

<b><u>CATEGORY</u></b>	<b><u>ADDRESS</u></b>	<b><u>PHONE</u></b>
<b>ADVOCACY SERVICES</b>		
Alzheimer Diagnostic Clinic		800.782.0895
Alzheimer Education & Referral Center		800.438.4380
American Association of Retired Persons (AARP)	8144 Walnut Hill Lane, Dallas, TX 75231-4394	800.424.3410
American Cancer Society of Comanche County	1320 NW Homestead Dr., Suite D, Lawton, OK	580.353.8145
American Council of the Blind	1155 15th Street NW, Ste. 1004, Washington, DC	800.424.8666
American Diabetes Association	3000 United Founders Blvd, Ste. 110, Oklahoma City, OK 73112	800.676.4065
Arthritis Foundation of Oklahoma	3232 W. Britton Road, Ste., 200, Oklahoma City, OK	405.936.3366
American Heart Association	3545 NW 58th, Ste. 400C, Oklahoma City, OK 73112-4726	800.242.8721
American Lung Association	3160 W. Britton Road, Ste., E, PO Box 53303, Oklahoma City, OK 73152-3303	800.588.4872
Foster Grandparent Program	301 South Indian Meridian, Pauls Valley, OK 73075-9219	800-259-3632
National Indian Council on Aging, Inc.	1711 SW 11th Street, Lawton, OK 73501-7305	580.355.6151
National Parkinson Disease Foundation	1501 NW 9th Ave., Miami, FL 33136-1407	800.327.4545
Oklahoma Alliance on Aging	3200 NW 48th St., Room 2222, Oklahoma City, OK 73112-5911	405.943.1895
Oklahoma Dental Association	629 W I-44 Service Road, Oklahoma City, OK 73118-7634	405.424.8092
Oklahoma State Council on Aging	P.O. Box 25352, Oklahoma City, OK 73125-0352	405.522.3069
Senior Health Insurance Counseling	2401 NW 23, Ste. 28, Oklahoma City, OK 73107-2481	800.763.2828
Suicide Hotline		888.784.2433
Women's Resource Center	P.O. Box 5089, Norman, OK 73070-5089	405.364.9424
<b>ASSISTED LIVING / RETIREMENT / NURSING HOMES</b>		
Alterra Sterling House of Chickasha	801 Country Club Road, Chickasha, OK 73018-7281	405.224.8300
Alterra Sterling House of Duncan	915 West Plato Road, Duncan, OK 73533-3387	580.252.8300
Alterra Sterling House of Lawton	6302 Southwest Lee Blvd., Lawton, OK 73505-9103	580.536.6800
Benjamin O. Davis High Rise	620 "E" Avenue, Lawton, OK	580.581.3490
Binger Nursing Home	Highway 281 North, P.O. Box R, Binger, OK 73009	405.656.2302
Brookridge Retirement Center	7802 NW Highway 62, Lawton, OK	580.536.9700
Carnegie Nursing Home	225 N. Broadway, P.O. Box 99, Carnegie, OK 73015-0099	580.654.1439
Cedar Crest Manor	1700 Ft. Sill Blvd., Lawton, OK 73507	580.355.1616
Chickasha Convalescent Center	2300 West Iowa Ave., P.O. Box 928, Chickasha, OK 73018-0928	405.224.6456

Chickasha Nursing Home	2700 South 9th Street, Chickasha, OK 73018-6739	405.224.3593
Chisholm Trail Assisted Living	625 Chisholm Trail Pkwy, Duncan, OK 73533-2299	580.470.8700
Christian Care Assisted Living	404 South 29th Street, Chickasha, OK 73018-2525	405.224.1717
Christian Care Retirement Village	3003 West Iowa, P.O. Box 580, Chickasha, OK 73023-6199	405.224.0909
Colonial Village	912 West Field Street, Grandfield, OK 73546-9699	580.479.5244
Country Club Care	1904 N. Highway 81, Duncan, OK 73533-1447	580.255.4600
Crest View Life Center	1301 NW Andrews Ave., Lawton, OK 73507-3530	580.355.5720
Crystal Point	5396 NW Cache Road, Lawton, OK 73505-1300	580.536.7401
Cyril Nursing Home	410 S. 4th, P.O. Box 649, Cyril, OK 73029-0649	580.464.2242
Duncan Care Center	700 Palm Drive, Duncan, OK 73533-3324	580.255.9000
Duncan Community Residence	1510 West Main Street, P.O. Box 1474, Duncan, OK 73534-1474	580.255.3926
Embassy Apartments	3146 & 5535 Cache Road, Lawton, OK	580.353.4725
Frederick Nursing Center	313 East Lucille, P.O. Box 698, Frederick, OK 73542-0698	580.335.7899
Grace Living Center	2300 West Iowa Ave., Chickasha, OK 73018-2740	405.224.6456
Gregston Nursing Home	711 S. Broadway Street, Marlow, OK 73055-3133	580.658.2319
Heartland Plaza Assisted Living	415 Chisholm Trail Pkwy, Duncan, OK 73533-2201	580.252.3337
Idaho Avenue Care Center	P.O. Box 43, Davenport, OK 74026-0043	405.224.1513
Lawton/Fort Sill Veterans Center	501 SE Flower Mound Road, Lawton, OK	580.351.6511
Lawtonian Retirement Center	401 SW "F" Avenue, Lawton, OK	580.581.3000
Marlow Manor	702 S. 9th Street, Marlow, OK 73055-3226	580.658.5468
McMahon Tomlinson Nursing Center	3126 NW Arlington Ave., Lawton, OK 73505-6199	580.357.3240
Memorial Nursing Center	319 E. Josephine Ave., Frederick, OK 73542-2299	580.335.4565
Meridian Nursing Home, Inc.	RR 2, Meridian Road, P.O. Box 126, Comanche, OK 73529-0126	580.439.2398
Parkview Manor	600 East California, P.O. Box 246, Walters, OK 73572-0246	580.875.3376
Parkview Retirement	302 NW Ferris Ave., Lawton, OK 73507-5412	580.357.7967
Red Rock Manor	501 West Main Street, Hinton, OK 73047	405.542.6677
Ryan Nursing Home	703 Lee, P.O. Box 429, Ryan, OK 73565-0429	580.757.2517
Ringling Nursing Home, Inc.	2nd & H, Ringling, OK 73456	580.662.2344
Savannah House	2720 SW "J" Avenue, Lawton, OK	580.357.2900
Senior Village Nursing Home	1104 North Madison, P.O. Box 659, Blanchard, OK 73010-6504	405.485.3315
Shanoan Springs Residence	2500 S. 12th Street, Chickasha, OK 73018-6700	405.224.1397
Silver Crest Manor	300 W. Washington Ave., P.O. Box 9, Anadarko, OK 73005-0009	405.247.3346
Southwest Retirement Home	2501 Southwest "E" Ave., Lawton, OK 73505-7399	405.381.3363
Sunset Estates of Purcell, Inc.	915-1017 North 7th Ave., Purcell, OK 73080-2215	405-527-2122
Temple Manor	100 Green Avenue, Temple, OK 73568	580.342.6411

Ten Oaks Retirement Village	3610 SE Hunington Circle, Lawton, OK 73501-8445	580.353.1190
The Chateau of Lawton	6302 SW Lee Blvd, Lawton, OK	580.536.6800
The Pepper Tree	1420 NW Hunter Road, Lawton, OK	580.531.4622
Tuttle Care Manor	104 Southeast 4th Street, Tuttle, OK 73089-8825	405.381.3363
Village on Lee	6820 West Lee Blvd., Lawton, OK 73505-9104	580.536.4848
Wadley Care Center	801 North 6th, P.O. Box 1675, Purcell, OK 73080-1675	405.527.7798
Westbrook Care Center	1100 North Ash, Waurika, OK 73573-1202	580.228.2363
Western Hills Health Cre Center	5396 Cache Road, Lawton, OK 73505-1300	580.353.3653
Wilkins Nursing Center	1205 South 4th, Duncan, OK 73533-7898	580.252.3955
Willow Park Nursing Home	7019 NW Cache Road, Lawton, OK 73505-2707	580.536.1279
West Wind Assisted Living	111 North 9th Street, Marlow, OK 73055-2415	580.658.1200
<b>CHARITABLE ORGANIZATIONS</b>		
Christians Concerned	P.O. Box 811, Duncan, OK 73534-0811	580.252.9120
Christian Helping Hands	115 North 2nd Street, Comanche, OK 73529-1409	580.439.5712
Dept. of Human Services Food Closet	400 E. Hwy. 70, Waurika, OK 73573	580.228.3581
First Baptist Church, Food Bank	1001 Taylor Street, Ryan, OK 73565	580.757.2463
Lions Club of Ryan	First State Bank, Ryan, OK 73565	580.757.2221
Lawton Food Bank	1405 SW 20th Street, Lawton, OK 73501-6940	580.353.7994
Marlow Samaritans	817 Outlaw Avenue, Marlow, OK 73055-3842	580.658.5771
Ray of Hope Church, Food Closet	Hwy 81 & Refinery Road, Duncan, OK 73533	580.252.7772
Salvation Army Corps Community Center	1306 "E" Avenue, Lawton, OK 73501-4717	580.355.1802
<b>COMMUNITY ACTION PROGRAMS</b>		
Community Action Development	105 S. Main Street, Frederick, OK 73542-5430	580.335.5588
Community Action Development	1401 Grant Street, Apt. #1, Ryan, OK 73565-9683	580.757.2235
Community Action Development	102 East Texas Street, Temple, OK 73568-9242	580.342.6967
Delta Community Action Foundation	308 SW 2nd, Lindsay, OK 73052-5404	405.255.3223
Delta Community Action	223 West Washington Street, Purcell, OK 73080-4227	405.527.6537
Washita Valley Community Action	205 West Chickasha, Ste. 5, Chickasha, OK 73018-2670	405.224.5831
<b>DISABILITY SERVICES</b>		

Central Oklahoma Association for the Deaf	525 NW 13th Street, Oklahoma City, OK 73103-2203	405.236.5513
Disabled American Veterans	P.O. Box 53503, Oklahoma City, OK 73152-3503	800.717.1005
Oklahoma Department of Rehabilitation	3535 NW 58th Street, Ste. 500, Oklahoma City, OK 73112-4824	800.845.8476
Office of Handicapped Concerns	2401 NW 23rd, Suite 90, Oklahoma City, OK 73107	800.522.8224
Oklahoma Library for the Blind	300 NE 18th Street, Oklahoma City, OK 73105-3296	800.523.0288
Services to the Deaf and Hearing Impaired	2401 NW 23rd, Suite 51, Oklahoma City, OK 73107-2431	800.833.8973
Visual Services Department of Rehabilitation	3535 NW 58th Street, Ste. 500, Oklahoma City, OK 73112-4824	800.845.8476
<b>EDUCATION FACILITIES</b>		
Caddo-Kiowa Technology Center	North 7th Street, P.O. Box 190, Fort Cobb, OK 73038-0190	888.302.9050
Cameron University	2800 W. Gore Blvd., Lawton, OK 73505-6320	580.581.2200
Canadian Valley Technology Center	1401 W. Michigan Avenue, Chickasha, OK 73018-2136	405.224.7220
Duncan High Education Center	3100 W. Bois D'Arc Avenue, Duncan, OK 73533-2709	580.255.7566
Great Plains Technology Center	4500 SW Lee Blvd, Lawton, OK 73505-8304	800.244.1024
Great Plains Technology Center-Frederick Campus	2001 E. Gladstone Ave., Frederick, OK 73542-4645	800.460.5525
Mid-America Technology Center	Hwy. I-35 & Interchange 59, P.O. Box H, Wayne, OK 73095-0210	800.232.5580
Red River Technology Center	3300 W. Bois D'Arc Ave., P.O. Box 1807, Duncan, OK 73534-1807	888.607.2446
University of Science & Arts of Oklahoma	1727 W. Alabama Ave., Chickasha, OK 73018-5322	405.224-3140
<b>EMERGENCY MANAGEMENT SERVICES</b>		
Amercian Red Cross - Red River Chapter	1220 W. Martin Luther King Ave., Duncan, OK 73533-5372	580.255.6042
American Red Cross - Canadian Valley	401 S. Grand Ave., El Reno, OK 73036-3611	405.262.5760
American Red Cross - Great Plains Chapter	401 W. Gore Blvd., Lawton, OK 73501-3710	580.355.2480
American Red Cross - Heart of Oklahoma	1205 Halley Ave., Norman, OK 73069-8413	405.321.0591
<b>HEALTH CARE PROVIDERS</b>		
Caddo County Health Department	216 West Broadway, Anadarko, OK 73005-3810	405.247.2507
Carnegie Tri-County Municipal Hospital	102 North Broadway, Carnegie, OK 73015	580.654.1050
Comanche County Health Department	1010 SW Sheridan Road, Lawton, OK 73501-1531	580.248.5890
Comanche County Memorial Hospital	3401 West Gore Blvd., P.O. Box 1209, Lawton, OK 73502-1209	580.355.8620

Compassion Clinic	802 North 10th Street, Duncan, OK 73533-4132	580.255.2650
Cotton County Health Department	1501 South 7th Street, Walters, OK 73572-1024	580.875.6122
Deaconess at Bethany	7600 NW 23rd St., Bethany, OK 73008-9444/5501 N. Portland, Oklahoma City	405-604.4000
Duncan Regional Hospital	1407 Whisenant Drive, P.O. Box 2000, Duncan, OK 73534-2000	580.252.5300
Grady County Health Department	2116 West Iowa Ave., Chickasha, OK 73018-2736	405.224.2022
Grady Memorial Hospital	2220 West Iowa Ave., Chickasha, OK 73018-2738	405.224.2300
Jefferson County Health Department	107 East Anderson, Waurika, OK 73573-3000	580.228.2313
Jefferson County Hospital	Hwy. 70 & 81, P.O. Box 90, Waurika, OK 73542-2220	580.228.2344
McClain County Health Department	919 North 9th Avenue, Suite 3, Purcell, OK 73080-2028	405.527.6541
McClain County Health Department	107 South Main, Blanchard, OK 73010	405.485.3319
Memorial Hospital & Physicians Group	319 East Josephine Avenue, Frederick, OK 73542-2220	580.335.7545
Purcell Municipal Hospital	1500 N. Green Avenue, P.O. Box 511, Purcell, OK 73080-0511	405.527.6524
Reynolds Army Hospital	4301 Wilson Street, Fort Sill, OK 73503-6300	580.558.2000
Southwest Center for Public Health	P.O. Box 26901, Oklahoma City, OK 73190	405.271.8999
Southwest Medical Center	5602 SW Lee Blvd., P.O. Box 7290, Lawton, OK 73506-1290	580.531.4700
Stephens County Health Department	1401 West Bois D'Arc, Duncan, OK 73533-4825	580.252.0270
Tillman County Health Department	1500 North Main Street, Frederick, OK 73542-1421	580.335.2163
Urgent Med	2004 N. Hwy. 81, Duncan, OK 73533	580.252.1911
USPHS Lawton Indian Hospital	1515 NE Lawrie Tatum Road, Lawton, OK 73507-3002	580.353.0350
<b>HOME HEALTH PROVIDERS</b>		
AGAPE Home Health Agency	207 Southwest "C" Avenue, Lawton, OK 73501-4648	580.351.2273
Angel Care	210 South Main Street, Waurika, OK 73573-3056	580.228.3545
ASCOG Managed Care	802 Main Street, P.O. Box 1647, Duncan, OK 73534-1647	580.252.0595
Chisholm Trail Hospice	2000 West Elk Avenue, Duncan, OK 73533-1642	580.251.8764
Choice Home Health	1501 Brookwood, Duncan, OK 73533	580.252.9909
Comanche County Memorial Home Health	2502 West Gore, Lawton, OK 73505	580.585.5575
Duncan Regional Hospital Home Health Care	2000 West Elk Avenue, Duncan, OK 73533-1642	580.251.8752
Family Faith Hospice, Inc.	804 Wynan Court, Anadarko, OK 73005	405.247.9526
Gentiva Health Services	2210 Gore Blvd., Ste. 3, Lawton, OK 73501-3652	580.248.9998
Good Health Care Professionals, Inc	1006 6th Street, Ryan, OK 73565	580.757.2282
HealthBack Home Health	420 South 22nd Street, Chickasha, OK 73018-2752	405.224.3366
HealthBack Home Health of Lawton	1923 NW Gore, Suite 6, Lawton, OK 73501	580.355.3332
Health Watch	2124 N. Hwy. 81, Duncan, OK 73533	580.251.9536

Heartland Hospice	1923 Atchison Dr., Norman, OK 73069	405.579.8565
Indian Territory Home Health & Hospice	112 N. Broadway, Walters, OK 73572	580.875.3975
Lifeline Home Health Care	1701 W. Iowa, Chickasha, OK 73018	405.224.4891
Lifeline Hospice	1701 W. Iowa, Chickasha, OK 73018	405.222.2051
Mays Housecall Home Health, Inc.	2124 N. Hwy. 81, Duncan, OK 73533	580.251.8536
Personal Touch Home Health	230 East Missouri Street, Walters, OK 73572-1434	580.875.3702
Ross Health Care	328 South 29th Street, Chickasha, OK 73018	405.224.7761
Therapy Link	305 E. Missouri, Walters, OK 73572	580.875.3095
Quantum Health Care	4202 SW Lee Blvd., Lawton, OK 73505-8300	580.248.8481
<b>HOUSING</b>		
Anadarko Housing Authority	615 E. Texas Dr., Anadarko, OK 73005-5207	405.247.3110
Apache Housing Authority	P.O. Box 337, Apache, OK 73006-0337	580.588.3664
Chickasaw Housing Authority	2414 Harris Dr., Duncan, OK 73533-3063	580.252.5669
Cement Housing Authority	122 W. 1st Street, Cement, OK 73017	405.489.3674
Cyril Housing Authority	101 Chandler Dr., Cyril, OK 73029	580.464.2439
Comanche Housing Authority	9th & Wilson, Comanche, OK 73529	580.439.5333
Concept Housing of Marlow	120 W. Ballpark Road, Marlow, OK 73055-9003	580.658.5753
Caddo Indian Housing Authority	20 Halfmoon Circle, Gracemont, OK 73042	405.966.2203
Duncan Community Residence	1510 W. Main Street, Duncan, OK 73533-4333	580.255.3926
Duncan Plaza	2021 N. Hwy. 81, Duncan, OK 73533-1461	580.252.4511
Fort Cobb Housing Authority	#21 Thames Circle, Fort Cobb, OK 73038	405.643.2111
Frederick Housing Authority	200 West Grand Ave., Frederick, OK 73542-5230	580.335.7551
Grandfield Housing Authority	130 East 1st Street, Grandfield, OK 73546-9498	580.479.5256
Housing Authority of Apache Tribe	211 N. Country Club Road, Anadarko, OK 73005-2234	405.247.7305
Hydro Housing Authority	405 West 4th Street, Hydro, OK 73048-8752	405.663.2326
Indiahoma Housing Authority	308 Big Bow, Indiahoma, OK 73552	580.246.3357
Indian Trails Apartments	100 Seminole Dr., Comanche, OK 73529-2400	580.439.6140
Kiowa Indian Tribe Housing Authority	1701 E. Central Blvd., Anadarko, OK 73005-4503	580.247.2417
Lawton Housing Authority	609 Southwest "F" Ave., Lawton, OK 73501-4540	580.353.7392
Minco Housing Authority	400 South 5th Street, Minco, OK 73059	405-352-4996
Ryan Housing Authority	1400 Grant St., P.O. Box 147, Ryan, OK 73565-0147	580.757.2390
Ringling Housing Authority	200 West "D" Street, Ringling, OK 73456	580.662.2227
Sterling Housing Authority	#3 East Hancock Street, Sterling, OK 73567	580.365.4862

Temple Housing Authority	100 North McClain Dr., P.O. Box 307, Temple, OK 73568-0307	580.342.5013
Tipton Housing Authority	224 Northwest 5th Street, Tipton, OK 73570	580.667.5358
Waurika Housing Authority	811 Phillips Ave., P.O. Box 307, Waurika, OK 73573-0307	580.228.2976
Walters Housing Authority	500 East California, Walters, OK 73572-1610	580.875.2310
<b>MENTAL HEALTH AGENCIES</b>		
Reflections Mental Health	1602 SW 82nd Street, Lawton, OK	580.536.6302
Silver Linings	3401 West Gore, Lawton, OK	580.250.6651
Southwestern Behavior Health Center	1602 SW 82nd Street, Lawton, OK	580.536.0077
Taliferro Mental Health Center	602 SW 38th Street, Lawton, OK	580.248.5780
<b>NEWSPAPERS</b>		
Anadarko Daily News	P.O. Box 548, Anadarko, OK 73005-0548	405.247.3331
Apache Weekly News	P.O. Box 778, Apache, OK 73006-0778	580.588.3862
Big Pasture News	P.O. Box 508, Grandfield, OK 73546-0508	
Blanchard News	P.O. Box 60, Blanchard, OK 73010-0060	405.485.2311
Carnegie Herald	P.O. Box 129, Carnegie, OK 73015-0129	580.654.1443
Comanche County Chronicle	P.O. Box 415, Elgin, OK 73538-0415	580.492.6397
Comanche Times	P.O. Box 580, Comanche, OK 73529-0580	580.439.6500
County Times	P.O. Box 3, Cache, OK 73527-0003	580.357.8200
Country Connection	P.O. Box 206, Eakly, OK 73033-0206	405.797.3648
Cyril News	P.O. Box 10, Cyril, OK 73029-0010	580.464.2410
Duncan Banner	P.O. Box 1268, Duncan, OK 73534-1268	580.255.5354
Express Star	P.O. Drawer E, Chickasha, OK 73023-0835	405.224.2600
Fletcher Herald	203 W. Cole Avenue, Fletcher, OK 73541-9429	580.704.4644
Frederick Leader	304 W. Grand, Frederick, OK 73542-9998	580.335.2188
Frederick Press	117 North 9th Street, Frederick, OK 73542-5416	580.335.3893
Hinton Record	P.O. Box 959, Hinton, OK 73047-0959	405.542.6644
Lawton Constitution	P.O. Box 2069, Lawton, OK 73502-2069	580.353.0620
Marlow Review	P.O. Box 153, Marlow, OK 73055-0153	580.658.6657
Newcastle Pacer	P.O. Box 429, Newcastle, OK 73065-0429	405.387.5277
Purcell Register	P.O. Box 191, Purcell, OK 73080-0101	405.527.2126

Ringling Eagle	P.O. Box 626, Ringling, OK 73456-0626	580.662.2221
Rush Springs Gazette	P.O. Box 597, Rush Springs, OK 73082-0597	580.476.2525
Ryan Leader	P.O. Box 220, Ryan, OK 73565-0220	580.757.2281
The Oklahoman	9000 Broadway Extension, Oklahoma City, OK 73114-3708	405.475.3311
Tuttle Times	P.O. Box 180, Tuttle, OK 73089-0180	405.381.3173
Walters Herald	P.O. Box 247, Walters, OK 73572-0247	580.875.3326
Waurika News-Democrat	111 East Broadway Avenue, Waurika, OK 73573-2209	580.228.2316
<b>NUTRITION SITES</b>		
Anadarko Nutrition Center	415 West Main Street, Anadarko, OK 73005-2436	405.247.4857
Apache Nutrition Center	520 East Evans, P.O. Box 107, Apache, OK 73006-0107	405.588.2200
Apache Tribe of Oklahoma Nutrition	601 E. Colorado, P.O. Box 1330, Anadarko, OK 73005	405.247.6330
Blanchard Nutrition Center	101 South Main Street, Blanchard, OK 73010	405.485.9260
Byars Nutrition Center	207 East Ripley, Byars, OK 74831-7003	405.783.4468
Cache Nutrition Center	218 Deer Drive, Cache, OK 73527	580.429.3427
Caddo Tribe of Oklahoma Nutrition	P.O. Box 487, Binger, OK 73009	405.656.9042
Carnegie Nutrition Center	Hwy 58 & Hwy 9, Carnegie, OK 73015	580.654.1507
Cement Nutrition Center	P.O. Box 351, Cement, OK 73017-0351	405.489.3803
Chickasha Nutrition Center	P.O. Box 2101, Chickasha, OK 73023-2101	405.224.4315
Comanche Nutrition Center	106 Comanche Drive, Comanche, OK 73529-2419	580.439.5076
Comanche County Nutrition Project	920 SW Sheridan Road, P.O. Box 2231, Lawton, OK 73502-2231	580.357.7764
Comanche Nation Nutrition	P.O. Box 1720, Lawton, OK 73501-1720	580.492.4987
Cyril Nutrition Center	P.O. Box 764, Cyril, OK 73029	580.464.3100
Delaware Nation Nutrition	31064 St. Hwy. 281, Anadarko, OK 73005	405.247.2448
Delta Nutrition Program	707 King Place, Duncan, OK 73533	580.252.1174
Duncan Northside Nutrition Center	1110 North 7th Street, Duncan, OK 73533-3861	580.252.1174
Elgin Nutrition Center	801 1st Street, Elgin, OK 73538	580.492.4980
Fort Sill Apache Tribe Nutrition Project	RR 2, Box 207, Apache, OK 73006-9690	580.588.2296
Frederick Nutrition Center	102 East Grand, Grand Hotel, Frederick, OK 73542	580.335.7026
Gracemont Nutrition Center	Gracemont HS Multipurpose, Gracemont, OK 73042	405.966.2600
Geronimo Nutrition Center	101 Main Street, Geronimo, OK 73543	580.353.3448
Hinton Nutrition Center	100 East Main, Hinton, OK 73047	405.542.6454
Kiowa Tribe of Oklahoma	P.O. Box 369, Carnegie, OK 73015-0369	580.654.2300
Lawton North Nutrition Center	1916 N. Taylor, P.O. Box 2231, Lawton, OK 73502-2231	580.581.3481

Lawton Eastside Nutrition Center	Patterson Community Center, #4 Arlington, Lawton, OK 73501-5900	580.581.3485
Lawton South Nutrition Center	920 SW Sheridan Road, P.O. Box 2231, Lawton, OK 73502-2231	580.355.5660
Marlow Nutrition Center	201 Elm Street, P.O. Box 403, Marlow, OK 73055-0403	580.658.5773
Pleasant Valley Nutrition Center	1123 Southwest Monroe, Lawton, OK 73501-7331	580.581.3489
Purcell Nutrition Center	228 North Second, Purcell, OK 73080-4208	405.527.9462
Randlett Nutrition Center	Randlett Community Bldg, Randlett, OK 73562	580.281.3220
Ringling Nutrition Center	200 West "D" Street, P.O. Box 1007, Ringling, OK 73456-1007	580.662.2362
Rush Springs Nutrition Center	110 South 2nd Street, P.O. Box 432, Rush Springs, OK 73082-0432	580.476-3168
Ryan Nutrition Center	400 Taylor #8, Ryan, OK 73565-9605	580.757.2412
Temple Nutrition Center	201 South Commercial Street, P.O. Box 652, Temple, OK 73568-0652	580.342.6944
Verden Nutrition Center	214 North Main Street, Verden, OK 73092	405.453.7590
Walters Nutrition Center	500 E. California Street, P.O. Box 452, Walters, OK 73572-0452	580.875.2211
Washington Nutrition Center	219 North Turner, P.O. Box 624, Washington, OK 73093-0624	405.288.6404
Waurika Nutrition Center	100 Circle Drive, Waurika, OK 73573-3210	580.228.3645
Wayne Nutrition Center	107 Shannon, P.O. Box 141, Wayne, OK 73095-0141	405.449.3604
Wichita and Affiliated Tribes Nutrition	P.O. Box 729, Anadarko, OK 73005	405.247.9677
<b>OKLAHOMA ASSOCIATION OF AREA AGENCIES ON AGING</b>		
Areawide Aging Agency	4101 Perimeter Center Drive, Suite 310, Oklahoma City, OK 73112-5911	405.942.8500
Association South Central Oklahoma Governments	802 Main Street, P.O. Box 1647, Duncan, OK 73534-1647	800.658.1466
Central Oklahoma Economic Development District	400 North Bell Street, P.O. Box 3398, Shawnee, OK 74801-3398	800.375.8255
Eastern Oklahoma Development District	P.O. Box 1367, Muskogee, OK 74402	918.682.7891
Grand Gateway Economic Development Association	P.O. Drawer B, Big Cabin, OK 74332-0502	800.482.4594
Kiamichi Economic Development District of OK	P.O. Box 638, Wilburton, OK 74578-0638	800.722.8180
Northern Oklahoma Development Association	2901 North Van Buren, Enid, OK 73703-1731	800.749.1149
Oklahoma Economic Development Association	P.O. Box 668, Beaver, OK 73932-0668	800.658.2844
South Western Oklahoma Development Authority	P.O. Box 569, Burns Flat, OK 73624-0569	800.627.4882
Southern Oklahoma Development Association	P.O. Box 709, Durant, OK 74702-0709	800.211.2116
Tulsa Area Agency on Aging	175 East 2nd, Suite 480, Tulsa, OK 74103	918.596.7645
<b>OMBUDSMAN</b>		
ASCOG - Supportive Services Division	802 Main Street, P.O. Box 1647, Duncan, OK 73534-1647	800.658.1466

<b>RADIO STATIONS</b>		
KACO - 98.5 FM	115 West Broadway Street, Anadarko, OK 73005	405.247.6682
KBZQ - 99.5 FM	1006 NW 47th, Suite B, Lawton, OK 73505-4717	580.357.9950
KCCU - 89.3 FM	2800 West Gore Blvd., Lawton, OK 73505-6320	580.581.2472
KFXI - 92.1 FM	1101 North Broadway, Marlow, OK 73055-1123	580.658.9292
KKEN 97.1 FM/KPNS 1350 AM/KDDQ-105.3 FM	1701 West Pine Avenue, Duncan, OK 73533-2397	580.255.1350
KKRX - 1050 AM / KJMZ - 98.1 FM	1525 SE Flower Mound Road, Lawton, OK 73501-4508	580.355.1050
KJRF - 91.1 FM	Sheridan & Lee Blvds., Lawton, OK 73505	580.595.9110
KLAW - 101.3 FM	626 SW "D" Avenue, Lawton, OK 73501-4501	580.581.3600
KMGZ - 95.3 FM	1421 NW Great Plains Blvd., Suite C, Lawton, OK 73505-2843	580.536.9530
KSYE - 91.5 FM	11 NW 44th, Suite D, Lawton, OK	580.580.5793
KVRS - 90.3 FM	11 Winding Creek Road, Lawton, OK	580.536.8886
KVRW - 107.3 FM	626 SW "D" Avenue, Lawton, OK 73501-4501	580.581.3600
KWCO - 105.5 FM	627 Chickasha Avenue, Chickasha, OK 73018-7238	405.224.1560
KZCD - 94.1 FM	626 SW "D" Avenue, Lawton, OK 73501-4501	580.581.3600
<b>SENIOR CENTERS</b>		
Addington Senior Center	P.O. Box 146, Addington, OK 73520	620.755.4125
Alex Community/Senior Center	P.O. Box 243, Alex, OK 73002	405.785.9103
Alfalfa Community Center	P.O. Box 148, Carnegie, OK 73015	580.637.2276
Anadarko Nutrition Center	415 West Main Street, Anadarko, OK 73005	405.247.2332
Amber Community/Senior Center	404 Holly, Amber, OK 73004	405.222.2175
Apache Nutrition Center	301 E. 3rd Street, Apache, OK 73006	405.247.4857
Benjamin O. Davis Senior Center	621 South "E" Avenue, Lawton, OK 73501	580.581.3490
Binger Senior Citizens Center	208 W. Main Street, Binger, OK 73009	405.656.9255
Blanchard Senior Citizens	101 S. Main Street, Blanchard, OK 73010	405.485.9392
Borden Park Community Center/Chickasha	200 N. 18th Street, Chickasha, OK 73018	405.222.9281
Bradley Community Center	322 McKee Street, Bradley, OK 73011	405.462.7595
Bray Senior Citizens	1014 S. Brooks, Marlow, OK 73055	580.658.3827
Byars Nutrition Center	217 E. Ripley, Byars, OK 74831	405.783.4468
Cache Senior Community Center	401 N. 7th Street, Cache, OK 73527	580.429.3354
Carnegie Nutrition Center	4 East 3rd Street, Carnegie, OK 73015	580.654.1507
Cement Senior Citizens Center	323 North Main, Cement, OK 73017	405.489.3803

Center for Creative Living	3501 SW Dr. Elsie Hamm Dr., Lawton, OK 73505	580.248.0471
Central High Senior Citizens Center	Marlow, OK 73055	580.641.2974
Chattanooga Community Center/Great Plains	401 4th Street, Chattanooga, OK 73528	580.597.3339
Chickasha Senior Citizens Center	203 North 18th , Chickasha, OK 73018	405.222.6092
Cyril Senior Nutrition Center	201 West Ohio, Cyril, OK 73029	580.464.3100
Davidson Senior Citizens	312 West Grand Street, Davidson, 73530	580.568.2223
Dibble Senior Citizens Center	12219 Firemans Road, Alex, OK 73002	405.344.6789
Douglas Community Senior Center	702 S King Place, Duncan, OK 73533	580.255.3967
Duncan Senior Citizens Center	1110 N 7th Street, Duncan, OK 73533	580.255.6902
Elgin Nutrition Center	801 1st Street, Elgin, OK 73538	580.492.4980
Frederick Community Center	100 Grand, Frederick, OK 73542	580.335.7026
Ft. Cobb Senior Center	312 Main Street, Fort Cobb, OK 73038	405.643.2682
Geronimo Senior Citizens Center	101 Main Street, Geronimo, OK 73543	580.353.3448
Grady Senior Citizen Center	HC 65, Box 214, Ringling, OK 73456	580.662.2195
Grandfield Multipurpose Senior Center	123 West 1st, Grandfield, OK 73546	580.479.3320
Hastings Senior Citizens Center	P.O. Box 203, Hastings, OK 73548	580.963.2531
Hinton Senior Citizens	500 East Main, Hinton, OK 73047	405.542.6454
Indiahoma Senior Center	900 Indiahoma Road, Indiahoma, OK 73552	580.246.3572
Lawton Housing Authority	609 SW F Avenue, Lawton, OK 73501	580.353.7392
Marlow Senior Citizens Center	201 N. Elm, Marlow, OK 73055	580.658.2209
Meers Community Center	12033 NW Rhoades Rd, Lawton, OK 73507	580.492.5128
Minco Senior Citizens Center	225 NW Main Street, Minco, OK 73059	405.352.5018
Mt. Scott Community Bldg.	8819 NW - 4 Mile Road, Lawton, OK 73507	580.529.2619
Newcastle Senior Citizens Center	504 West Hwy. 130, Newcastle, OK 73065	405.387.2199
Ninnekah Senior Citizen Center	High & Dale Street, Ninnekah, OK 73067	405.224.7434
Patterson Center	#4 NE Arlington, Lawton, OK 73502	580.581.3485
Pleasant Valley Nutrition Center	228 North 2nd Street, Lawton, OK 73501	580.581.3489
Pocasset Senior Citizen Center	P.O. Box 164, Pocasset, OK 73079	405.459.6737
Purcell Senior Citizens Center	228 North 2nd Street, Lawton, OK 73501	405.527.5070
Randlett Nutrition Center	Randlett Community Bldg., Randlett, OK 73562	580.281.3220
Ringling Nutrition Center	200 West D Street, Ringling, OK 73456	580.662.2362
Rush Springs Senior Citizens Cnt	400 W. Blakely #13, Rush Springs, OK 73082	580.476.3168
Ryan Senior Center\Community Cnt	400 Taylor #8, Ryan, OK 73565	580.757.2780
Sugden Community Center	Waurika, OK 73573	580.467.3562
Temple Senior Citizens Center	201 S. Commercial, Temple, OK 73568	580.342.5017

Terral Senior Citizens Center	P.O. Box 26, Terral, OK 73569	580.437.2489
Tipton Area Senior Center	P.O. Box 554, Tipton, OK 73570	580.667.4158
Tuttle Senior Citizens Center	5 JD Ryan Road, Tuttle, OK 73089	405.381.2606
Velma Senior Citizens Center	1/2 Mile East on Old Hwy. 7, Velma, OK 73491	580.444.3772
Verden Nutrition Center	214 N. Main Street, Verden, OK 73092	405.453.7590
Walters Senior Citizens Center	111 E Colorado, Walters, OK 73572	580.704.8632
Washington Senior Citizen Center	219 North Turner, Washington, OK 73093	405.288.2578
Waurika Senior Citizens Center	108 S Main, Waurika, OK 73573	580.228.2839
Wayne Senior Citizens Center	107 Shannon Street, Wayne, OK 73095	405.449.3451
Wichita Mtns. Area Senior Citizens	13872 NW Stoney Pt Rd., Apache, OK 73006	405.829.0838
<b>TELEVISION STATIONS</b>		
KSWO-TV - Channel 7	P.O. Box 708, Lawton, OK 73502-0708	580.355.7000
<b>TRANSPORTATION SERVICES</b>		
Delta Public Transit	223 W. Washington Street, Purcell, OK 73080-4227	405.527.3646
Kiowa Nation Public Transportation	P.O. Box 369, Carnegie, OK 73015-0369	580.654.2300
LATS - Lawton Bus System	5th & "B" Street, Lawton, OK	580.248.5252
Red River Transportation	Taylor & Main, P.O. Box 126, Ryan, OK 73565-0126	580.757.2235
Red River Transportation	1926 W. Bois D'Arc Ave., Duncan, OK 73533-2923	580.255.7883
Red River Transportation	105 South Main Street, P.O. Box 989, Frederick, OK 73542-0989	580.335.2691
Red River Transportation	105 West Main Street, Ringling, OK 73456	580.662.2264
Red River Transportation	160 Circle Drive, Waurika, OK 73573-3210	580.228.3202
Washita Valley Transit	420 W. Country Club Road, Chickasha, OK 73018-7269	405.222.3438