

Reach Corp 320 S. 1st (918) 759-1898

**Oklahoma City**

John Marshal HS Academy of 12201 N. Portland Ave.

Finance

Baptist Retirement Center 9700 Mashburn Blvd. (405) 721-2466

Mt. Olive AARP 1020 NE 42nd Street

Lindsay Baptist Church 3300 S. Lindsay Avenue

CAAOKC Central 319 SW 25th Street

First Baptist Church 1201 N. Robinson Avenue

**Okmulgee**

CAF CAA 223 W. 6th Street (918) 796-2826

Commerce VITA 1002 Bear Lane (918) 549-2603

Mvskoke Loan Fund TCE 1002 Bear Lane (918) 752-9579

**Owasso**

Owasso Community Center 301 S. Cedar Street

**Pawnee**

UCAP 501 6th Street (918) 762-3041

**Perry**

UCAP 803 Market Street (580) 363-3313

**Ponca City**

United Way 205 N. 2nd Street (580) 765-2476

Ponca City Public Library 515 E. Grand Avenue

**Poteau**

Choctaw Nation Envision Center 511 Nanih Waiya Road (580) 380-9370

Kibois Leflore County 204 Wall Street

**Pryor**

CARD 708 SE First (918) 825-3423

CN Pryor 2945 Hwy 69A (918) 453-5536

**Salina**

CN Salina 901 Owen Walters Blvd. (918) 207-2939

**Sallisaw**

CN Sallisaw 2260 W. Cherokee (918) 774-0770

First Christian Church 706 N. Wheeler Avenue

**Sapulpa**

Sapulpa Public Library 27 W. Dewey Avenue

**Sayre**

CADC Washita 304 W. Main (580) 928-2114

**Stigler**

KIBOIS Haskell County 200 SE A Street

**Stillwater**

Stillwater Public Library 1107 S. Duck Street

**Stilwell**

CN Stilwell 219 W. Oak Street (918) 453-5536

**Sulphur**

INCA Murray 112 N. 9th Street (580) 622-5700

**Tahlequah**

CN Tahlequah 17695 S. Muskogee (918) 453-5536

CN Tahlequah 110 McSpadden Court

**Temple**

CADC Cotton 202 S. Commercial

**Tishomingo**

INCA Johnson 207 S. Capitol Street (580) 371-2352

**Tonkawa**

Northern Oklahoma College 1220 E. Grand Avenue (580) 761-0281

**Tulsa**

LIFE Senior Services, Inc. 5950 E. 31st Street (918) 664-9000

Goodwill Dream Center 200 W. 46th Street N.

Goodwill Job Connection 1665 S. Yale Avenue

Asbury United Methodist Church 6767 S. Mingo Road

Goodwill 2800 Southwest Blvd.

Goodwill 815 S. Utica Avenue

Goodwill YWCA 8145 E. 17th Street

Hardesty South Regional Library 8316 E. 93rd Street

Centennial Park Center 1028 E. 6th Street

**Vinita**

CN Vinita 27371 S. 4410 Road (918) 342-6807

**Watonga**

Opportunities CAA 117 W. Russworm

**Westville**

CN Westville 116 N. Williams

**Wilburton**

Latimer County 309 W. Main

**Woodward**

Opportunities 1007 Main Street

**Yukon**

Yukon Senior Center 1200 Lakeshore Drive

# **TELEVISION STATIONS**

**Comanche County**

KSWO-TV - Channel 7

(580) 355-7000 1401 SE 60th Street, Lawton, Oklahoma 73501

kswo.com

# **TRANSPORTATION SERVICES**

**For Oklahoma Road Conditions During Inclement Weather:**

(844) 465-4997 dps.state.Oklahoma.us/cgi-bin/weathermap.cgi

**Caddo County**

Apex Inc.

(405) 247-7377 117 S. 1st St., Anadarko, Oklahoma 73005

office@apexOklahoma.com

Kiowa Nation Public Transportation

(580) 654-2300 P.O. Box 369, Carnegie, Oklahoma 73015

Maple Lawn Manor Inc.

(405) 663-2455 800 Arapaho Avenue, Hydro, Oklahoma 73048

rstringer@farmcorpadmin.com

**Comanche County**

AAA Auto Insurance

(580) 536-9100 1924 NW Cache Road, Lawton, Oklahoma 73505

Enterprise Rent-A-Car

(580) 355-0330 6103 NW Cache Road, Lawton, Oklahoma 73507

Goodwill Industries of Southwest Oklahoma Inc.

(580) 248-9313 923 Hilltop Drive, Lawton, Oklahoma 73505

eskulski@goodwillsont.org

Hertz Rental Car

(580) 355-6789 3401 SW 11th Street, Lawton, Oklahoma 73501

Jim Norton Toyota of Lawton

(580) 355-7223 7110 NW Quanah Parker Trail, Lawton, Oklahoma 73505

LATS - Lawton Bus System

(580) 248-5252 611 SW Bishop Road, Lawton, Oklahoma 73501

Lawton Fort Sill Regional Airport

(580) 353-4869 3401 S. 11th Street, Lawton, Oklahoma 73501

Peoples Cab

(580) 357-9999 112 SW Lee Boulevard, Lawton, Oklahoma 73501

Roadside Automobile Rentals

(580) 351-1111 3604 SW Tennessee Avenue, Lawton, Oklahoma 73507

Searchlight Center Inc.

(580) 248-0645 1301 W. Gore Blvd., Lawton, Oklahoma 73501

Yellow Cab

(580) 355-1440 101 SW 1st Street, Lawton, Oklahoma 73501

**Grady County**

Enterprise Rent-A-Car

(405) 222-4400 2900 S. Hwy 81, Chickasha, Oklahoma 73533

Special Young Adults

(405) 222-1023 826 Oregon Avenue, Chickasha, Oklahoma 73018

Washita Valley Transit

(405) 222-3438 205 W. Chickasha Avenue, Chickasha, Oklahoma 73018

Washita Valley Community Action Council

(405) 224-5831 205 W. Chickasha Avenue, Chickasha, Oklahoma 73023

**Jefferson County**

Red River Transportation

(580) 255-7883 400 Taylor, #22, Ryan, Oklahoma 73565

Red River Transportation

(580) 228-3202 160 Circle Drive, Waurika, Oklahoma 73573

**McClain County**

Delta Public Transit

(405) 527-6537 223 W. Washington Street, Purcell, Oklahoma 73080

**Stephens County**

City Taxi

(580) 252-8294 101 N. 11th Street, Duncan, Oklahoma 73533

Delta Nutrition Program/Delta Community Action Foundation Inc.

(580) 255-3967 707 S. King Place, Duncan, Oklahoma 73533

Stephens County Charity Van

David Ussery

Courthouse/Appointments: (580) 255-4193 Cell Phone: (580) 251-0999

Monday & Wednesday – Lawton

Tuesday & Thursday – Oklahoma City

Duncan Tax & Cab Service

(580) 470-8615 311 S. 1st Street, Duncan, Oklahoma 73533

Enterprise Rent-A-Car

(580) 255-9777 510 S. Hwy 81, Duncan, Oklahoma 73533

City of Marlow

(580) 658-5401 119 2nd Street, Marlow, Oklahoma 73055

Think Ability First

(580) 252-4516 2103 W. Beech Avenue, Duncan, Oklahoma 73533

Red River Transportation

(580) 255-7883 8100 N. Hwy 81, Duncan, Oklahoma 73533

Duncan Senior Citizens Center Van

(580) 252-6902 1110 N. 7th Street, Duncan, Oklahoma 73533

**Tillman County**

Red River Transportation

(580) 335-5588 105 S. Main Street/P.O. Box 989, Frederick, Oklahoma 73542

# **VETERAN’S SERVICES**

Veterans Affairs – Department of Benefits Information and Assistance

(800) 827-1000 TDD**: (**800) 829-4833

benefits.va.gov

Veterans Affairs Insurance Center

(800) 669-8477

va.gov

Veterans Benefits – Fort Sill Intake Site

VA BDD Office Building 4700, Suite 317, Mow-Way Road, Ft. Sill, Oklahoma 73503

Veterans Community Based Outpatient Clinic Lawton/Ft. Sill

(580) 585-5600 4303 Pittman and Thomas Bldg 4303, Ft. Sill, Oklahoma 73503

Veterans Crisis Hotline

(800) 273-8255 (Press 1)

Veteran Services Center - Lawton

(877) 927-8387 or (580) 585-5880 1016 SW C Avenue, Suite B, Lawton, Oklahoma 73501

Armed Services YMCA Military Welcome Center

(580) 357-1111 3401 SE 11th Street, Lawton, Oklahoma 73501

American Legion Post 55

(580) 470-8488 321 Hwy 81 South, Duncan, Oklahoma 73533

Disabled American Veterans

(580) 248-8387 4704 NW Motif Manor Blvd., Suite 5, Lawton, Oklahoma 73505

Silent War Foundation

(580) 704-9274 1315 NW Sheridan Road, Lawton, Oklahoma 73505

VFW Post 1192

(580) 255-9935 2012 Hwy 81 North, Duncan, Oklahoma 73533

Veterans Convalescent Center

(580) 351-6511 501 SE Flower Mound Road, Lawton, Oklahoma 73501

Fort Sill National Cemetery

(**580)** 492-3200 2648 NE Jake Dunn Road, Elgin, Oklahoma 73538

Home at Last Lawton - Housing for Homeless Veterans by Veterans

(580) 647-5077 815 SW E Avenue, Lawton, Oklahoma 73501

# **VOTER REGISTRATION**

**Caddo County**

Caddo County Election Board - Caddo County Court House

(405) 247-5001 201 W. Oklahoma, Anadarko, Oklahoma 73005

**Comanche County**

Comanche County Election Board - Comanche County Court House

(580) 353-1880 315 SW 5th Street, Room 206, Lawton, Oklahoma 73501

**Cotton County**

Cotton County Election Board - Cotton County Court House

(580) 875-3403 301 N. Broadway Street, Room 3, Walters, Oklahoma 73572

**Grady County**

Grady County Election Board

(405) 224-1430 307 W. Pennsylvania, Chickasha, Oklahoma 73018

**Jefferson County**

Jefferson County Election Board - Jefferson County Court House

(580) 228-3150 220 N. Main, Room 203, Waurika, Oklahoma 73573

**McClain County**

McClain County Election Board - McClain County Court House

(405) 527-3121 121 N. 2nd Avenue, Suite 101, Purcell, Oklahoma 73080

**Stephens County**

Stephens County Election Board - Stephens County Court House

(580) 255-8782 101 S. 11th Street, Duncan, Oklahoma 73533

Registration forms are also available at the Tag Offices, Public Library, Post Office and Department of Human Services

**Tillman County**

Tillman County Election Board - Tillman County Court House

(580) 335-2287 201 N. Main Street, Room 5, Frederick, Oklahoma 73542

# **WOMEN, INFANTS AND CHILDREN (WIC)**

(888) OKLA-WIC ((888) 655-2942)

fns.usda.gov/wic/women-infants-and-children-wic

Your County Health Department

The WIC program is for any child, from birth to five years of age, women who are pregnant, breastfeeding or have recently given birth. Parent(s) as caretaker, guardian or proxy may apply for WIC services for a child. Two-parent families, single-parent families, grandparents, and foster parents may also apply for WIC assistance. The WIC program provides:

* Free information on nutrition, healthy eating, and breastfeeding.
* Nutritious foods to add to your diet.