



2019
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

802 W. Main St.
P.O. Box 1647
Duncan, OK 73534-1647
800.658.1466
580.252.0595

Senior Information Hotline: 1.800.211.2116

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
Comanche
Cotton
Grady

Jefferson
McClain
Stephens
Tillman

The publication of this directory is authorized by the Older Americans 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 council 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 AREA AGENCY ON AGING STAFF

Toll Free: 1.800.658.1466

Direct: 580.252.0595 **Fax:** 580.252.6170

Address: 802 W. Main Street, P.O. Box 1647, Duncan, OK 73534-1647

Website: ascog.org

Ken Jones

Ext: 244 **Direct:** 580.736.7972 **Email:** jone_ke@ascog.org **Position:** Executive Director

Peggy Rush

Ext: 254 **Direct:** 580.736.7984 **Email:** rush_pe@ascog.org **Position:** Program Coordinator

Dacia Nix

Ext: 221 **Direct:** 580.736.7975 **Email:** nix_da@ascog.org **Position:** Ombudsman Supervisor

Kimberly Rhodes

Ext: 245 **Direct:** 580.736.7974 **Email:** rhod_ki@ascog.org **Position:** Ombudsman Supervisor

Nancy Bluml

Ext: 231 **Direct:** 580.736.7966 **Email:** blum_na@ascog.org **Position:** Accountant

Kristina Manriquez

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Jazmin Shipley

Ext: 220 **Direct:** 580.736.7029 **Email:** ship_ja@ascog.org **Position:** Planner

Stephanie Denton

Ext: 261 **Direct:** 580.736.7036 **Email:** dent_st@ascog.org **Position:** I & A Specialist

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 the ASCOG AAA or Managed Care Services please call 800.658.1466 or 580.252.0595.

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:

Peggy Rush

Toll Free: 800.658.1466 **Ext:** 254

Direct: 580.736.7984

Email: rush_pe@ascog.org or cart_le@ascog.org

Position: Managed Care Services Program Coordinator

Address: 802 W. Main Street; P.O. Box 1647, Duncan, OK 73534-1647

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:

Dacia Nix

Ext: 221 **Direct:** 580.736.7975 **Email:** nix_da@ascog.org **Position:** Ombudsman Supervisor

Kimberly Rhodes

Ext: 245 **Direct:** 580.736.7974 **Email:** rhod_ki@ascog.org **Position:** Ombudsman Supervisor

ASCOG AREA AGENCY ON AGING ADVISORY COUNCIL

Caddo County:

Marlene Walker: Commissioner Appointee

Charity Helms: Mayoral Appointee

John Kusel*: OSHL Representative

Comanche County:

Thelmer Hutcheson: Commissioner Appointee

Charlie Maguire: Mayoral Appointee

Karolyn Anders: Lawton Mayor Appointee; OSHL Representative

Cotton County

Lauren Ellis: Commissioner Appointee

Louise Hamilton*: Mayoral Appointee

Jalmer "Bo" Fallon*: OSHL Representative

Grady County

Rev. Charles Watson: Commissioner Appointee; OSHL Representative

Loretta Jackson: Mayoral Appointee

Merlene Rust*: OSHL Representative

Jefferson County

Dorothy Moore: Commissioner Appointee

Ruby Benson*: Mayoral Appointee

McClain County

Lewie Jeffries: Commissioner Appointee

Rowena Scott-Johnson*: Mayoral Appointee

Ray Merchant: OSHL Representative

Stephens County

Haljean Gillispie*: Commissioner Appointee; OSHL Representative

Sandy Stewart: Mayoral Appointee

Tillman County

Watha Shanks*: Commissioner Appointee

J.M. Cope: Mayoral Appointee

Aging Services Network Provider

Katie Ebner: Gentiva

**Denotes Executive Committee Member*

NATIONAL COUNCIL ON AGING

Direct: 571.527.3900 **Website:** ncoa.org
251 18th Street South, Ste. 500, Arlington, VA 22202

NATIONAL ASSOCIATE OF AREA AGENCIES ON AGING (n4a)

Direct: 202.872.0888 **Website:** n4a.org
1730 Rhode Island Avenue, NW Ste. 1200, Washington, DC 20036

AREA AGENCY ON AGING SILVER HAired LEGISLATURE

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District: 9-1 **Counties Served:** Caddo, Comanche, Cotton & Tillman

Haljean Gillispie

Direct: 580.475.0354 or 580.656.3805

Email: haljean@sbcglobal.net

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District: 9-2 **Counties Served:** Grady, Jefferson, McClain & Stephens

Loretta Jackson - Alternate

Direct: 405.224.5297

Email: lyjackson1@suddenlink.net

Address: 322 E. Dakota Avenue, Chickasha, OK 73018

District: 9-2 **Counties Served:** Grady, Jefferson, McClain & Stephens

REPRESENTATIVES:

Merlene Rust

Direct: 405.820.6649

Email: merlenerust@yahoo.com

Address: P.O. Box 620, Rush Springs, OK 73082

District: 9-1 **Counties Served:** Grady and McClain

Ray Merchant - Alternate

Direct: 405.224.1391

Email: raymerchant@wichitaonline.net

Address: P.O. Box 322, Ninnekah, OK 73067

District: 9-1 **Counties Served:** Grady and McClain

Charles Watson

Direct: 405.222.1637 or 405.222.8195

Email: okieparson@att.net

Address: 1525 W. Mississippi, Chickasha, OK 73018

District: 9-2 **Counties Served:** Grady, Jefferson, McClain & Stephens

Dorothy Moore - Alternate

Direct: 580.757.2730

Email: DotM@att.net

Address: P.O. Box 95, Ryan, OK 73565

District: 9-2 **Counties Served:** Grady, Jefferson, McClain & Stephens

Petra Taylor

Direct: 580.536.6477 or 580.574.5766

Email: Petrataylor9@yahoo.com

Address: 1026 SW 61st Street, Lawton, OK 73505

District: 9-3 **Counties Served:** Comanche and Cotton

Karolyn Anders - Alternate

Direct: 580.351.8039

Email: bkanders@fidnet.com

Address: 127 NE Cimarron, Lawton, OK 73507

District: 9-3 **Counties Served:** Comanche and Cotton

John Kusel

Direct: 580.759.6038

Email: kusellim@sbcglobal.net

Address: P.O. Box 370, Fort Cobb, OK 73005

District: 9-4 **Counties Served:** Caddo and Tillman

Gloria Stearns - Alternate

Direct: 580.248.9998

Email: stearnsgloria@gmail.com

Address: 18062 County Road 1320, Anadarko, OK 73005

District: 9-4 **Counties Served:** Caddo and Tillman

ALUMNI MEMBER:

Rowena Scott-Johnson

Direct: 405.527.0853 or 405.818.9659

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Address: 22157 220th Street, Purcell, OK 73080

ABOUT THE SILVER HAIRD 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.

ASCOG AREA TRIBAL OFFICES

APACHE

Bobby Komardley, Chairman

Direct: 405.247.9493 **Fax:** 405.247.2763

Address: P.O. Box 1330, Anadarko, OK 73005-1330

CADDO

Tamara Francis-Fourkiller, Chairman

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Address: P.O. Box 487, Binger, OK 73009-0487

COMANCHE (Administrative)

Vacant Position

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Address: P.O. Box 908 Lawton, OK 73502-0908

COMANCHE NATION OPTOMETRY

580.699.5386

580.699.5389

DELAWARE NATION

Deborah Dotson, President

Direct: 405.247.2448 **Fax:** 405.247.9393

Address: P.O. Box 825, Anadarko, OK 73005-0825

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Jeff Haozous, Chairman

Direct: 580.588.2298 **Fax:** 580.588.3133

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KIOWA

Matthew Komalty, Chairman

Direct: 580.654.2300 **Fax:** 580.654.8412

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WICHITA

Terri Parton, President

Direct: 405.247.2425 **Fax:** 405.247.2430

Address: P.O. Box 729, Anadarko, OK 73005-0729

KCA INTERTRIBAL LAND USE COMMITTEE

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Address: P.O. Box 885, Lawton, OK 73502

ASCOG AREA LEGISLATORS

OKLAHOMA SENATE

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Senator Lonnie Paxton – District 23
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Senator Chris Kidd – District 31
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Senator Paul Scott – District 43
Office: 405.521.5522 **Email:** paul.scott@oksenate.gov
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Senator Darcy Jech – District 26
Office: 405.521.5545 **Email:** jech@oksenate.gov
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Senator Randy Bass – District 32
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UNITED STATES SENATE

Senator James Inhofe
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Address: 205 Russell Senate Office Building, Washington, DC 20510-3603

Senator James Lankford
Office: 202.224.5754 **Fax:** 202.224.6008 **Email:** james.lankford@lankford.senate.gov
Address: Hart Office Bldg., Rm 316, Washington, DC 20510

Senator Lankford Aide
Office: 405.231.4941
Address: 1015 N. Broadway, Suite 310, Oklahoma City, OK 73102

OKLAHOMA HOUSE OF REPRESENTATIVES

Toll Free: 800.522.8502 **Direct:** 405.521.2711 **Fax:** 405.557.7351

Address: State Capitol Building, Oklahoma City, OK 73105

Rep. Bobby Cleveland – District 20

Office: 405.557.7308 **Email:** bob.cleveland@okhouse.gov

Address: 2300 N. Lincoln Blvd, Rm 434, Oklahoma City, OK 73105

Rep. Brian Hill – District 47

Office: 405.557.7333 **Email:** brian.hill@okhouse.gov

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Rep. Brad Boles – District 51

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Rep. Harold Wright – District 57

Office: 405.557.7325 **Email:** harold.wright@okhouse.gov

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Rep. Daniel Pae – District 62

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Rep. Rande Worthen – District 64

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Rep. Tim Downing – District 42

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Rep. Marcus McEntire – District 50

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Rep. David Perryman – District 56

Office: 405.557.7401 **Email:** david.perryman@okhouse.gov

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Rep. Rhonda Baker – District 60

Office: 405.557.7311 **Email:** rhonda.baker@okhouse.gov

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Rep. Trey Caldwell – District 63

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Rep. Toni Hasenbeck – District 65

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UNITED STATES HOUSE OF REPRESENTATIVES

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Rep. Lucas' Aide

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Address: 10952 NW Expressway St, Suite B, Yukon, OK 73099-8214

Rep. Tom Cole-4th District

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Rep. Cole's Chief of Staff

Office: 405.329.6500 **Fax:** 405.321.7369
Address: 2424 Springer Dr., Suite 201, Norman, OK 73069

Rep. Cole's Field Representative

Office: 580.357.2131 **Fax:** 580.357.7477
Address: 711 SW D Ave., Suite 201, Lawton, OK 73501-4311

OKLAHOMA AGING SERVICES

Department of Human Services Aging Services

Aging Services Division: 405.521.2281

Special Unit on Aging: 405.521.2281

Address: P.O. Box 25352, 50 NE 23rd St., Oklahoma City, OK 73105

Statewide Senior Information Line

Toll Free: 800.521.2116 - Statewide number linking senior citizens to the nearest Area Agency on Aging

Long-Term Care Ombudsman Program/ASCOG

Dacia Nix, Ombudsman Supervisor

Toll Free: 800.658.1466

Direct: 580.736.7975

Email: nix_da@ascog.org

Address: 802 Main Street/P.O. Box 1647, Duncan, OK 73534-1647

Counties Served: Grady, McClain, Caddo and Comanche

Long-Term Care Ombudsman Program/ASCOG

Kimberly Rhodes, Ombudsman Supervisor

Toll Free: 800.658.1466

Direct: 580.736.7974

Email: rhod_ki@ascog.org

Address: 802 Main Street/P.O. Box 1647, Duncan, OK 73534-1647

Counties Served: Stephens, Tillman, Cotton, and Jefferson

Area Agencies on Aging (AAA)

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 the 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

Staci Pierce, Director

Toll Free: 800.482.4594

Direct: 918.783.5793

Website: ggeda.com

Address: 333 South Oak/P.O. Drawer B, Big Cabin, OK 74332-0502

Counties Served: Craig, Delaware, Mayes, Nowata, Ottawa, Rogers, Washington

Area 2

EODD AAA

Stacy Turner, Director

Direct: 918.682.7891

Website: eoddok.org

Address: 1012 N. 38th Street/ P.O. Box 1367, Muskogee, OK 74402-1367

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

Area 3

KEDDO AAA

Kim Rose, Director

Toll Free: 800.722.8180 **Direct:** 918.465.2367 **Website:** keddo.org

Address: 1002 Hwy 2 North, Wilburton, OK 74578

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

Area 4

SODA AAA

Amie Judd, Director

Direct: 580.920.1388 **Website:** soda-ok.org

Address: 2704 N. 1st Street/ P.O. Box 709, Durant, OK 74701

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

Area 5

COEDD AAA

John Shea

Toll Free: 800.375.8255 **Direct:** 405.273.6410 **Website:** coedd.net

Address: 400 N. Bell/P.O. Box 3398, Shawnee, OK 74801-3398

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

Area 6

INCOG AAA

Clark Miller, Director

Direct: 918.584.7526 **Website:** incog.org

Address: 2 W. 2nd Street, Suite 800, Tulsa, OK 74103

Counties Served: Creek, Osage, Tulsa

Area 7

Long-Term Care Authority of Enid

Valerie Snethen, Director

Direct: 580-234-7475

Address: 202 W. Broadway, Suite A, Enid, OK 73701, vsnethen@ltcaenid.org

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

Area 8

Areawide Aging Agency, Inc.

Don Hudman, Executive Director

Direct: 405.943.4344 **Website:** areawideaging.org **Email:** dhudman@areawideaging.org

Address: 4101 N. Perimeter Center Drive, Suite 310, Oklahoma City, OK 73112

Counties Served: Canadian, Cleveland, Logan, Oklahoma

Area 9

ASCOG AAA

Ken Jones, Executive Director

Toll Free: 800.658.1466 **Direct:** 580.736.7972 **Website:** ascog.org
Email: jone_ke@ascog.org
Address: 802 W. Main Street/P.O. Box 1647, Duncan, OK 73534-1647
Counties Served: Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens, Tillman

Area 10

SWODA AAA

Anita Martinez, Director

Toll Free: 800.627.4882 **Direct:** 580.562.4882 **Website:** swoda.org
Address: 420 Sooner Drive/P.O. Box 569, Burns Flat, OK 73624-0569
Counties Served: Beckham, Custer, Greer, Harmon, Kiowa, Jackson, Roger Mills, Washita

AREA AGENCIES ON AGING (AAA) I & A

Area 1

Grand Gateway Economic Development

Staci Pierce

Toll Free: 800.482.4594 **Direct:** 918.783.5793 **Email:** s.pierce@grandgateway.org
Address: 333 S. Oak/P.O. Drawer B, Big Cabin, OK 74332-0502
Counties Served: Craig, Delaware, Mayes, Nowata, Ottawa, Rogers, Washington

Area 2

EODD AAA

Karen Sedberry

Direct: 918.682.7891 or 918.682.5444 **Email:** inakarberry@eoddok.org
Address: 1012 N. 38th Street/ P.O. Box 1367, Muskogee, OK 74402-1367
Counties Served: Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah, Wagoner

Area 3

KEDDO AAA

Samantha Humphreys

Toll Free: 800.722.8180 **Direct:** 918.465.2367 **Email:** shumpherys@keddo.org
Address: 1002 Hwy 2 North/P.O. Box 638, Wilburton, OK 74578
Counties Served: Choctaw, Haskell, Latimer, LeFlore, McCurtain, Pittsburg, Pushmataha

Area 4

SODA AAA

Amie Judd, Director

Debbie Odom,

Direct: 580.920.1388 **Email:** dodom@soda-ok.org
Address: 2704 N. 1st Street, Durant, OK 74701
Counties Served: Atoka, Bryan, Carter, Coal, Garvin, Johnston, Love, Marshall, Murray, Pontotoc

Area 5

COEDD AAA

Kristi Tischer

Toll Free: 800.375.8255 **Direct:** 405.273.6410 ext. 128 **Email:** aginginfo@coedd.net

Address: 400 N. Bell/P.O. Box 3398, Shawnee, OK 74801-3398

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

Area 6

INCOG AAA

Suelen Grant

Direct: 918.579.9477 **Email:** sgrant@incog.org

Address: 2 W. 2nd Street, Suite 800, Tulsa, OK 74103

Counties Served: Creek, Osage, Tulsa

Area 7

Long-Term Care Authority of Enid

Judy Rupp

Direct: 580.234.7475 or 580.237.2236 **Email:** jrupp@ltcaenid.org

Address: 202 W. Broadway, Suite A, Enid, OK 73703

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

Area 8

Areawide Aging Agency, Inc.

CEO Blair Schoeb

Direct: 405.942.8500 **Email:** b.schoeb@areawideaging.org

Address: 4101 N. Perimeter Center Drive, Suite 310, Oklahoma City, OK 73112

Counties Served: Canadian, Cleveland, Logan, Oklahoma

Cathy Hughes

Direct: 405.943.4344 **Email:** c.huges@areawideaging.org

Area 9

ASCOG AAA

Stephanie Denton

Toll Free: 800.658.1466 **Direct:** 580.736.7036 **Email:** dent_st@ascog.org

Address: 802 W. Main Street/P.O. Box 1647, Duncan, OK 73534-1647

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

Area 10

SWODA AAA

Ada Vandeford

Toll Free: 800.627.4882 **Direct:** 580.562.4882 **Email:** ada@swoda.org

Address: 420 Sooner Drive/P.O. Box 569, Burns Flat, OK 73624-0569

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

COUNTY COMMISSIONERS

CADDO COUNTY

Caddo County Courthouse

Direct: 405.247.3105 **Fax:** 405.247.3611 **Email:** caddo.county@yahoo.com
Address: P.O. Box 1427, Anadarko, OK 73005-1427

District 1 - Benny Bowling

Direct 405.656.2822 / **Office:** 405.247.3105 **Fax:** 405-247-3611
Email: caddod1@gmail.com **Office Address:** 201 Oklahoma Ave, Anadarko, OK 73005
Address: RR 1 Box 195A, Binger 73009-9607

District 2 - Randy McLemore *

Direct 405.966.2685 / **Office:** 405.247.3105 **Fax:** 405-247-3611
Email: caddod2@sbcglobal.net **Office Address:** 201 Oklahoma Ave, Anadarko, OK 73005
Address: PO Box 832, Anadarko 73005

District 3 - Brent Kinder

Direct 580.654.1761 / **Office:** 405.247.3105 **Fax:** 405-247-3611
Email: caddodistrict3@carnegienet.net
Office Address: 201 Oklahoma Ave, Anadarko, OK 73005
Address: 523 Ruth Drive, Carnegie, Ok 73015

COMANCHE COUNTY

Comanche County Courthouse

Direct: 580.353.3717 **Fax:** 580.585.5242 **Email:** teresa.wilson@comanchecounty.us
Address: 315 SW 5th Street, Room #303, Lawton, OK 73501-4326

District 1 - Gail Turner

Direct 580.591.2660 / **Office:** 580.353.3717 **Fax:** 580-357-9478
Email: gail.turner@comanchecounty.us
Office Address: 315 SW 5th St # 303, Lawton, OK 73501

District 2 - Johnny Owens

Office: 580.353.3717 **Fax:** 580.357.9478
Email: johnny.owens@comanchecounty.us
Office Address: 315 SW 5th St # 303, Lawton, OK 73501

District 3 - Alvin Cargill

Direct: 580.429.4457 / **Office:** 580.353.3717 **Fax:** 580-357-9478
Email: alvin.cargill@comanchecounty.us
Office Address: 315 SW 5th St # 303, Lawton, OK 73501

Town of Chattanooga

Jaime Fisher (contact), Office Manager

Direct: 580.597.3390 **Fax:** 580.597.2598 **Email:** townofchatty@pldi.net

Website: chattanoogaok.myruralwater.com

Address: 302 3rd Street, Chattanooga, OK 73528

Rob Stallcup, Chief

Direct: 580.512.9122

COTTON COUNTY

Cotton County Courthouse

Direct: 580.875.3026 **Fax:** 580.875.3756 **Email:** cottonco@sbcglobal.net

Address: 301 N. Broadway Street, Walters, OK 73572-1271

District 1 - Mike Woods

Direct 580.512.7688 / **Office:** 580-875.3026 **Fax:** 580.875.3756

Email: cottonco@sbcglobal.net **Office Address:** 301 N Broadway St, Walters, OK 73572

District 2 - Ricky Vardell

Direct 580.857.6636 / **Office:** 580-875.3026 **Fax:** 580.875.3756

Email: cottonco@sbcglobal.net **Office Address:** 301 N Broadway St, Walters, OK 73572

District 3 - Greg Powell*

Direct 580.580.299.3339 / **Office:** 580-875.3026 **Fax:** 580.875.3756

Email: cottonco@sbcglobal.net **Office Address:** 301 N Broadway St, Walters, OK 73572

Address: RR 1, Box 10K, Devol 73531-9705

GRADY COUNTY

Grady County Courthouse

Direct: 405.224.5211 **Email:** kthomas@gradycountyok.com

Address: 326 W. Choctaw Avenue, Chickasha, OK 73018-2614

District 1 - Mike Walker

Direct: 405.392.3171 / **Office:** 405.224.5211 **Fax:** 405.222.1053

Email: grady1@sbcglobal.net

Office Address: 326 W Choctaw Ave, Chickasha, OK 73018

Address: 720 S Sarah Rd, Tuttle 73089-8648

District 2 - Kirk Painter

Direct: 405.224.2504 / **Office:** 405.224.5211 **Fax:** 405.222.1053

Email: gradydist2@yahoo.com

Office Address: 326 W Choctaw Ave, Chickasha, OK 73018

Address: 1328 County Rd 1350, Chickasha 73018-8020

District 3 - Ralph Beard*

Direct: 580.476.3865 / **Office:** 405.224.5211 **Fax:** 405.222.1053

Email: rbeard@gradycountyok.com

Office Address: 326 W Choctaw Ave, Chickasha, OK 73018

Address: RR 1, Box 141, Rush Springs 73082-9741

JEFFERSON COUNTY

Jefferson County Courthouse

Direct: 580.228.2241 **Fax:** 580.228.3418 **Email:** jefferson@sbcglobal.net

Address: 220 N. Main, Room #101, Waurika, OK 73573-2235

District 1 - Brice Bohot

Direct: 580.439.5933 / **Office:** 580.228.2241 **Fax:** 580.228.3418

Email: jeffcodist1@hotmail.com

Office Address: 220 N. Main, Room 101, Waurika, OK 73573

Address: RR 1, Box 39B, Waurika 73573

District 2 - Ty Phillips

Direct: 580.662.2479 / **Office:** 580.228.2241 **Fax:** 580.228.3418

Email: district-jefferson@att.net

Office Address: 220 N. Main, Room 101, Waurika, OK 73573

Address: PO Box 134, Ringling 73456-0134

District 3 - Ricky Martin*

Direct: 580.662.2479 / **Office:** 580.228.2241 **Fax:** 580.228.3418

Office Address: 220 N. Main, Room 101, Waurika, OK 73573

Address: Rt. 1, Box 53A, Ryan 73565-9733

MCCLAIN COUNTY

McClain County Courthouse

Direct: 405.527.3117 **Address:** P.O. Box 629, Purcell, OK 73080-0629

District 1 - Glen Murray

Direct: 405.459.4365 / **Office:** 405.527.3117 **Fax:** 405.527.5242

Email: 1mcclaindist@gmail.com **Office Address:** PO Box 629 Purcell, OK 73080

Address: 12739 Indian Meridian Ave, Wayne 73095-3211

District 2 - Wilson Lyles

Direct: 405.288.6006 / **Office:** 405.527.3117 **Fax:** 405.527.5242

Email: mcdist2@gmail.com **Office Address:** PO Box 629 Purcell, OK 73080

District 3 - Terry Daniel

Direct: 405.527.3360 / **Office:** 405.527.3117 **Fax:** 405.527.5242

Email: mcdist3@pldi.net **Office Address:** PO Box 629 Purcell, OK 73080

STEPHENS COUNTY

Stephens County Courthouse

Direct: 580.255.4193 **Fax:** 580.255.1771 **Email:** stcocomm@cableone.net

Address: 101 S. 11th Street, Duncan, OK 73533-4798

District 1 - Kreg Murphree

Direct 580.658.2416 / **Office:** 580-255-4193 **Fax:** 580-255-1771

Email: stephens691@att.net / stcocomm@cableone.net

Office Address: 101 S 11th St #200, Duncan, OK 73533

Address: RR 3, Box 351, Marlow 73055-9596

District 2 - Todd Churchman

Direct: 580.255.6636 / **Office:** 580-255-4193 **Fax:** 580-255-1771

Email: stcod2@yahoo.com / stcocomm@cableone.net

Office Address: 101 S 11th St #200, Duncan, OK 73533

Address: 1805 W. Bois D'Arc, Duncan, OK 73533

District 3 - Russell Morgan

Direct: 580.439.2206 / **Office:** 580-255-4193 **Fax:** 580-255-1771

Email: stcocomm@cableone.net

Office Address: 101 S 11th St #200, Duncan, OK 73533

Address: 18256 N. 2810 Rd, Comanche, OK 73529

TILLMAN COUNTY

Tillman County Courthouse

Direct: 580.335.2156 **Fax:** 580.335.3795 **Email:** commoff@pldi.net

Address: P.O. Box 992, Frederick, OK 73542-0992

District 1 - Greg Petty

Direct 580.667.5298 / **Office:** 580.335.2156 **Fax:** 580.335-3795

Email: commoff@pldi.net **Office Address:** 200 E. Frederick St., Tipton, OK 73570

Address: 21432 County Rd EW 172, Tipton 73570-9475

District 2 - Joe Don Dickey*

Direct 580.335.2374 / **Office:** 580.335.2156 **Fax:** 580.335.3795

Email: commoff@pldi.net **Office Address:** 700 S. 8th St., Frederick, OK 73542

Address: 1300 S 15th, Frederick 73542-7611

District 3 - Kent Smith

Direct 580.597.2536 / **Office:** 580.335.2156 **Fax:** 580.335.3795

Email: commoff@pldi.net **Office Address:** 600 N. Bell Road, Grandfield, OK 73546

Address: 23847 County Rd EW 184, Loveland 73553-9614

* Denotes Chairman

COUNTY CLERKS

CADDO COUNTY

Patrice Dolch

Direct: 405.247.6609 **Fax:** 405.247.6510 **Email:** caddopa@outlook.com

Address: Caddo County Courthouse, P.O. Box 68, Anadarko, OK 73005

COMANCHE COUNTY

Carrie Tubbs

Direct: 580.355.5214 **Fax:** 580.357.9478 **Email:** countyclerk@comanchecounty.us

Address: Comanche County Courthouse, 315 SW 5th, Room 304, Lawton, OK 73501

COTTON COUNTY

Nikki Vardell

Direct: 580.875.3026 **Fax:** 580.875.3756 **Email:** countyclerk17@sbcglobal.net

Address: Cotton County Courthouse, 301 N. Broadway Street, Walters, OK 73572

GRADY COUNTY

Jill Locke

Direct: 405.224.7388 **Fax:** 405.222.4506 **Email:** glocke@gradycountyok.com

Address: Grady County Courthouse, P.O. Box 1009, Chickasha, OK 73023

JEFFERSON COUNTY

Traci Smith

Direct: 580.228.2029 **Fax:** 580.228.3608 **Email:** jeffersonclerk2@yahoo.com

Address: Jefferson County Courthouse, 220 N. Main St., Room #103, Waurika, OK 73573

McCLAIN COUNTY

Pam Beller

Direct: 405.527.3360 **Email:** mcclainclerk@gmail.com

Address: McClain County Courthouse, P.O. Box 629, Purcell, OK 73080

STEPHENS COUNTY

Jenny Moore

Direct: 580.255.0977 **Fax:** 580.255.0991 **Email:** sccdunok@cableone.net

Address: Stephens County Courthouse, 101 South 11th, Room 203, Duncan, OK 73534

TILLMAN COUNTY

Cacy Caldwell

Direct: 580.335.3421 ext. 43 **Fax:** 580.335.3795 **Email:** coclerkoff@pldi.net

Address: Tillman County Courthouse, P.O. Box 992, Frederick, OK 73542

CITIES AND TOWNS

CADDO COUNTY – Population: 29,600

City of Anadarko **Population: 6,762**
Direct: 405.247.2481 **Address:** P.O. Box 647, Anadarko, OK 73005-0647

Town of Apache **Population: 1,444**
Direct: 580.588.3505 **Address:** P.O. Box 390, Apache, OK 73006-0390

Town of Binger **Population: 672**
Direct: 405.656.2426 **Address:** P.O. Box 481, Binger, OK 73009-0481

Town of Bridgeport **Population: 116**
Direct: 405.542.7376 **Address:** P.O. Box 368, Hinton, OK 73047-0368

Town of Carnegie **Population: 1,723**
Direct: 580.654.1004 **Address:** P.O. Box 1075, Carnegie, OK 73015-1075

Town of Cement **Population: 530**
Direct: 405.489.3222 **Address:** P.O. Box 337, Cement, OK 73017-0337

Town of Cyril **Population: 1,059**
Direct: 580.464.2411 **Address:** P.O. Box 448, Cyril, OK 73029-0448

Town of Eakly **Population: 338**
Direct: 405.797.3252 **Address:** P.O. Box 305, Eakly, OK 73033-0305

Town of Fort Cobb **Population: 634**
Direct: 405.643.2682 **Address:** P.O. Box 328, Fort Cobb, OK 73038-0328

Town of Gracemont **Population: 318**
Direct: 405.966.2201 **Address:** P.O. Box 40, Gracemont, OK 73042-0040

Town of Hinton **Population: 3,196**
Direct: 405.542.3253 **Address:** P.O. Box 159, Hinton, OK 73047-0159

Town of Hydro **Population: 986**
Direct: 405.663.2531 **Address:** P.O. Box 248, Hydro, OK 73048-0248

Town of Lookeba **Population: 166**
Direct: 405.457.6361 **Address:** P.O. Box 73, Lookeba, OK 73053-0073

COMANCHE COUNTY – Population: 124,098

City of Cache **Population: 2,796**
Direct: 580.429.3354 **Address:** P.O. Box 466, Cache, OK 73527-0466

Town of Chattanooga **Population: 461**
Direct: 580.597.3390 **Fax:** 580.597.2598 **Email:** townofchatty@pldi.net
Address: 302 3rd Street, Chattanooga, OK 73528-0165

City of Elgin **Population: 2,156**
Direct: 580.492.5777 **Address:** P.O. Box 310, Elgin, OK 73538-0310

Town of Faxon **Population: 136**
Direct: 580.591.2455 (Mayor) **Address:** 353 8th Street, Faxon, OK 73540-0047

Town of Fletcher **Population: 1,177**
Direct: 580.549.6550 **Address:** P.O. Box 448, Fletcher, OK 73541-0448

City of Geronimo **Population: 1,268**
Direct: 580.353.5511 **Address:** 100 W Main Street, Geronimo, OK 73543-9303

Town of Indiahoma **Population: 344**
Direct: 580.246.3572 **Address:** P.O. Box 38, Indiahoma, OK 73552-003

City of Lawton **Population: 96,867**
Direct: 580.581.3301 **Address:** 212 SW 9th Street, Lawton, OK 73501-4081

Town of Medicine Park **Population: 382**
Direct: 580.529.2825 **Address:** P.O. Box 231, Medicine Park, OK 73557-0231

Town of Sterling **Population: 793**
Direct: 580.365.4445 **Address:** P.O. Box 277, Sterling, OK 73567-0277

COTTON COUNTY – Population: 6,193

Town of Devol **Population: 151**
Direct: 580.299.3393 **Address:** P.O. Box 36, Devol, OK 73531-0147

Town of Randlett **Population: 438**
Direct: 580.281.3370 **Address:** P.O. Box 173, Randlett, OK 73562-0173

Town of Temple **Population: 1,102**
Direct: 580.342.6776 **Address:** P.O. Box 40, Temple, OK 73568-0040

City of Walters **Population: 2,551**
Direct: 580.875.3337 **Address:** P.O. Box 485, Walters, OK 73572-0485

GRADY COUNTY- Population: 16,036

Town of Alex **Population: 550**
Direct: 405.785.2393 **Address:** P.O. Box 27, Alex, OK 73002-0027

Town of Amber **Population: 419**
Direct: 405.222.2175 **Address:** P.O. Box 3, Amber, OK 73004-0003

Town of Bridge Creek **Population: 340**
Direct: 405.381.9411 (Donna) **Address:** 1089 Mesa Road, Tuttle, OK 73059-9755

Town of Bradley **Population: 182**
Direct: 405.462.7581 **Address:** P.O. Box 146 Bradley, OK 73011-0146

City of Chickasha **Population: 16,036**
Direct: 405.222.6020 **Address:** 117 N. 4th, Chickasha, OK 73018-2496

City of Minco **Population: 1,632**
Direct: 405.352.4274 **Address:** P.O. Box 512, Minco, OK 73059-0512

Town of Ninnekah **Population: 1,002**
Direct: 405.222.0882 **Address:** P.O. Box 211, Ninnekah, OK 73067-0211

Town of Norge **Population: 145**
Address: P.O. Box 2454, Chickasha, OK 73023-2454

Town of Pocasset **Population: 156**
Direct: 405.459.6737 **Address:** P.O. Box 164, Pocasset, OK 73079-0164

Town of Rush Springs **Population: 1,231**
Direct: 580.476.3277 **Address:** P.O. Box 708, Rush Springs, OK 73082-0708

City of Tuttle **Population: 6,019**
Direct: 405.381.2335 **Address:** P.O. Box 10, Tuttle, OK 73089-0010

Town of Verden **Population: 530**
Direct: 405.453.7235 **Address:** P.O. Box 206, Verden, OK 73092-0206

JEFFERSON COUNTY – Population: 6,472

Town of Addington **Population: 114**
Address: P.O. Box 146 Addington, OK 73520-0146

Town of Cornish **Population: 161**
Direct: 580.662.2428 **Address:** P.O. Box 333, Ringling, OK 73456-0333

Town of Hastings **Population:** 114
Direct: 580.963.3221 **Address:** P.O. Box 67, Hastings, OK 73548-0067

Town of Ringling **Population:** 1,037
Direct: 580.662.2264 **Address:** P.O. Box 565, Ringling, OK 73456-0565

Town of Ryan **Population:** 816
Direct: 580.757.2277 **Address:** 614 Washington, Ryan, OK 73565-9563

Town of Sugden **Population:** 43
Direct: 580.313.0882 **Address:** 214 McCabe Street, Waurika, OK 73573-5198

Town of Terral **Population:** 382
Direct: 580.437.2337 **Address:** P.O. Box 399, Terral, OK 73569-0399

City of Waurika **Population:** 2,064
Direct: 580.228.2713 **Address:** 122 S. Main St, Waurika, OK 73573-3054

MCCLAIN COUNTY – Population: 34,506

City of Blanchard **Population:** 7,670
Direct: 405.485.9392 **Address:** P.O. Box 480, Blanchard, OK 73010-0480

Town of Byars **Population:** 255
Direct: 405.255.4197 (Jamie Price) **Address:** P.O. Box 251, Byars, OK 74831-0251

Town of Cole **Population:** 555
Direct: 405.485.3532 **Address:** 26887 Main Street, Blanchard, OK 73010-4611

Town of Dibble **Population:** 878
Direct: 405.344.6659 **Address:** P.O. Box 57, Dibble, OK 73031-0057

Town of Goldsby **Population:** 1,801
Direct: 405.288.6675 **Address:** 100 E. Center Rd, Goldsby, OK 73093-9112

City of Newcastle **Population:** 7,685
Direct: 405.387.4427 **Address:** P.O. Box 179, Newcastle, OK 73065-0179

City of Purcell **Population:** 5,884
Direct: 405.527.6561 **Address:** 230 W. Main, Purcell, OK 73080-4222

Town of Rosedale **Population:** 68
Direct: 405.469.4216 **Address:** 37710 Broadway Ave, Byars, OK 74831-9721

Town of Washington **Population:** 618
Direct: 405.288.2578 **Address:** P.O. Box 127, Goldsby, OK 73093-0127

Town of Wayne **Population:** 688
Direct: 405.449.3451 **Address:** P.O. Box 160, Wayne, OK 73095-0160

STEPHENS COUNTY – Population: 45,048

Town of Bray **Population:** 1,209
Direct: 580.658.2709 **Address:** 3703 Highway 29, Marlow, OK 73055-8979

Town of Central High **Population:** 1,199
Direct: 580.641.2974 **Address:** 227266 Blackburn Rd, Marlow, OK 73055-9316

City of Comanche **Population:** 1,663
Direct: 580.439.8832 **Address:** 500 N. Rodeo Drive, Comanche, OK 73529-1499

City of Duncan **Population:** 23,431
Direct: 580.252.0250 **Address:** P.O. Box 969, Duncan, OK 73534-0969

Town of Empire City **Population:** 1,029
Direct: 580.252.9059 **Fax:** 580.439.8832 **Address:** P.O. Box 445, Comanche, OK 73529-9578

Town of Loco **Population:** 122
Direct: 580.467.3660 **Address:** P.O. Box 27, Loco, OK 73442-0026

City of Marlow **Population:** 4,662
Direct: 580.658.5401 **Address:** P.O. Box 113, Marlow, OK 73055-0113

Town of Velma **Population:** 620
Direct: 580.444.3393 **Address:** P.O. Box 447, Velma, OK 73491-0447

TILLMAN COUNTY – Population: 7,992

Town of Davidson **Population:** 315
Direct: 580.568.2600 **Address:** P.O. Box 308, Davidson, OK 73530-0308

City of Frederick **Population:** 3,940
Direct: 580.335.7551 **Address:** P.O. Box 399, Frederick, OK 73542-0399

City of Grandfield **Population:** 1,038
Direct: 580.479.5215 **Address:** Drawer L, Grandfield, OK 73546-0368

Town of Hollister **Population:** 50
Address: P.O. Box 222, Hollister, OK 73551-0222

Town of Loveland **Population:** 13
Direct: 580.479.3390 **Address:** 838 Johnson Street, Loveland, OK 73553-0086

Town of Manitou **Population:** 161
Direct: 580.397.2006 **Address:** P.O. Box 40, Manitou, OK 73555-0040

Town of Tipton **Population:** 847
Direct: 580.667.5211 **Address:** 100 W. Main, Tipton, OK 73570

CHAMBERS OF COMMERCE

CADDO COUNTY

Anadarko
Direct: 405.247.6651
Address: P.O. Box 366, Anadarko, OK 73005-0366

Apache
Direct: 580.588.2093
Address: 115 Evans Ave., Apache, OK 73006-0461

Carnegie
Direct: 580.654.2121
Address: P.O. Box 96, Carnegie, OK 73015-0096

COMANCHE COUNTY

Lawton/Ft. Sill
Direct: 580.355.3541
Address: 302 W. Gore Blvd., Lawton, OK 73501

COTTON COUNTY

Temple
Direct: 580.342.5115
Address: 125 N. Commercial Street, Temple, OK 73568

Walters
Direct: 580.875.3335
Address: 116 N. Broadway St, Walters, OK 73572

GRADY COUNTY

Chickasha
Direct: 405.224.0787
Address: 221 W. Chickasha Ave., Chickasha, OK 73018

Minco
Direct: 405.352.4382
Address: P.O. Box 451, Minco, OK 73059-0451

JEFFERSON COUNTY

Waurika

Direct: 580.228.2081

Address: P.O. Box 366, Waurika, OK 73573-0366

MC CLAIN COUNTY

Newcastle

Direct: 405.387.3232

Address: P.O. Box 1006, Newcastle, OK 73065-1006

Purcell

Direct: 405.527.3093

Address: P.O. Box 923, Purcell, OK 72080-0923

STEPHENS COUNTY

Duncan

Direct: 580.255.3644

Address: P.O. Box 699, Duncan, OK 73534-0699

Marlow

Direct: 580.658.2212 or 580.641.0440

Address: 223 W. Main, Marlow, OK 73055-2439

TILLMAN COUNTY

Frederick

Direct: 580.335-2126

Address: 105 S. Main, Frederick, OK 73542-5431

ABUSE

ADULT ABUSE HOTLINE

Toll Free: 1.800.522.3511

ADULT PROTECTIVE SERVICES

Website: okdhs.org/services/aps/Pages/default

County Offices:

Caddo County	Direct: 405.247.4000
Comanche County	Direct: 580.250.3600
Cotton County	Direct: 580.875.4000
Grady County	Direct: 405.574.7400
Jefferson County	Direct: 580.228.3581
McClain County	Direct: 405.527.6511
Stephens County	Direct: 580.251.8300
Tillman County	Direct: 580.335.6800

ASCOG OMBUDSMAN

Toll Free: 1.800.658.1466 **Direct:** 580.736.7974 or 580.736.7975

Address: 802 W. Main Street/P.O. Box 1647 Duncan, OK 73534-1647

CHILD ABUSE HOTLINE

24 Hour Statewide Hotline **Toll Free:** 1.800.522.3511

ELDER ABUSE HOTLINE

Toll Free: 1.800.522.3511

ADULT DAY CARE SERVICES

COMANCHE COUNTY

Nora O'Neal Adult Day Care Center

Direct: 580.351.0207 **Website:** noraoneal.net

Address: 631 SW E Avenue, Lawton, OK 73501

Goodwill Adult Day Services

Direct: 580.248.9313 **Website:** goodwillsont.org

Address: 923 Hilltop Drive, Lawton, OK 73505

ADVOCACY SERVICES

Alcoholics Anonymous **Direct:** 405.524.1100 **Website:** aaoklahoma.org

Alzheimer's Association
Toll Free: 800.272.3900 **Direct:** 580.699.2877 **Website:** alz.org
Address: 6425 NW Cache Road, Suite 102, Lawton, OK 73505

Alzheimer's Foundation of America **Toll Free:** 866.232.8484

American Association of Retired Persons (AARP)
Toll Free: 800.424.3410 **Website:** aarp.org
Address: 8144 Walnut Hill Lane, Dallas, TX 75231-4394

American Cancer Society of Comanche County
Website: cancer.org
Address: 1320 NW Homestead Dr., Suite D, Lawton, OK 73505

American Council of the Blind
Toll Free: 800.424.8666 **Direct:** 202.467.5081 **Website:** acb.org
Address: 1703 N. Beauregard St., Suite 420, Arlington, VA 22301

American Diabetes Association
Website: diabetes.org
Address: 3000 United Founders Blvd, Ste. 108, Oklahoma City, OK 73112

Arthritis Foundation of Oklahoma
Toll Free: 800.627.5486 **Direct:** 405.936.3366 **Website:** arthritis.org/Oklahoma
Address: 710 W. Wilshire Creek, Suite 101, Oklahoma City, OK 73116

American Heart Association
Toll Free: 800.242.8721 **Website:** heart.org
Address: 5700 N. Portland, Suite 203, Oklahoma City, OK 73112

American Lung Association
Toll Free: 800.588.4872 **Direct:** 405.748.4674 **Website:** lung.org
Address: 11212 May Avenue #405, Oklahoma City, OK 73120

Centers for Disease Control and Prevention
Toll Free: 800.232.4636 **Website:** cdc.gov

Federal Bureau of Investigation (FBI) (Oklahoma City Office)
Direct: 405.290.7770 **Website:** fbi.gov

Federal Bureau of Alcohol, Tobacco and Firearms (ATF) (Oklahoma City Office)
Direct: 800.800.3855 **Website:** atf.gov

Foster Grandparent Program- Delta Community Action
Direct: 580.255.3222 **Address:** 921 Maple, Duncan, OK 73533-4117

Missing and Exploited Children National Hotline
Toll Free: 800.843.5678 **Website:** missingkids.com

National Fraud and Information Center
Toll Free: 800.876.7060 **Website:** fraud.org

National Parkinson Foundation
Toll Free: 800.473.4636 **Website:** parkinson.org

Address: 200 SE 1st Street, Suite 800, Miami, FL 33131
1359 Brodd, Ste. 1504, New York, NY 10018

National Runaway Switchboard
Toll Free: 800.786.2929 **Website:** 1800runaway.org

Oklahoma Alliance on Aging
Direct: 405.943.1895 **Website:** okdhsdrs.org/drupal/guide/Oklahoma-Alliance-aging
Address: 3200 NW 48th St., Room 2222, Oklahoma City, OK 73112-5911

Oklahoma Bureau of Narcotics and Dangerous Drugs Control
Toll Free: 800.522.8031 **Website:** ok.gov/obnndd

Oklahoma Corporation Commission
Toll Free: 800.522.8154 **Website:** occeweb.com

Oklahoma Dental Association
Toll Free: 800.876.8890 **Direct:** 405.848.8873 **Website:** okda.org
Address: 317 NE 13th Street, Oklahoma City, OK 73104

Oklahoma Environmental Quality, Spills & Complaint Hotline
Toll Free: 800.522.0206 **Website:** deq.state.ok.us

Oklahoma Highway Patrol (Lawton Office)
Direct: 580.353.0783 **Website:** dps.state.ok.us/ohp

Oklahoma Insurance Department
Toll Free: 800.522.0071 **Website:** oid.ok.gov

Oklahoma State Bureau of Investigation (OSBI – Oklahoma City Office)
Toll Free: 800.522.8017 **Website:** ok.gov/osbi

Oklahoma State Council on Aging

Direct: 405.522.3069

Address: 2401 NW 23rd St., Ste. 40, Oklahoma City, OK 73107

Oklahoma Suicide Hotline

Toll Free: 800.273.8255 **Website:** suicide.org

Suicidepreventionlifeline.org

Poison Control Center

Toll Free: 800.222.1222 **Website:** oklahomapoison.org

Senior Health Insurance Counseling

Toll Free: 800.763.2828 **Website:** medicareassistance.com

Address: 2401 NW 23rd St., Ste. 28, Oklahoma City, OK 73107-2481

Teen Dating Abuse Helpline

Toll Free: 866.331.9474 **Website:** loveisrespect.org

Toxic Chemical & Oil Spills & Terrorists Threats

Toll Free: 800.424.8802

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

Direct: 405.475.7500 **Website:** dea.gov

U.S. Marshal Service (Oklahoma City Office)

Direct: 405.231.4206 **Website:** usmarshals.gov

U.S. Secret Service (Oklahoma City Office)

Direct: 405.272.0630 **Website:** secretsservice.gov

Women's Resource Center

Direct: 405.364.9424 **Website:** wrcnormanok.com

Address: P.O. Box 5089 Norman, OK 73070-5089

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

Direct: 405.247.3871 **Address:** 115 W. Kentucky, Anadarko, OK 73005

Apache Ambulance Service

Direct: 580.588.2424 **Address:** 204 W. Evans Street, Apache, OK 73006

Carnegie Tri-County Municipal Hospital

Address: 102 S. Broadway Avenue, Carnegie, OK 73015

Cyril Ambulance Service

Direct: 405.464.2206 **Address:** 202 W. Main Street, Cyril, OK 73029

COMANCHE COUNTY

American Medical Response

Direct: 580.252.4512 **Address:** 616 N. Hwy 81, Unit 21175, Duncan, OK 73533

Comanche County Memorial Hospital Ambulance Service

Direct: 580.585.5555 **Address:** 1301 SW 30th Street, Lawton, OK 73501

Geronimo Fire Department

Direct: 580.248.8827 **Address:** 100 W. Main Street, Geronimo, OK 73543

Kirk's Ambulance Service

Direct: 580.355.6500 **Address:** 1616 SW F Street, Lawton, OK 73501

Survival Flight

Address: Comanche County Memorial Hospital

3401 W. Gore Blvd., Lawton, OK 73505

1208 Maple Street, Altus, OK 73521

INTEGRIS Baptist Medical Center

3300 NW Expy, Oklahoma City, OK 73112

GRADY COUNTY

Chickasha Fire Department EMS

Direct: 405.222.6035 **Address:** 1700 Harly Day Dr., Chickasha, OK 73018

Rush Springs EMS
Direct: 580-476-3438

Address: 201 W. Blakely, Rush Springs, OK 73082

Tuttle EMS
Direct: 405.381.2335

JEFFERSON

Waurika EMS
Direct: 580-228-7044

Address: 121 S. Main St., Waurika, OK 73573

McCLAIN COUNTY

Wadley's EMS, Inc
Direct: 405.527.5555

Address: 402 W. Washington Street, Purcell, OK 73080

STEPHENS COUNTY

American Medical Response

Direct: 580.252.4512 **Address:** 616 N. Hwy 81, Unit 21175, Duncan, OK 73533
Website: amr.net/Locations/Operations/Oklahoma/Stephens-County

Air Evacuation Life Team 25

Direct: 580-786-2549 **Address:** 2702 S. 13th Street, Duncan, OK 73533
Website: lifeteam.net

Velma Community Ambulance
Direct: 580.444.2522

ASSISTED LIVING\RETIREMENT HOMES\NURSING HOMES

CADDO COUNTY

Binger Nursing Home
Direct: 405.656.2302

Address: Highway 281 North, Binger, OK 73009

Carnegie Nursing Home
Direct: 580.654.1439

Address: 225 N. Broadway, Carnegie, OK 73015-0099

Anadarko Nursing and Rehabilitation

Direct: 405.247.3346 **Address:** 300 W. Washington Ave., Anadarko, OK 73005-0009

COMANCHE COUNTY

Benjamin O. Davis High Rise

Direct: 580.353.5242 **Address:** 620 S. E Avenue Lawton, OK 73501

Brookridge Retirement Community
Direct: 580.536.9700 **Address:** 7802 NW Quanah Parker Trailway, Lawton, OK 73505
Website: brookridgeliving.com

Cedar Crest Manor
Direct: 580.355.1616 **Address:** 1700 Ft. Sill Blvd., Lawton, OK 73507
Website: cedarcrestmanor.org

Comanche County Memorial Hospital - Nursing Transition Unit
Direct: 580.355.8620 **Address:** 3401 W. Gore Blvd., Lawton, OK 73502
Website: ccmhhealth.com

Edith Kassanavoid Gordon - Assisted Living Center
Direct: 580.699.3736 or 580.699.3749 **Address:** 1001 SE 36th St., Lawton, OK 73501

Lawton/Fort Sill Veterans Center
Direct: 580.351.6511 **Address:** 501 SE Flower Mound Road, Lawton, OK 73501
Website: odva.ok.gov/content/lawton

McMahon Tomlinson Nursing and Rehabilitation Center
Direct: 580.357.3240 **Address:** 2007 NW 52nd Street, Lawton, OK 73505
Website: ccmhonline.com/mtnc/mcmahon-tomlinson-nursing-center

Montevista Rehabilitation & Skilled Care
Direct: 580.536.2866 **Address:** 7604 Quanah Parker Trailway, Lawton, OK 73505
Website: montevistarehab.com

Ten Oaks Place
Direct: 580.353.1190 **Address:** 3610 SE Huntington Circle, Lawton, OK 73501-8445

The Chateau of Lawton - Retirement Community
Direct: 580.536.6800 **Address:** 6301 SW Lee Blvd., Lawton, OK 73505
Website: thechateauoflawton.com

The Brentwood Senior Living
Direct: 580.536.4848 **Address:** 6920 W. Lee Blvd., Lawton, OK 73505-9104
Website: thebrentwoodseniorliving.com

Willow Park Health Care Center
Direct: 580.536.1279 **Address:** 7019 NW Cache Road, Lawton, OK 73505-2707
Website: willowparkhealthcarecenter.com

COTTON COUNTY

Temple Manor Nursing Home
Direct: 580.342.6228 **Address:** 100 W. Green Avenue Temple, OK 73568

GRADY COUNTY

Sterling House of Chickasha

Direct: 405.224.8300 **Address:** 801 Country Club Road, Chickasha, OK 73018-7281

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

Chickasha Nursing Home

Direct: 405.224.3593 **Address:** 2700 S. 9th Street, Chickasha, OK 73018-6739

Grace Living Center

Direct: 405.224.6456 **Address:** 2300 W. Iowa Ave., Chickasha, OK 73018-2740

Website: gracelivingcenters.com/chickasha

Glenhaven Retirement Village

Direct: 405.224.1351 **Address:** 3003 Iowa Avenue, Chickasha, OK 73018

Website: glenhavencorp.com

Shanoan Springs Residence

Direct: 405.224.1397 **Address:** 2500 S. 12th Street, Chickasha, OK 73018-6700

Tuttle Care Center

Direct: 405.381.3363 **Address:** 104 SE 4th Street, Tuttle, OK 73089-8825

JEFFERSON COUNTY

Westbrook Healthcare, Inc.

Direct: 580.228.2363 **Address:** 1100 N. Ash, Waurika, OK 73573-1202

MCCLAIN COUNTY

Purcell Care Center

Direct: 405.527.7798 **Address:** 801 N. 6th, Purcell, OK 73080

Senior Village Nursing Home

Direct: 405.485.3315 **Address:** 1104 N. Madison, Blanchard, OK 73010-6504

Sunset Estates of Purcell, Inc.

Direct: 405.527.2122 **Address:** 915 N. 7th Ave., Purcell, OK 73080-2215

Westbrook Gardens Senior Living Community

Direct: 405-294-2952 **Address:** 1215 Westbrook Blvd., Purcell, OK 73080

STEPHENS COUNTY

Ashbrook Village Assisted Living

Direct: 580.252.8300 **Address:** 915 W. Plato Road, Duncan, OK 73533-3387

Canoe Brook Assisted Living

Direct: 580.252.3337 **Address:** 415 Chisholm Trail Pkwy., Duncan, OK 73533-2201

Chisholm Trail Assisted Living

Direct: 580.470.8700 **Address:** 625 Chisholm Trail Pkwy., Duncan, OK 73533-2299

Country Club Care

Direct: 580.255.4600 **Address:** 1904 N. Highway 81, Duncan, OK 73533-1447

Duncan Community Residence

Direct: 580.255.3926 **Address:** 1510 W. Main Street, Duncan, OK 73534-1474

Website: duncancommunityresidence.com

Gregston Nursing Home

Direct: 580.658.2319 **Address:** 711 S. Broadway Street, Marlow, OK 73055-3133

Marlow Manor

Direct: 580.658.5468 **Address:** 702 S. 9th Street, Marlow, OK 73055-3226

Meridian Nursing Home, Inc.

Direct: 580.255.5522 **Address:** RR 2, Meridian Road, Comanche, OK 73529-0126

West Wind Assisted Living

Direct: 580.658.1200 **Address:** 111 N. 9th Street, Marlow, OK 73055

Website: westwindassistedliving.com

Wilkins Nursing Center

Direct: 580.252.3955 **Address:** 1205 S. 4th, Duncan, OK 73533-7898

Website: wilkinsnursingcenter.com

TILLMAN COUNTY

Memorial Nursing Center

Direct: 580.335.7565 **Address:** 319 E. Josephine Ave., Frederick, OK 73542-2299

CENTENARIAN CLUB OF OKLAHOMA

Direct: 918.510.0150 - 24 hour cell phone **Email:** eghelmuth@aol.com

Address: 3119 S. Jamestown, Tulsa, OK 74135

CENTERS FOR INDEPENDENT LIVING

Progressive Independence

Direct: 405.321.3203 **Email:** jlhughes@progind.org

Address: 121 N. Porter Avenue, Norman, OK 73071

CHARITABLE ORGANIZATIONS

COMANCHE COUNTY

Lawton Food Bank

Direct: 580-353-7994 **Address:** 1819 SW Sheridan Rd., Lawton, OK 73505

Operation C.A.R.E. Ministries

Direct: 580.318.2490 **Email:** opcares@att.net **Website:** opcarehelps.com

221 W. Walnut, Altus, OK 73521

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

Salvation Army Corps Community Center

Direct: 580.355.1802 **Address:** 1306 E Avenue, Lawton, OK 73501-4717

Website: salvationarmyaok.org

United Way of Southwest Oklahoma

Direct: 580.355.0218 **Address:** 1116 SW A Avenue, Lawton, OK 73502

Website: uwswok.org

JEFFERSON COUNTY

Dept. of Human Services Food Closet - Jefferson County Helping Hands

Direct: 580.228.3581 **Address:** P.O. Box 180, Waurika, OK 73573

First Baptist Church, Food Bank

Address: 1001 Taylor Street, Ryan, OK 73565

First State Bank

Direct: 580.757.2221 **Address:** Ryan, OK 73565

STEPHENS COUNTY

AMBUCS (Duncan Chapter)

Direct: 580.255.5825 **Address:** P.O. Box 1354, Duncan, OK 73534-1354

Christians Concerned

Direct: 580.252.9120 **Address:** P.O. Box 811, Duncan, OK 73534-0811

Christian Helping Hands

Direct: 580.439.5712 **Address:** 608 Oak Man Ave., Comanche, OK 73529

Duncan Chisholm Trail Kiwanis Club

Address: P.O. Box 661, Duncan, OK 73534-0661

Duncan Jaycees

Address: P.O. Box 1402, Duncan, OK 73534-1402

Marlow Samaritans

Direct: 580-658-5771 **Address:** 214 W. Main, Marlow, OK 73055

Ray of Hope Church – Food Closet

Direct: 580.252.7772 **Address:** Hwy 81 & Refinery Road, Duncan, OK 73533

Website: rohchurch.org

United Way of Stephens County

Direct: 580.255.3648 **Address:** 16 S. 8th Street, Duncan, OK 73533

Website: unitedwayofsc.org

COMMUNITY ACTION PROGRAM AGENCIES

DELTA COMMUNITY ACTION FOUNDATION

Karen Nichols, Executive Director

Direct: 405.756.1100 **Address:** 308 SW 2nd Street, Lindsay, OK 73052-5404

Direct: 580.255.3222 **Address:** 921 W. Maple Duncan, OK 73533-4117

Direct: 405.238.3838 **Address:** 225 W. McClure Avenue, Pauls Valley, OK 73075-3823

GREAT PLAINS IMPROVEMENT FOUNDATION, INC.

Virginia Spencer, Executive Director

Direct: 580.353.2364 **Address:** 2 SE Lee Blvd., Suite 200, Lawton, OK 73501

RURAL ENTERPRISES COMMUNITY ACTION PROGRAM

Brent Morey, Executive Director

Direct: 580.335.5588 **Address:** 105 S. Main Street/P.O. Box 989, Frederick, OK 73542-0989

WASHITA VALLEY COMMUNITY ACTION PROGRAM

Sharlotte Key, Executive Director

Direct: 405.224.5831 **Address:** 1000 W. Minnesota Ave., Chickasha, OK 73018

COUNSELING SERVICES

COMANCHE AND SURROUNDING COUNTIES

American Cancer Society

Direct: 580.353.8145 **Address:** 1320 NW Homestead Drive, Lawton, OK 73505

Compassionate Friends – Grief Support

Direct: 580.678.9024 **Address:** 211 SW A Avenue, Lawton, OK 73501

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

Lawton 1st Assembly-DeAnn Gatlin

Direct: 580.678.6192 **Address:** 82nd and Quannah Parker Trailway, Lawton, OK

Heartbeat Grief Support Group

Direct: 580.536.7078 **Address:** Memorial Hospital Oakwood Room 4, Lawton, OK

Marie Detty Youth and Family Services

Direct: 580.250.1123 **Address:** 317 C Avenue, Lawton, OK 73501

Website: mariedetty.com

NAMI – Mental Health Support Group

Direct: 580.583.8126 **Address:** Memorial Hospital, Lawton, OK

Oklahoma Chapter of Alzheimer's Association

Direct: 580.699.2877 **Address:** 6425 NW Cache Road, Ste. 102, Lawton, OK 73505

Ostomy Support Group

Direct: 580.536.9950 **Address:** Centenary United Methodist, Lawton, OK

Silent War Foundation

Direct: 580.704.9274 **Address:** 1315 NW Sheridan Rd, Lawton, OK 73505

Taliaferro Community Mental Health Center

Direct: 580.248.5780 **Address:** 602 SW 38th Street, Lawton, OK 73505

STEPHENS AND JEFFERSON COUNTY

Gillispie Counseling Services

Direct: 580.606.6577 **Address:** 23 N. 8th Street, Duncan, OK 73533

SOUTHWEST OKLAHOMA

Christian Family Counseling Services - Duncan Office

Direct: 580.255.2458 **Address:** 101 N. 14th Street, Duncan, OK 73533

Christian Family Counseling Services - Lawton Office

Direct: 580.531.4512 **Address:** 5002 SW Lee Blvd., Lawton, OK 73505

Website: cfcok.org

Multi County Counseling

Direct: 580.581.1818 **Address:** 1719 SW 11th Street, Lawton, OK 73501

In Home Counseling provided in Comanche, Stephens and Jefferson Counties

DENTAL CARE

CADDO COUNTY

Anadarko Denture Clinic

Toll Free: 800.248.9848 **Address:** 21141 County Road 1310, Anadarko, OK 73005

COMANCHE COUNTY

Phillip L. Aday, DDS

Direct: 580-248-2225 **Address:** 1116 NW Arlington Avenue, Lawton OK 73507

Aspen Dental

Direct: 580.713.0984 **Address:** 1758 NW 92nd Street, Lawton, OK 73505

Bridges Dentistry

Direct: 580.248.6700 **Address:** 1802 NW 52nd Street, Lawton, OK 73505

Bonnie L. Burton, DDS

Direct: 580-536-2662 **Address:** 1320 NW Homestead Dr., Lawton, OK 73505

Calvary Baptist Dental Clinic

Direct: 580.353.2008 **Website:** calvarybaptistlawton.org/dental-clinic/

Wuse H. Cara, DDS

Direct: 580.355.2345 **Address:** 1116 NW Arlington, Lawton, OK 73501

William Carter, Jr., DDS

Direct: 580.357.4943 **Address:** 6740 NW Cache Road, Lawton, OK 73505

David J. Drummond, DDS
Direct: 580.355.0344 **Address:** 4006 NW Cache Road Lawton, OK 73505

David Harrell, DDS
Direct: 580.248.7333
Address: 4417 W. Gore Wolf Creek Medical Center, Suite 10, Lawton, OK 73505

Michael Jackson, DDS
Direct: 580.357.7878 **Address:** 309 NW Sheridan Road, Lawton, OK 73505

Lutz Family Dentistry
Direct: 580.355.2000 **Address:** 60 NW Sheridan, Suite 7, Lawton, OK 73505

Jack L. McKinnis
Direct: 580.357.1581 **Address:** 2101 NW Ferris Avenue, Lawton, OK 73501

Robert Miracle, DDS
Direct: 580.355.1314 **Address:** 1810 NW Ferris Avenue, Lawton, OK 73507

Andrea Montgomery, DDS
Patrick Montgomery, DDS
Direct: 580.536.3313 **Address:** 725 NW 67th Street, Duncan, OK 73505

Robert Muller, DDS
Direct: 580.536.7172 **Address:** 1301 NW 63rd Street, Lawton, OK 73501

My Dentist
Direct: 580.699-8802 **Address:** 2111 NW Cache Road, Lawton, OK 73505

Ocean Dental
Direct: 580.595.9492 **Address:** 5314 NW Cache Road, Lawton, OK 73505

Sheppard Family Dental Care
Direct: 580-355-3065 **Address:** 4206 SW Lee Blvd., Lawton, OK 73505

Brett R. Warn, DDS
Direct: 580.248.4224 **Address:** 5103 NW Cache Road, Lawton, OK 73505

GRADY COUNTY

29th Street Dental Care
Direct: 405.222.0222 **Address:** 2900 W. Grand Avenue, Chickasha, OK 73018

Richard L. Johnson
Direct: 405.222.0900 **Address:** 621 W. Grand Avenue, Chickasha, OK 73018

STEPHENS COUNTY

William Beeson, DDS

Direct: 580.252.7502

Address: 2815B W. Elk Avenue, Duncan, OK 73533

Gerald D. Davis, DDS

Gerrad D. Davis, DDS

Direct: 580.255.3570

Address: 1309 Jackie Road, Duncan, OK 73533

My Dentist

Direct: 580-252-2056

Address: 1408 N. Highway 81, Duncan, OK 73533

Steven W. Gregg, DDS

Direct: 580.252.5480

Address: 1022 W. Main Street, Duncan, OK 73533

Michael E. Nelson, DDS

Direct: 580.252.4293

Address: 2025 W. Elk Avenue, Duncan, OK 73533

Matthew Bridges, DDS

Direct: 580.255.4880

Address: 2035 W. Elk, Duncan, OK 73533

Rob Schick, DDS

Direct: 580.255.6621

Address: 1007 W. Oak Avenue, Duncan, OK 73533

Scott Family Dentistry

Direct: 580.658.5464

Address: 1919 S. Broadway, Marlow, OK 73055

Jay Lynn White, DDS

Direct: 580.252.9422

Address: 1502 W. Main Street, Duncan, OK 73533

DEVELOPMENTAL DISABILITY SERVICE PROVIDERS

Apex

Direct: 405.247.7377

Email: office@apexok.com

Address: P.O. Box 804, Anadarko, OK 73005-0804

Goodwill Industries of Southwest Oklahoma

Direct: 580.355.2163

Email: jcrews@goodwillsont.org

Address: 1210 SW Summit, Lawton, OK 73501

Ability First

Direct: 580.252.8000

Email: dgh73533@sbcglobal.net

Address: 1301 W. Main Street, Duncan, OK 73533

DISABILITY SERVICES

Central Oklahoma Association for the Deaf

Direct: 405.241.5882 **Address:** 4501 Classen Blvd., #109, Oklahoma City, OK 73118

Website: occf.org

Disabled American Veterans

Direct: 405.521.0758

Address: 2311 N. Central Avenue, Suite 1000B, Oklahoma City, OK 73105

Website: okdav.org

Duncan Group Homes/Think Ability First

Direct: 580.252.8000 **Address:** 1301 W. Main Street, Duncan, OK 73533

Website: thinkability

Oklahoma Department of Rehabilitation

Toll Free: 800.845.8476 **Direct:** 405.951.3400

Address: 3535 NW 58th Street, Ste. 500, Oklahoma City, OK 73112-4824

Website: okdrs.gov

Office of Disability Concerns

Toll Free: 800.522.8224 **Direct:** 405.521.3756

Address: 1111 N. Lee Ave., Suite 500, Oklahoma City, OK 73103

Website: ok.gov/odc

Oklahoma Library for the Blind and Physically Handicapped

Toll Free: 800.523.0288 **Direct:** 405.521.3514

Address: 300 NE 18th Street, Oklahoma City, OK 73105-3296

Website: library.state.ok.us

Services to the Deaf and Hearing Impaired

Toll Free: 800.833.8973 **Direct:** 405.522.7930

Address: 2401 NW 23rd, Suite 51, Oklahoma City, OK 73107-2431

Email: SDHH@okdrs.gov

Visual Services Department of Rehabilitation

Toll Free: 800.845.8476 **Direct:** 405.951.3400 **Email:** klohr@okdrs.gov

Address: 3535 NW 58th Street, Ste. 500, Oklahoma City, OK 73112-4824

DISASTER PREPAREDNESS

AARP Foundation Disaster Preparedness Tips for Seniors - Disaster Plan Video

Website: aarp.org/aarp-foundation/our-work/housing/info-2012/emergency-disaster-preparedness-plans-for-seniors.html#.VQtvBSH71SA.mailto

Emergency Preparedness

Website: ready.gov/

Oklahoma Emergency Management (OEM)

Provides tips on Creating an Emergency Plan; Winter Weather Safety; Wildfire Safety; Tornado Safety; Flood Safety; Lightning Safety; Earthquake Safety

Direct: 405.521.2481 **Website:** ok.gov/oem/

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

OK-WARN for Hearing Impaired/Deaf

OK-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 difficulty receiving lifesaving warnings.

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

Website: ok.gov/OEM/Programs_&_Services/OK-WARN/

DOMESTIC VIOLENCE/SEXUAL ABUSE/SEXUAL ASSAULT

Domestic Violence Hotline

Toll Free: 800.799.8233 **Website:** thehotline.org

Domestic Violence & Rape Hotline - Jefferson & Stephens Counties

Direct: 580.252.4357

Marie Detty New Directions Women's Shelter

Direct: 580.357.6141 **Address:** 317 C Avenue, Lawton, OK 73502

Website: mariedetty.com

Safe Center

Direct: 580.252.5324 **Address:** P.O. Box 555, Duncan, OK 73534-0555

Women's Resource Center, Inc.

Direct: 405.364.9424 **Address:** P.O. Box 5089, Norman, OK 73070

Website: wrcnormanok.com

EDUCATION

ASCOG AREA UNIVERSITIES

CAMERON UNIVERSITY

Dr. John McArthur, President

Direct: 580.581.2230 **Website:** cameron.edu

Address: 2800 W. Gore Blvd., Lawton, OK 73505-6377

UNIVERSITY OF SCIENCE & ARTS OF OKLAHOMA

Dr. John Feaver, President

Direct: 405.224.3140 **Website:** usao.edu/

Address: 1727 W. Alabama, Chickasha, OK 73018-3871

CAMERON UNIVERSITY – DUNCAN

Susan Camp, Administrator

Direct: 580.255.7566 **Website:** cameron.edu/duncan/services

Address: 3100 W. Bois D’Arc Avenue, Duncan, OK 73533-2709

ASCOG AREA TECHNOLOGY CENTERS

CADDO KIOWA

Tony Handcock, Superintendent

Direct: 405.643.5511 **Address:** P.O. Box 190, Fort Cobb, OK 73038-0190

Website: caddokiowa.com

CANADIAN VALLEY - CHICKASHA CAMPUS

Ronnie Bogle, Campus Director

Direct: 405.224.7220 **Address:** 1401 Michigan Avenue, Chickasha, OK 73018-2199

Website: cvtech.edu/

GREAT PLAINS

Dr. Tom Thomas, Superintendent

Direct: 580.355.6371 **Address:** 4500 SW Lee, Lawton, OK 73505-8399

Website: greatplains.edu

GREAT PLAINS TILLMAN/KIOWA COUNTIES CAMPUS

Clarence Fortney, Director

Direct: 580.335.5525 **Address:** 2001 E. Gladstone Avenue, Frederick, OK 73542-4645

Website: greatplains.edu/tillman-kiowa-campus

MID-AMERICA TECHNOLOGY CENTER

Dusty Ricks, Superintendent

Direct: 405.449.3391 **Address:** P.O. Box H, Wayne, OK 73095-0210

Website: matech.edu

RED RIVER TECHNOLOGY CENTER

Dennis Loafman, Superintendent

Direct: 580.255.2903 **Address:** P.O. Box 1807, Duncan, OK 73534-1807

Website: rrtc.edu

ELDERCARE

Toll Free: 800.677.1116

EMERGENCY ASSISTANCE

STATE OF OKLAHOMA

Temporary Assistance for Needy Families (TANF)

Toll Free: 866.411.1877

COMANCHE COUNTY

Chattanooga Police Chief: Rob Stallcup

Direct: 580.512.9122 **Email:** chattychief@pldi.net

Address: P.O. Box 165, 302 3rd St., Chattanooga, OK 73528

STEPHENS COUNTY

Christian’s Concerned

Direct: 580.252.9120 **Address:** P.O. Box 811, Duncan, OK 73533

Corey’s Hands of Hope

Direct: 580.786.0038 **Address:** 516 N. 7th Street, Duncan, OK 73533

Marlow Samaritans

Direct: 580.658.5771 **Address:** 214 W. Main Street, Marlow, OK 73055

EMERGENCY MANAGEMENT SERVICES

American Red Cross – Great Plains Chapter

Address: 6 SE Lee Blvd., Lawton, OK 73501 **Website:** redcross.org

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

American Red Cross – Heart of Oklahoma Chapter

Direct: 405.321.0591 **Address:** 1205 Halley Avenue, Norman, OK 73069

Website: redcross.org **County Served:** McClain

American Red Cross – Canadian Valley Chapter

Direct: 405.262.5760

Address: 401 S. Grand Avenue, El Reno, OK 73036

Website: redcross.org

County Served: Caddo

American Red Cross – Central Oklahoma Chapter

Direct: 405.228.9500

Address: 601 NE 6th Street, Oklahoma City, OK 73104

Website: redcross.org

County Served: Grady

EYE CARE

COMANCHE COUNTY

Advanced Eye Site

Direct: 580.353.2015

Address: 3414 NW Cache Road, Suite E, Lawton, OK 73505

Complete Eye Care

Direct: 580.355.2020

Address: 4250 NW Cache Road, Lawton, OK 73505

Complete Eye Care

Direct: 580.248.5280

Address: 409 SW C Avenue, Lawton, OK 73501

Eye Care on Gore

Direct: 580.355.3036 or 580.248.EYES

Address: 1415 W. Gore Blvd., Lawton, OK 73502

Family Vision Clinic

Direct: 580.355.1298

Address: 1302 SW C Avenue, Lawton, OK 73501

Dean Nolan, OD

Direct: 580.353.2015

Address: 3414 NW Cache Road, Suite E, Lawton, OK 73505

Richard S. Swales, OD

Direct: 580.357.6911

Address: 2518 West Gore Blvd., Lawton, OK 73505

Lawton Noon Lions

President: Yasmin Malone

Direct: 580.917.3812

Address: 920 S. Sheridan Rd., Lawton, OK 73505

Comanche Fairgrounds, Great Plains Coliseum

Brett Wagner, OD

Direct: 580.536.0000

Address: 5606 SW Lee Blvd., Suite 301, Lawton, OK 73505

STEPHENS COUNTY

Jody W. Atchley, OD

Jeffrey W. Edwards

Direct: 580.255.9717

Address: 2204 N. Hwy 81, Duncan, OK 73533

Brendhan Fritts, OD PC

Direct: 580.255.1346

Address: 14 S. 8th Street, Duncan, OK 73533

Ronny M. LaQuey, OD FAAO

Direct: 580.255.0249

Address: 2120 W. Elk Avenue, Suite 1 Duncan, OK 73533

Miller Eye Care

Direct: 580.255.2501

Address: 1311 Jackie Road, Duncan, OK 73533

Donald C. Rice, OD

Direct: 580.255.0988

Address: 1320 W. Main, Duncan, OK 73533

Timothy P. Walker OD

Direct: 580.255.7399

Address: 1601 Jones, Duncan, OK 73533

Wesley J. Walker, OD

Direct: 580.658.6664

Address: 405 S. Broadway, Marlow, OK 73055

FOOD PANTRIES

CADDO COUNTY

Apache Ministerial Alliance

Direct: 580.588.2426

Address: First United Methodist, Apache, OK 73006

Christian Center of Anadarko, Anadarko, OK 73005

COMANCHE COUNTY

Armed Services YMCA, Lawton, OK 73501

Direct: 580.355.5520

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

Direct: 580.354.9266

Centenary United Methodist Church

Direct: 580.355.5660

4th Saturday of the month

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

Direct: 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, OK 73505
Direct: 580.353.7994

Lunch House of Bread Ministries
Direct: 580.248.8519 or 580.514.5102 **Address:** 1415 SW Wisconsin, Lawton, OK
4th Saturday of the month 1:30 – 3:30

Salvation Army Corps Community Center
Direct: 580.355.0399 **Address:** 1306 E Avenue, Lawton, OK 73501-4717

St. John's Baptist – Food Ministry
Direct: 580.357.3742 **Address:** 504 SW N H Jones Ave.
6 days a week 11:30 – 12:30

COTTON COUNTY

Cotton County Community Action Development Corporation, Temple, OK 73568
Direct: 580.342.6967

First Baptist Church, Walters, OK 73572
Direct: 580.875.3341

GRADY COUNTY

First Baptist Church, Chickasha, OK 73018
Direct: 405.224.5196

Salvation Army Chickasha, OK 73018
Direct: 405.224.5647

Southern Oaks Church of Christ Chickasha, OK 73018
Direct: 405.224.1821

JEFFERSON COUNTY

Community Action Development Corp, Ryan, OK 73565
Direct: 580.757.2235

Oklahoma Department of Human Services, Waurika, OK 73573
Direct: 580.228.3581

MCCLAIN COUNTY

Community Center, Dibble, OK 73031
Direct: 405.344.6789

Fervent Fire Ministries, Blanchard, OK 73010
Direct: 405.485.3777

Goldsby Baptist Church, Goldsby, OK 73093
Direct: 405.288.2514

McClain County Salvation Army, Purcell, OK 73080
Direct: 405.573.5081

Memorial Assembly of God Purcell, OK 73080
Direct: 405.527.2769

STEPHENS COUNTY

Assumption Catholic Church, Duncan, OK 73533
Direct: 580.255.0590

Chisholm Trail, Duncan, OK 73533
Direct: 580.255.7038

Christian Helping Hands,
608 Oak Main, Comanche, OK 73529
Direct: 580.439.5712

Compassion Care Center,
802 N. 10th, Duncan, OK 73533
Direct: 580.255.2650

Immanuel Baptist Church, Duncan, OK 73533
Direct: 580.255.0467

Oklahoma Department of Human Service, Duncan, OK 73533
Direct: 580.251.8300

Ray of Hope Ministries, Comanche, OK 73529
Direct: 580.252.7772

Rescue Mission, Duncan, OK 73533
Direct: 580.255.4679

TILLMAN COUNTY

First Baptist Church, Frederick, OK 73542
Direct: 580.335.2166

FUNERAL SERVICES

CADDO COUNTY

Crews Funeral Home

Direct: 580.588.3366

Website: crewsfh.com

Address: 122 E. Floyd Street, Apache, OK 73006

Cyril Funeral Home

Direct: 405.464.2222

Website: crewsfh.com

Address: 5th & Nebraska, Cyril, OK 73029

Fort Cobb Funeral Home

Direct: 405.643.2622

Address: 306 N. 3rd Street, Fort Cobb, OK 73038

Hinton-Turner Funeral Home

Direct: 405.542.3222

Website: turnerfh.net

Address: 123 W Park Street, Hinton, OK 73047

Ray & Martha's Funeral Home

Direct: 580.726.5800

Website: rayandmarthas.com

Address: 20 W. Main Street, Carnegie, OK 73015

Smith Funeral Chapel

Direct: 405.247.3701

Website: smithfuneralservices.com

Address: 301 W. Oklahoma, Anadarko, OK 73005

Ray & Martha's Funeral Home

Direct: 405.247.6750

Website: rayandmarthas.com

Address: 1115 S. Mission, Anadarko, OK 73005

Turner Funeral Home

Direct: 405.656.2240

Website: turnerfh.net

Address: 114 N Broadway, Binger, OK 73009

COMANCHE COUNTY

Becker-Rabon Funeral Home

Direct: 580.353.3030

Website: beckerfuneral.com

Address: 1502 Ft. Sill Blvd., Lawton, OK 73507

Cache Funeral Home

Direct: 580.429.0211

Address: 407 W. D Avenue, Cache, OK 73527

Comanche Nation Funeral Home

Direct: 580.351.0045

Address: 2701 SW J Street, Lawton, OK 73505

Lawton Ritter Gray Funeral Home

Direct: 580.353.2940 **Address:** 632 SW C Avenue, Lawton, OK 73501

Website: grayfuneral.com

Miller's Mortuary

Direct: 580.353.9945 **Address:** 15 NW Dearborn Avenue, Lawton, OK 73507

Sunset Memorial Gardens

Direct: 580.536.1065 **Address:** 8900 NW Cache Road, Lawton, OK 73505

Whinery Huddleston Funeral Service

Direct: 580.536.0211 **Address:** 6210 NW Cache Road, Lawton, OK 73505

Website: whineryhuddleston.com

GRADY COUNTY

Callaway-Smith-Cobb Chapel

Direct: 580.476.3403 **Address:** 326 W. Blakely, Rush Springs, OK 73082

Website: callawaysmithcobb.com

Brown Thomas Funeral Home

Direct: 405.224.7258 **Address:** 401 S. 1st Street, Chickasha, OK 73018

Ferguson Funeral Home

Direct: 405.224.1344 **Address:** 804 Utah, Chickasha, OK 73018

Website: ferguson-funeralhome.com

Huber Benson Funeral Home

Direct: 405.352.4355 **Address:** 301 N. 3rd Street, Minco, OK 73059

McRay Funeral Home

Direct: 405.224.4141 **Address:** 110 S. 8th Street, Chickasha, OK 73018

Website: mcrayfuneralhome.com

Sevier Funeral Home, Inc.

Direct: 405.224.4266 **Address:** 702 W. Chickasha Avenue, Chickasha, OK 73018

JEFFERSON COUNTY

Alexander Funeral Home

Direct: 580.662.2476 **Address:** 214 E Main Street, Ringling, OK 73456

Website: alexanderfuneralhome.org

Dudley Funeral Home

Direct: 580.757.2401 **Address:** 525 Washington Street, Ryan, OK 73563

Website: dudleyfuneralhomes.com

Dudley Funeral Home
Direct: 580.228.3535 **Address:** 414 W. Elm, Waurika, OK 73573
Website: dudleyfuneralhomes.com

Spivey-Reser Funeral Home
Direct: 580.662.2255 **Address:** 108 E. Main Street, Ringling, OK 73456

MCCLAIN COUNTY

Eisenhour Funeral Home
Direct: 405.485.3311 **Address:** 2500 N. Council Avenue, Blanchard, OK 73010
Website: eisenhourfh.com

Wadley's Funeral Service, Inc.
Direct: 405.527.6687 **Address:** 303 W. Washington Street, Purcell, OK 73080
Website: wadleysfuneralservice.com

Wilson-Little Funeral Home
Direct: 405.527.6543 **Address:** 127 S. Canadian Street, Purcell, OK 73080
Website: wilsonlittle.com

STEPHENS COUNTY

Bailes-Polk-Brooks Funeral Home
Direct: 580.255.5252 **Address:** 910 W. Oak Avenue, Duncan, OK 73533
Website: bailesPolkfuneralhome.com

Callaway-Smith-Cobb Funeral Home
Direct: 580.658.5455 **Address:** 415 W. Main Street, Marlow, OK 73055
Website: callawaysmithcobb.com

Carter-Smart Funeral Home
Direct: 580.255.2766 **Address:** 1316 W. Oak Avenue, Duncan, OK 73533
Website: cartersmartfuneralhome.com

Don Grantham Funeral Home
Direct: 580.255.6666 **Address:** 1502 N. Hwy 81, Duncan, OK 73533
Website: granthamfuneralhomes.com

Dudley Funeral Home
Direct: 580.439.8822 **Address:** 203 Church Avenue, Comanche, OK 73529
Website: dudleyfuneralhomes.com

Whitt Funeral Services
Direct: 580.252.2244 **Address:** 3720 N. Hwy 81, Duncan, OK 73533
Website: whitffh.com

TILLMAN COUNTY

Gray Funeral Home

Direct: 580.479.5258

Address: 202 SW 2nd Street, Grandfield, OK 73546

Website: grayfuneral.com

Gray Gish Funeral Home

Direct: 580.335.2112

Address: 111 N. 11th Street, Frederick, OK 73542

Website: tiptonfuneralhome.com

Jackson Funeral Home

Direct: 580.335.7447

Address: First & Gladstone, Frederick, OK 73542

Website: jacksonfuneral.net

Tipton Funeral Home

Direct: 580.667.5241

Address: 220 E. Main, Tipton, OK 73570

Website: 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 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

Direct: 580.248.0471

Address: 3501 Dr. Elsie Hamm Drive, Lawton, OK 73505

Heartland Healthcare

Caregivers Support Program

Toll Free: 800.353.2905 **Direct:** 580.353.9800

Address: 1608 NE Euclid, Lawton, OK 73507

MaddieLuke

Toll Free: 855-9MADDIE (855.962.3343)

Email: pete.goldring@maddieluke.com

Address: 1313 Ash, Suite 102, Duncan, OK 73533

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 provide assistance 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

HEALTH CARE PROVIDERS

CADDO COUNTY

Caddo County Health Department

Direct: 405.247.2507 **Address:** 216 W. Broadway, Anadarko, OK 73005-3810

Carnegie Tri-County Municipal Hospital

Direct: 580.654.1050 **Address:** 102 N. Broadway, Carnegie, OK 73015

Website: carnegiehospital.org

COMANCHE COUNTY

Cancer Centers of Southwest Oklahoma

Direct: 580.536.2121 **Address:** 104 NW 31st Street, Lawton, OK 73505

Comanche County Health Department

Direct: 580.248.5890

Address: 1010 SW Sheridan Road, P.O. Box 87, Lawton, OK 73502

Comanche County Memorial Hospital

Direct: 580.355.8620 **Address:** 3401 W. Gore Blvd., Lawton, OK 73502-1209

Website: ccmhhealth.com

Reynolds Army Hospital

Direct: 580.558.2800 **Address:** 4301 Wilson Street, Ft. Sill, OK 73503-6300

Website: rach.sill.amedd.army.mil

Southwest Medical Center

Direct: 580.531.4700 **Address:** 5602 SW Lee Blvd., Lawton, OK 73505-1290

Website: swmconline.com

USPHS Lawton Indian Hospital

Direct: 580.353.0350 **Address:** 1515 NE Lawrie Tatum Road, Lawton, OK 73507-3002

Website: swmconline.com

COTTON COUNTY

Cotton County Health Department

Direct: 580.875.6121(main) 580.875.6122

Address: 1501-A South 7th Street, Walters, OK 73572-1024

GRADY COUNTY

Grady County Health Department

Direct: 405.224.2022 **Address:** 2116 W. Iowa Ave., Chickasha, OK 73018-2736

Grady Memorial Hospital

Direct: 405.224.2300 **Address:** 2220 W. Iowa Ave., Chickasha, OK 73018-2738

Website: gradymem.org

HARMON COUNTY

Shortgrass Community Health Center, Inc.

Direct: 580.688.3314 **Fax:** 580.688.2193

Address: 400 E. Sycamore, P.O. Box 311, Hollis, OK 73550

JEFFERSON COUNTY

Jefferson County Health Department

Direct: 580.228.2313 **Address:** 107 E. Anderson, Waurika, OK 73573-3000

Jefferson County Hospital

Direct: 580.228.2334 **Address:** Hwy. 70 81, P.O. Box 90, Waurika, OK 73573-0090

Website: jeffersoncountyhospital.net

MCCLAIN COUNTY

McClain County Health Department

Direct: 405.527.6541 **Address:** 919 N. 9th Avenue, Suite 3, Purcell, OK 73080-2028

McClain County Health Department

Direct: 405.485.3319 **Address:** 107 S. Main, Blanchard, OK 73010

Purcell Municipal Hospital

Direct: 405.527.6524 **Address:** 1500 N. Green Avenue, Purcell, OK 73080-0511

Website: purcellhospital.com

STEPHENS COUNTY

Cancer Centers of Southwest Oklahoma

Direct: 580.251.6600 **Address:** 2110 Duncan Regional Loop Road, Duncan, OK 73533

Compassion Care Center

Direct: 580.255.2650 **Address:** 802 N. 10th Street, Duncan, OK 73533-4132

Duncan Regional Hospital

Direct: 580.252.5300 **Address:** 1407 Whisenant Drive, Duncan, OK 73534-2000

Website: duncanregional.com

Sanford Children's Clinic

Direct: 580.252.9600 **Address:** 2502 W. Elk Avenue, Duncan, OK 73533

Stephens County Health Department

Direct: 580.252.0270 **Address:** 1401 W. Bois D'Arc, Duncan, OK 73533-4825

Solutions Practice Management

Direct: 580.251.8281 **Address:** 2210 Duncan Regional Loop Road, Duncan, OK 73533

Solutions Practice Management

Direct: 580.444.2630 **Address:** Velma, OK 73533

Urgent Med

Direct: 580.252.1911 **Address:** 2004 N. Hwy 81, Duncan, OK 73533

Website: urgent-med.com

TILLMAN COUNTY

Memorial Hospital & Physicians Group

Direct: 580.335.7565 **Address:** 319 E. Josephine Avenue, Frederick, OK 73542-2220

Website: frederickhospital.org

Tillman County Health Department

Direct: 580.335.2163 **Address:** 1500 N. Main Street, Frederick, OK 73542-1421

HEARING AID ASSISTANCE PROGRAMS

Reynolds Army Community Hospital (RACH) Audiology

Direct: 580.558.2235

Military Retirees can buy their hearing aids at a significant savings.

Audient National Program **Toll Free:** 866.956.5400 ext. 2

Lions Club

Check your local listing for telephone number in your area

Vocational Rehabilitation **Toll Free:** 800.487.4042

Starkey Hearing Foundation

Toll Free: 800-328-8602 866.354.3254 **Fax:** 952-947-4997

Address: 6700 Washington Ave. South, Eden Prairie, MN 55344

Website: starkeyhearingfoundation.org

HOME HEALTH/DAILY LIFE ASSISTANCE PROVIDERS

CADDO COUNTY

Advanced Home Care Services

Direct: 580.772.1000/580.772.1003

Address: 1104 N. Washington Ave., Weatherford, OK 73096

Family Faith Hospice, Inc.

Direct: 405.247.9526

Address: 804 Wyman Court, Anadarko, OK 73005

HealthBack Home Health

Direct: 405.247.6864

Address: 420 S. 22nd St., Chickasha, OK 73018

Website: healthback.com

COMANCHE COUNTY

AGAPE Home Health Agency

Direct: 580.351.2273

Address: 207 SW C Avenue, Lawton, OK 73501-4648

Angels Care Home Health

Direct: 580.248.0186

Address: 4645 W. Gore Blvd., Suite C, Lawton, OK 73505

Website: angelscarehealth.com

Aspire Home Care

Toll Free: 580.510.8006

Address: 7205 W. Gore Blvd., Lawton, OK 73505

Website: aspirehomecare.com

Comanche County Memorial Home Health

Direct: 580.585.5575 **Address:** 3126 NW Arlington Ave., Lawton, OK 73505

Website: ccmhonline.com/home-health

Entrusted Hearts

Direct: 580.355.2440 **Address:** 60 NW Sheridan Road, #8, Lawton, OK 73505

Faith Hospice

Direct: 580.353.2711 **Address:** 1836 NW 52nd Street, Lawton, OK 73501

Website: faithhospice.com

Gentiva Health Services

Direct: 580.248.9998 **Address:** 2210 Gore Blvd., Ste. 3, Lawton, OK 73501-3652

HealthBack Home Health of Lawton

Direct: 580.353.3332 **Address:** 1220 NW 31st, Suite 101, Lawton, OK 73505

Website: healthback.com

Quantum Health Care

Direct: 580.248.8481 **Address:** 6302 SW Lee Blvd., Lawton, OK 73505

Website: quantumhomehealthcare.com

Ross Healthcare

Direct: 580.353.1206 **Address:** 1919 W. Gore Blvd Lawton, OK 73501

Website: rosshc.com

Southwestern Home Health

Direct: 580.248.7060 **Address:** 1908 E. Gore Blvd., Suite A, Lawton, OK 73501

Website: swhomehealth.com

COTTON COUNTY

Aspire Home Care

Toll Free: 855.527.7473 **Address:** 120 S. Broadway, Walters, OK 73572

Website: aspirehomecare.com

Personal Touch Home Health

Direct: 580.875.3702 **Address:** 230 E. Missouri Street, Walters, OK 73572

Therapy Link

Direct: 580.591.6288 **Address:** P.O. Box 614, Walters, OK 73572-0614

GRADY COUNTY

Faith Hospice

Direct: 405.224.1763 **Address:** 420 S. 22nd Street, Suite B, Chickasha, OK 73018

Website: faithhospice.com

HealthBack Home Health

Direct: 405.224.3366

Address: 420 S. 22nd Street, Chickasha, OK 73018

Website: healthback.com

Lifeline Home Health Care

Direct: 405.224.4891

Address: 1701 W. Iowa, Chickasha, OK 73018

Website: lifelinehomehealthhospice.com

Lifeline Hospice

Direct: 405.224.4891

Address: 1701 W. Iowa, Chickasha, OK 73018

Website: lifelinehomehealthhospice.com

Ross Health Care

Direct: 405.224.0012

Address: 328 S. 28th Street, Chickasha, OK 73018

Website: rosshc.com

JEFFERSON COUNTY

Angels Care Home Health

Direct: 580.228.3545

Address: 210 S. Main Street, Waurika, OK 73573-3056

Website: angelscarehealth.com

Good Health Care Professionals, Inc

Direct: 580.757.2282

Address: 1006 6th Street, Ryan, OK 73565

MCCLAIN COUNTY

Florence Night and Day

Toll Free: 800.684.3570

Direct: 405.213.0247

Address: 2830 NW 32nd Street, Suite 302, Newcastle, OK 3065

Website: flo247.com

HealthBack Home Health

Direct: 405.527.0027

Address: 519 W. Delaware Street, Purcell, OK 73080

Website: healthback.com

STEPHENS COUNTY

A Premier Home Health Company

Direct: 580.366.4237

Address: 1408 W. Elder, Duncan, OK 73533

Website: apremierhealth.com

ASCOG Managed Care

Direct: 580.252.0595

Address: 802 Main Street, P.O. Box 1647, Duncan, OK 73534-1647

Website: ascog.org

Aspire Home Care
Toll Free: 855.527.7473 **Address:** 121 S. Broadway, Marlow, OK 73055
Website: aspirehc.com

Chisholm Trail Hospice
Direct: 580.251.8764 **Address:** 2000 W. Elk Avenue, Duncan, OK 73533-1642
Website: duncanregional.com/hospice

Choice Home Health
Direct: 580.252.9909 **Address:** 1501 Brookwood, Duncan, OK 73533

Duncan Regional Hospital Home Health Care
Direct: 580.251.8752 **Address:** 2000 W. Elk Avenue, Duncan, OK 73533-1642
Website: duncanregional.com/hospice

Faith Hospice
Direct: 580.251.9853 **Address:** 12 S. 8th Street, Duncan, OK 73533
Website: faithhospice.com

Health Watch
Direct: 580.251.9536 **Address:** 2124 N. Hwy. 81, Duncan, OK 73533
Website: healthwatchok.com

Mays Housecall Home Health, Inc.
Direct: 580.251.9536 **Address:** 2124 N. Hwy. 81, Duncan, OK 73533
Website: mayshomecare.com

Peters Agency
Direct: 580.470.8678 **Address:** 1935 W. Elk Avenue, Duncan, OK 73533

TILLMAN COUNTY

Aspire Home Health
Toll Free: 855.527.7473 **Address:** 1315 N. 12th Street, Frederick, OK 73542
Website: aspirehc.com

HOMELESS SHELTERS

COMANCHE COUNTY

C. Carter Crane Emergency Homeless Shelter

Direct: 580.248.0936 **Address:** 1203 SW Texas Avenue, Lawton, OK 73501

Website: gpif-caa.org

Family Assistance Center

Address: P.O. Box 183, Lawton, OK 73502

Family Promise

Direct: 580.699.2821/580.353.7522 **Address:** 910 SW E Avenue, Lawton, OK 73501

Website: familypromiseoflawton.org

Great Plains Improvement Foundation

Direct: 580.248.0936 **Address:** 2 S. Lee Blvd, Suite 200, Lawton, OK 73501

Website: gpif-caa.org

House of Bread Ministries Church Homeless Outreach

Direct: 580.248.8519 **Address:** 1415 SW Wisconsin Avenue, Lawton, OK 73501

New Directions Women's Shelter

Direct: 580.250.1123 **Address:** 317 SW C Avenue, Lawton, OK 73501

Website: mariedetty.com

Salvation Army Corps Community Center

Direct: 580.355.1802 **Address:** 1306 SW E Avenue, Lawton, OK 73501-4717

Website: salvationarmyaok.org

GRADY COUNTY

Resurrection House

Direct: 405.224.5413

Address: 910 W. Chickasha Avenue, Chickasha, OK 73018

JEFFERSON COUNTY

Women's Haven

Direct: 580.252.4357 **Address:** P.O. Box 555, Duncan, OK 73534-0555

STEPHENS COUNTY

Women's Haven

Direct: 580.252.4357 **Address:** P.O. Box 555, Duncan, OK 73534-0555

HOUSING

CADDO COUNTY

Anadarko Housing Authority

Direct: 405.247.3110 **Address:** 615 E. Texas Dr., Anadarko, OK 73005-5207

Apache Housing Authority

Direct: 580.588.3664 **Address:** 103 Coblake St., Apache, OK 73006

Cement Housing Authority

Direct: 405.489.3674 **Address:** 122 S. 1st Street, Cement, OK 73017

Cedar Ridge Apartments

Toll Free: 580.252.5038 **Address:** 403 W. Locust, Binger, OK 73009

Cyril Housing Authority

Direct: 580.464.2439 **Address:** 101 Chandler Dr., Cyril, OK 73029

Caddo Indian Housing Authority

Direct: 405.966.2203 **Address:** 21 Halfmoon Circle, Gracemont, OK 73042

Elms

Direct: 405-247-1020 **Address:** 319 W. Oklahoma Avenue, Anadarko, OK 73005

Fort Cobb Housing Authority

Direct: 405.643.2111 **Address:** 10 Thames Circle, Fort Cobb, OK 73038

Housing Authority of Apache Tribe

Direct: 405.247.7305 **Address:** 211 N. Country Club Road, Anadarko, OK 73005-2234

Hydro Housing Authority

Direct: 405.663.2326 **Address:** 501 W. 4th Street, Hydro, OK 73048-8752

Knox House and Texas House

Direct: 405-247-6727/405.247.7377/866.933.2293 ext.64478

Address: 211 W. Texas and 406 W. Knox, Anadarko, OK 73005

Westside Village Apartments

Toll Free: 855.201.5502 **Address:** 526 W. Main, Hinton, OK 73047

COMANCHE COUNTY

Cache Housing Authority

Direct: 580.429.3405 **Address:** 111 S. 7th, P.O. Box 582, Cache, OK 73527

Comanche Nation Housing Authority

Address: 1918 E. Gore Blvd., Lawton, OK 73501

Home at Last Lawton
Housing for Homeless Veterans by Veterans
Direct: 580.215.9160 **Address:** 705 SW McKinley Avenue, Lawton, OK 73501

Indiahoma Housing Authority
Direct: 580.429.3405 **Address:** 308 Big Bow, Indiahoma, OK 73552

Lawton Housing Authority
Direct: 580.353.7392 **Address:** 609 SW F Ave., Lawton, OK 73501-4540

Mountain Park Housing Authority
Address: 802 Komalty, Mountain Park, OK 73559

Snyder Housing Authority
Address: 300 E Street, Snyder, OK 73566

Sterling Housing Authority
Direct: 580.365.4862 **Address:** #3 E. Hancock Street, Sterling, OK 73567

COTTON COUNTY

Temple Housing Authority
Direct: 580.342.5013 **Address:** 100 N. McClain Dr., Temple, OK 73568-0307

Walters Housing Authority
Direct: 580.875.2310 **Address:** 500 E. California, Walters, OK 73572-1610

GRADY COUNTY

Country Park Apartments
Direct: 405-222-0909 **Address:** 1601 S. Henderson, Chickasha, OK 73018

Minco Housing Authority
Direct: 405-352-4996 **Address:** 400 SW 6th Street Minco, OK 73059

Nowata Gardens
Direct: 405-224-9222 **Address:** 2501 S. 9th St., Chickasha, OK 73018

Somerset Apartments
Direct: 580-476-3850 **Address:** 400 W. Blakely St., Rush Springs, OK 73082

JEFFERSON COUNTY

Ryan Housing Authority
Direct: 580.757.2390 **Address:** 1401 Grant Street, Ryan, OK 73565

Ringling Housing Authority

Direct: 580.662.2227

Address: 200 W. D Street, Ringling, OK 73456

Terral Housing Authority

Direct: 580.437.2433

Address: 106 S. 6th St., P.O. Box 70, Terral, OK 73569

Waurika Housing Authority

Direct: 580.228.2976

Address: 811 Phillips Ave., Waurika, OK 73573-0307

MCCLAIN COUNTY

Tuttle Housing Authority

Direct: 405.381.2721

Address: 412 E. Bond Street ,Tuttle, OK 73089

STEPHENS COUNTY

Chickasaw Housing Authority

Direct: 580.252.5669

Address: 2414 Harris Dr., Duncan, OK 73533-3063

Comanche Housing Authority

Direct: 580.439.5333

Address: 9th & Wilson, Comanche, OK 73529

Duncan Community Residence

Direct: 580.255.3926

Address: 1510 W. Main Street, Duncan, OK 73533-4333

Duncan Plaza

Direct: 580.252.4511

Address: 2021 N. Hwy. 81, Duncan, OK 73533-1461

Indian Trails Apartments

Direct: 580.439.6140

Address: 100 Seminole Dr., Comanche, OK 73529-2400

TILLMAN COUNTY

Frederick Housing Authority

Direct: 580.335.7551

Address: 200 W. Grand Ave., Frederick, OK 73542-5230

Community Action Development Corp.

Direct: 580-335-5588

Address: 105 S. Main, P.O. Box 989, Frederick, OK 73542

Grandfield Housing Authority

Direct: 580.479.5256

Address: 130 E. 1st Street, Grandfield, OK 73546-9498

Tipton Housing Authority

Direct: 580.667.5358

Address: 224 NW 5th Street, Tipton, OK 73570

LEGAL SERVICES

Legal Aid of Western Oklahoma, Inc.

Toll Free: 1.800.850.5950 **Direct:** 580.248.4675

Address: 323 SW C Avenue, Lawton, OK 73501

Website: legalaidok.org

Center for Creative Living

Direct: 580.248.0471

Address: 3501 Dr. Elsie Hamm Drive, Lawton, OK 73505

Oklahoma SeniorPlus Legal Aid Services Helpline

Toll Free: 855.488.6814

LIBRARIES

CADDO COUNTY

Carnegie Public Library

Direct: 405.654.1980

Address: 22 S. Broadway, Carnegie, OK 73015

Website: carnegieok.org/library

COMANCHE COUNTY

Lawton Public Library

Direct: 580.581.3450

Address: 110 SW 4th Street, Lawton, OK 73501

Website: cityof.lawton.ok.us/library/

COTTON COUNTY

Walters City Library

Direct: 580.875.2006

Address: 202 N. Broadway, Walters, OK 73572

GRADY COUNTY

Chickasha Public Library

Direct: 405.222.6075

Address: 527 W. Iowa Avenue, Chickasha, OK 73018

Website: chickashapl.okpls.org

Glover Spencer Memorial Library

Direct: 580.476.2108

Address: 100 S. 6th Street, Rush Springs, OK 73082

Website: glover.lib.ok.us

JEFFERSON COUNTY

Gleason Memorial Library

Direct: 580.662.2925

Address: 101 E. Main, Ringling, OK 73456

Website: ringling.okpls.org

Waurika Public Library

Direct: 580.228.3274 **Address:** 203 S. Meridian, Waurika, OK 73573

Website: waurika.okpls.org

MCCLAIN COUNTY

Blanchard Public Library

Direct: 405.485.2275 **Address:** 205 NE 10th Street, Blanchard, OK 73010

Website: pioneerlibrarysystem.org

Purcell Public Library

Direct: 405.527.5546 **Address:** 919 N. 9th Street, Purcell, OK 73080

Website: pioneerlibrarysystem.org

STEPHENS COUNTY

Duncan Public Library

Direct: 580.255.0636 **Address:** 2211 N. Hwy 81, Duncan, OK 73533

Website: youseemore.com/duncan/

Garland Smith Public Library

Direct: 580.658.5354 **Address:** 702 W. Main, Marlow, OK 73055

Website: garlandsmithpubliclibrary.okpls.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

Direct: 580.255.3967 **Address:** 7074 S. King Place, Duncan, OK 73533

Sites:

Anadarko 415 W. Main, Anadarko, OK 73005
405.247.4857

Carnegie 3 E. 3rd St., Carnegie, OK 73015
580.654.1507

Cement Cement Senior Center, 323 N. Main, Cement, OK 73017
405.489.3803

Cyril Nutrition Project

Direct: 580.464.2745 **Address:** P.O. Box 143, Cyril, OK 73029

Cyril 2010 W. Ohio, Cyril, OK 73029
580.464.2300

Comanche County

Delta Nutrition Project

Direct: 580.255.3967 **Address:** 707 S. King Place, Duncan, OK 73533

Sites:

Cache 302 SW 5th, Cache, OK 73527
580.429.3427

Elgin 801 1st St., Elgin, OK 73538
580.492.4980

Geronimo 101 Main St., Geronimo, OK 73543
580.353.3488

Lawton North 1705 NW 20th, Lawton, OK 73507
580.581.3481

Lawton East Patterson Center, 4 NE Arlington, OK 73507
580.581.3485

Cotton County

Temple Nutrition Project

Direct: 580.342.6944 **Address:** P.O. Box 652, Temple, OK 73568

Temple 201 S. Commercial, Temple, OK 73568
580.342.6944

Delta Nutrition Project

Direct: 580.255.3967 **Address:** 707 S. King Place, Duncan, OK 73533

Walters 500 E. California, Walters, OK 73572
580.875.9044

Grady County

Delta Nutrition Project

Direct: 580.255.3967

Address: 707 S. King Place, Duncan, OK 73533

Chickasha 203 N. 18th, Chickasha, OK 73018
405.224.4315
405.249.6608

Jefferson County

Delta Nutrition Project

Direct: 580.255.3967

Address: 707 S. King Place, Duncan, OK 73533

Sites:

Ringling 200 W. D St., Ringling, OK 73456
580.662.2362

Ryan 400 Taylor, Ryan, OK 73565
580.757.2412

McClain County

Delta Nutrition Project

Direct: 580.255.3967

Address: 707 S. King Place, Duncan, OK 73533

Sites:

Byars Byars Community Center, 217 E. Ripley, Byars, OK 74831
405.783.4468

Purcell Purcell Senior Citizens Center, 228 N. 2nd, Purcell, OK 73080
405.527.9462

Wayne Wayne Nutrition, 107 S. Shannon St, Wayne, OK 73095
405.449.3079

Stephens County

Delta Nutrition Project

Direct: 580.255.3967

Address: 707 S. King Place, Duncan, OK 73533

Sites:

Duncan Duncan North, 1110 N. 7th, Duncan, OK 73533
580.252.1174

Duncan South, 707 S. King Pl, Duncan, OK 73533
580.255.3967

Marlow Red Bud Park, 201 Elm, Marlow, OK 73005
580.658.5773

Tillman County

Delta Nutrition Project

Direct: 580.255.3967

Address: 707 S. King Place, Duncan, OK 73533

Frederick 102 E. Grand, Frederick, OK 73542
580.335.7026

MEDICARE AND MEDICAID

Oklahoma Medicare Assistance Program

Toll Free: 800.763.2828

Medicare

Toll Free: 800.633.4227

Website: medicare.gov

Medicaid Oklahoma

Toll Free: 877.252.6002

Main: 800.522.0310 or 405.522.7171

ASCOG

Medicare Assistance Specialist

Toll Free: 800.658.1466 **Direct:** 580.736.7036

Address: 802 W. Main Street, Duncan, OK 73533

MEDICAL SUPPLIES/EQUIPMENT

EMERGENCY RESPONSE

Adex Home Security

Toll Free: 888.522.9696

Alert Response, LLC

Toll Free: 800-289-6070

CVS Pharmacy Medical Alert System

Toll Free: 866.268.1378

Freedom Med Alert

Toll Free: 877.727.4492

Life Alert
Toll Free: 800.813.6440

Life Watch USA
Toll Free: 847.720.2100

Medical Guardian
Toll Free: 855.274.9517

COMANCHE COUNTY

Anderson Pharmacy
Direct: 580.595.9500 **Address:** 5366 NW Cache Road, Lawton, OK 73505

Carter Healthcare
Direct: 580.353.0377 **Address:** 5366 NW Cache Road, Lawton, OK 73505

Combined Home Medical Equipment
Direct: 580.250.1999 **Address:** 2504 SW Lee Blvd., Lawton, OK 73501

Elgin Discount Pharmacy
Direct: 580.492.5007 **Address:** 7523 US 277, Elgin, OK 73538

Family Home Medical
Direct: 580.248.5151 **Address:** 1202 NW 21st Street, Lawton, OK 73507

Lawton Medi-Equip
Direct: 580.355.7665
Address: 924 NW 38th Street or 2710 W. Gore Blvd., Lawton, OK 73505

Lincare, Inc.
Direct: 580.353.4181 **Address:** 28 SW E Street, Lawton, OK 73501

JEFFERSON COUNTY

Med Tech Corporation
Direct: 580.228.2100 **Address:** 111 N. Main Street, Waurika, OK 73573

STEPHENS COUNTY

Advanced Medical Supply
Direct: 580.252.4700 **Address:** 2045 W. Elk Avenue, Duncan, OK 73533

Newberry Express Pharmacy
Direct: 580.658.5428 **Address:** 801 S. Broadway, Marlow, OK 73055

MENTAL HEALTH AGENCIES

STATE OF OKLAHOMA

Department of Health and Human Services

Toll Free: 800.273.8255

COMANCHE COUNTY

Reflections Mental Health

Direct: 580.536.6302

Address: 1602 SW 82nd Street, Lawton, OK 73505

Silver Linings

Direct: 580.250.6651

Address: 3401 W. Gore Blvd., Lawton, OK 73505

Southwestern Behavior Health Center

Direct: 580.536.0077

Address: 1602 SW 82nd Street, Lawton, OK 73505

Taliaferro Mental Health Center

Direct: 580.248.5780

Address: 602 SW 38th Street, Lawton, OK 73505

KIOWA COUNTY

Great Plains Youth and Family Services

Direct: 580.726.3383

Toll Free: 888.296.6735

Address: 901 S. Broadway, Hobart, OK 73651

Website: gpyfs.org

Millennium Community Services

Direct: 580.752.7409

Fax: 580.752.4356

Email: tonya@okmis.com

Website: okmcs.com

STEPHENS COUNTY

Deb Brantley, PhD, LPC

Direct: 580.255.7460

Address: 1608 W. Jones Avenue, Duncan, OK 73533

Duncan Community Residence

Direct: 580.255.3926

Address: 1510 W. Main, Duncan, OK 73533

Live Wires Behavioral Center

Address: 1509 Brookwood Avenue, Suite A, Duncan, OK 73533

Jim Taliaferro Community Mental Health Center - Duncan Satellite

Direct: 580.475.0519 (voice mail available after 5:00 p.m.)

Address: 324 S. Highway 81, Duncan, OK 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.

CAREGIVER RESPITE PROVIDERS:

MaddieLuke

Email: pete.goldring@maddieluke.com

NEWSPAPERS

CADDO COUNTY

Anadarko Daily News

Direct: 405.247.3331 **Email:** news@anadarko-news.com

Address: P.O. Box 548, Anadarko, OK 73005-0548

Apache News

Direct: 580.588.3862 **Email:** wrightapachenews@aol.com

Address: 120 E. Evans, Apache, OK 73006

Carnegie Herald

Direct: 580.654.1443 **Email:** news@carnegieherald.com

Address: P.O. Box 129, Carnegie, OK 73015-0129

Country Connection

Direct: 405.797.3648 **Email:** countryconnectionnews@yahoo.com
Address: P.O. Box 206, Eakly, OK 73033-0206

Cyril News

Direct: 580.464.2410 **Email:** cyrilnews@tds.net
Address: P.O. Box 10, Cyril, OK 73029-0010

Hinton Record

Direct: 405.542.6644 **Email:** news@hintonrecord.com **Website:** hintonrecord.com
Address: P.O. Box 959, Hinton, OK 73047-0959

COMANCHE COUNTY

The Chronicle

Direct: : 580.529.NEWS (580.529.6397) **Website:** thechronicle.news.org
Address: 7602 US Highway 277, Suite A, Elgin, OK 73538-0081

County Times

Direct: 580.429.8200 **Email:** TCT@countytimes.org
Address: P.O. Box 3, Cache, OK 73527-0003

Lawton Constitution

Direct: 580.353.0620 **Website:** swoknews.com
Address: 102 SW 3rd Street, Lawton, OK 73501

COTTON COUNTY

Walters Herald

Direct: 580.875.3326 **Email:** whereald@sbcglobal.net **Website:** waltersherald.com
Address: P.O. Box 247, Walters, OK 73572-0247

GRADY COUNTY

Express Star

Direct: 405.224.2600 **Email:** james@chickasha.com
Address: P.O. Drawer E, Chickasha, OK 73023-0835

Rush Springs Gazette

Direct: 580.476.2525 **Email:** rsgazette@sbcglobal.net
Address: P.O. Box 597, Rush Springs, OK 73082-0597

Tuttle Times

Direct: 405.376.6688 **Email:** tuttletimes@sbcglobal.net
Address: P.O. Box 180, Tuttle, OK 73089-0180

Washita Valley Community Magazine

Direct: 405.224.7467 **Email:** wvshopper@att.net **Website:** washitavalleyweekly.com
Address: 920 S. 4th Street, Chickasha, OK 73018

JEFFERSON COUNTY

Ringling Eagle

Direct: 580.662.2221 **Email:** ringlingeagle@sbcglobal.net
Address: P.O. Box 626, Ringling, OK 73456-0626

Waurika News Journal

Direct: 580.228.2545 **Email:** waurikanewsjournal@gmail.com
Address: 114 S. Main, Waurika, OK 73573-2209

MCCLAIN COUNTY

Blanchard News

Direct: 405.485.231 **Email:** blanchardnews@pldi.net
Address: P.O. Box 60, Blanchard, OK 73010-0060

Newcastle Pacer

Direct: 405.387.5277 **Website:** newcastlepacer.com
Address: P.O. Box 429, Newcastle, OK 73065-0429

Purcell Register

Direct: 405.527.2126 **Website:** purcellregister.com
Address: P.O. Box 191, Purcell, OK 73080-0101

OKLAHOMA COUNTY

The Oklahoman

Direct: 405.475.3311 **Website:** oklahoman.com
Address: 100 W. Main, Oklahoma City, OK 73114

STEPHENS COUNTY

Chisholm Trail Shopper

Direct: 580.255.2428 **Email:** email@chisholmtrailshopper.com
Website: chisholmtrailshopper.com **Address:** 1898 US Hwy 81, Duncan, OK 73533

Comanche Times

Direct: 580.439.6500 **Address:** P.O. Box 580, Comanche, OK 73529-0580

Duncan Banner

Direct: 580.255.5354 **Email:** news@duncanbanner.com
Address: 1001 W. Elm Street, Duncan, OK 73534

Marlow Review
Direct: 580.658.6657 **Website:** marlowreview.com
Address: 316 W. Main, Marlow, OK 73055

TILLMAN COUNTY

Big Pasture News
Direct: 580.479.5757 **Address:** 922 W. 1st St., Grandfield, OK 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
Direct: 405.247.4857 **Address:** 417 W. Main Street, Anadarko, OK 73005-2436

Apache Tribe of Oklahoma Nutrition
Direct: 405.247.6330 **Address:** 525 E. Colorado/P.O. Box 1330, Anadarko, OK 73005

Caddo Tribe of Oklahoma Nutrition
Direct: 405.656.9042 **Address:** P.O. Box 487, Binger, OK 73009

Carnegie Nutrition Center
Direct: 580.654.1507 **Address:** 3 E. 3rd Street/P.O. Box 1126, Carnegie, OK 73015

Cement Nutrition Center
Direct: 405.489.3803 **Address:** P.O. Box 351/323 N. Main St, Cement, OK 73017-0351

Cyril Nutrition Center
Direct: 580.464.2300 **Address:** P.O. Box 143/201 W. Ohio, Cyril, OK 73029

Fort Sill Apache Tribe Nutrition Project
Direct: 580.588.2298 **Address:** 43187 US Hwy 281, Apache, OK 73006

Hinton Nutrition Center
Direct: 405.542.6454 **Address:** P.O. Box 322/515 W. Main Street, Hinton, OK 73047

Kiowa Tribe of Oklahoma
Direct: 580.654.2300 **Address:** P.O. Box 369, Carnegie, OK 73015-0369

Wichita and Affiliated Tribes Nutrition

Direct: 405.247.9677 **Address:** P.O. Box 729, Anadarko, OK 73005

COMANCHE COUNTY

Cache Nutrition Center

Direct: 580.429.3427/580.429.3428 **Address:** 416 W. C Avenue, Cache, OK 73527

Elgin Nutrition Center

Direct: 580.492.4980 **Address:** 801 1st Street, Elgin, OK 73538

Geronimo Nutrition Center

Direct: 580.353.3448 **Address:** 101 E. Main Street, Geronimo, OK 73543

Lawton North Nutrition Center

Direct: 580.581.3481 **Address:** 1705 NW 20th Street, Lawton, OK 73507

Lawton Eastside Nutrition Center - Patterson Community Center

Direct: 580.581.3485/580.357.7764 **Address:** 4 NE Arlington, Lawton, OK 73505

COTTON COUNTY

Temple Nutrition Center

Direct: 580.342.6944
Address: 201 S. Commercial Street/P.O. Box 652, Temple, OK 73568

Walters Nutrition Center

Direct: 580-875-9044
Address: 500 E. California Street/P.O. Box 452, Walters, OK 73572-0452

GRADY COUNTY

Chickasha Nutrition Center

Direct: 405.224.4315 **Address:** 203 N. 18th Street, Chickasha, OK 73018

Rush Springs Nutrition Center

Direct: 580.476-3168
Address: 215 Blakley/P.O. Box 432, Rush Springs, OK 73082-0432

Verden Nutrition Center

Direct: 405.453.7720
Address: 214 N. Main Street/P.O. Box 518, Verden, OK 73092-0518

JEFFERSON COUNTY

Ringling Nutrition Center

Direct: 580.662.2362

Address: 200 W. D Street/P.O. Box 1007, Ringling, OK 73456-1007

Ryan Nutrition Center

Direct: 580.757.2412

Address: 400 Taylor/Route 1 Box 8, Ryan, OK 73565-9605

MCCLAIN COUNTY

Blanchard Nutrition Center

Direct: 405.485.9260

Address: 101 S. Main Street/P.O. Box 1248, Blanchard, OK 73010

Byars Nutrition Center

Direct: 405.783.4468

Address: 217 E. Ripley, Byars, OK 74831-7003

Purcell Nutrition Center

Direct: 405.527.9462

Address: 228 N. 2nd, Purcell, OK 73080-4208

Washington Nutrition Center

Direct: 405.288.6404

Address: 219 N. Turner/P.O. Box 624, Washington, OK 73093-0624

Wayne Nutrition Center

Direct: 405.449.3079

Address: 107 Shannon/P.O. Box 141, Wayne, OK 73095-0141

STEPHENS COUNTY

Chickasaw Nation Nutrition Center

Direct: 580.470.2160

Address: 1909 W. Plato Road, Duncan, OK 73533-1224

Comanche Nutrition Center

Direct: 580.439.5076

Address: 410 S. 2nd, Comanche, OK 73529-2419

Delta Nutrition Program

Direct: 580.252.1174

Address: 707 King Place, Duncan, OK 73533

Duncan Northside Nutrition Center

Direct: 580.252.1174

Address: 1110 N. 7th Street, Duncan, OK 73533

Marlow Nutrition Center

Direct: 580.658.5773/405.255.3967

Address: 201 N. Elm Street. Marlow, OK 73055

TILLMAN COUNTY

Frederick Nutrition Center

Direct: 580.335.7026

Address: 102 E. Grand/Grand Hotel, Frederick, OK 73542

OSU-OKLAHOMA COOPERATIVE EXTENSION SERVICES

Community Nutrition Education Program

Fresh Start Nutrition and You

Direct: 405.744.6283 **Fax:** 405.744.1461

Address: 301 Human Sciences Building 007, Stillwater, OK 74078-6283

Caddo County Office

Direct: 405-247-3376 **Fax:** 405-247-7638

Address: 1202 E. Central Blvd., Anadarko, OK 73005

Comanche County Office

Direct: 580-355-1045

Address: 611 SW C Avenue, Lawton, OK 73501

Stephens County Office

Direct: 580.255.0510

Address: 2002 S. 13th Street, Duncan, OK 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

Direct: 405.247.6682

Address: 115 W. Broadway Street, Anadarko, OK 73005

COMANCHE COUNTY

KBZQ - 99.5 FM

Direct: 580.357.9950

Address: 2331 SW Lee Blvd., Lawton, OK 73501

KCCU - 89.3 FM

Toll Free: 888.454.7800

Address: 2800 W. Gore Blvd., Lawton, OK 73505

KKRX - 1050 AM / KJMZ - 98.1 FM
Direct: 580.355.1050 **Address:** 1525 SE Flower Mound Road, Lawton, OK 73501

KJRF - 91.1 FM
Direct: 580.357.4498 **Address:** 2405 SW Lee Blvd., Lawton, OK 73505

KLAW - 101.3 FM
Direct: 580.581.3600 **Address:** 626 SW D Avenue, Lawton, OK 73501

KMGZ - 95.3 FM
Direct: 580.536.9530 **Address:** 1421 NW Great Plains Blvd., Ste. C, Lawton, OK 73505

KVRW - 107.3 FM
Direct: 580.581.3600 **Address:** 626 SW D Avenue, Lawton, OK 73501

KZCD - 94.1 FM
Direct: 580.581.3600 **Address:** 626 SW D Avenue, Lawton, OK 73501

GRADY COUNTY

KWCO - 105.5 FM and 106.1 FM
Direct: 405.224.1560 **Address:** 627 Chickasha Avenue, Chickasha, OK 73018

STEPHENS COUNTY

KFXI - 92.1 FM
Direct: 580.658.9292 **Address:** 1101 N. Broadway Marlow, OK 73055

KKEN 97.1 FM/KPNS 1350 AM/KDDQ-105.3 FM
Direct: 580.255.1350 **Address:** 1701 W. Pine Avenue, Duncan, OK 73533

RECREATION

STATE OF OKLAHOMA

Oklahoma Tourism and Recreation Information
Toll Free: 800.652.6552/Lodge & Cabin Reservations: 800.654.8240
Website: travelok.com

U.S. Fish and Wildlife Service - Southwest Region
Website: fws.gov/southwest

For information on the National Wildlife Refuge System
Toll Free: 800.344.WILD

CADDO COUNTY

Anadarko Heritage Museum

Direct: 405.247.3240 **Address:** 301 E. Main Street, Anadarko, OK 73005

Anadarko Philomathic Museum

Email: museum@cityofanadarko.org

Address: 311 E. Main (inside the Rock Island Railroad DeP.O.t), Anadarko, OK 73005

Apache Historical Museum

Direct: 580.588.3392 **Address:** 101 W. Evans, Apache, OK 73006

Caddo Tribal Heritage Museum

Direct: 405.656.2344 **Address:** 117 Memorial Lane, Binger, OK 73009

Delaware Tribal Museum

Direct: 405-247-2448 **Address:** 31064 Hwy 281, Anadarko, OK 73005

Hinton Historical Museum & Parker House

Direct: 405.542.3181 **Address:** 801 S. Broadway Street, Hinton, OK 73047

Kiowa Tribal Museum

Direct: 580.654.2300 **Address:** Highway 9, Carnegie, OK 73015

Southern Plains Indian Museum

Direct: 405.247.6221 **Address:** 715 E. Central Boulevard, Anadarko, OK 73005

COMANCHE COUNTY

Center for Creative Living

Direct: 580.248.0471 **Address:** 3501 Dr. Elsie Hamm Drive, Lawton, OK 73505

Comanche Nation Museum & Cultural Center

Direct: 580.353.0404 **Address:** 701 NW Ferris Lawton, OK 73507

Ft. Sill National Historic Landmark & Museum

Direct: 580.442.5123 **Address:** 435 Quanah Road, Ft. Sill, OK 73503

Mattie Beal Home/Lawton Heritage Association

Direct: 580.678.3156 **Address:** 1008 SW 5th Street, Lawton, OK 73501

Museum of the Great Plains

Direct: 580.581.3460 **Address:** 601 NW Ferris, Lawton, OK 73501

Wichita Mountains Wildlife Refuge

Direct: 580.429.3222 **Address:** 32 Refuge Headquarters, Indianola, OK 73552

Website: fws.gov/refuge/Wichita_Mountains/

COTTON COUNTY

Cotton County Museum

Direct: 580.875.3335

Address: 116 N. Broadway, Walters, OK 73572

GRADY COUNTY

Grady County Historical Society Museum

Direct: 405.224.6480

Address: 400 Block of Chickasha Ave. (Dixie Bldg), Chickasha, OK 73018

Loretta Y. Jackson African American Historical Society Museum

Direct: 405.224.5297

Address: 315 E. Ada Sipuel Avenue, Chickasha, OK 73018

Minco Historical Society Museum

Direct: 405.352.4480

Address: 304 NW Main Street, Minco, OK 73059

Muscle Car Ranch

Direct: 405.222.4910

Address: 3609 S. 16th Street, Chickasha, OK 73018

JEFFERSON COUNTY

Chisholm Trail Historical Museum

Address: East of intersection of Hwy 81 and Hwy 70, Waurika, OK 73573

McCLAIN COUNTY

McClain County Museum

Direct: 405.527.5894

Address: 203 W. Washington, Purcell, OK 73080

STEPHENS COUNTY

Chisholm Trail Heritage Center

Direct: 580.252.6692

Address: 1000 Chisholm Trail Parkway, Duncan, OK 73533

Website: onthechisholmtrail.com

Duncan Convention and Visitors Bureau

Toll Free: 800.782.7167

Address: P.O. Box 981, Duncan, OK 73533

Website: duncanok.org

Calendar of Upcoming Events: duncancalendar.com

Duncan Little Theatre

Direct: 580.252.8331

Address: P.O. Box 531, Duncan, OK 73534

Website: duncanlittletheatre.com

Marlow Area Museum

Direct: 580.658.2212 **Address:** 127 W. Main, Marlow, OK 73055

Rock Island 905 Historical Society

Direct: 580.252.2182

Address: Fuqua Park, Intersection of Hwy 81 and Beech Avenue, Duncan, OK 73533

The Simmons Center

Direct: 580.252.2900 **Email:** tourism@simmonscenter.com

Address: 800 Chisholm Trail Parkway, Duncan, OK 73533

Stephens County Historical Museum

Direct: 580.252.0717

Address: Fuqua Park, Intersection of Hwy 81 and Beech Avenue, Duncan, OK 73533

W.T. Foreman Prairie House

Direct: 580.251.0027 **Address:** 814 W. Oak, Duncan, OK 73533

TILLMAN COUNTY

Pioneer Townsite Museum

Direct: 580.335.5844 **Address:** 201 N. 9th Street, Frederick, OK 73542

RESPITE

Respite care is a temporary break from caregiving duties. Respite vouchers assist caregivers in allowing them to pay someone to temporarily provide assistance 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:

Direct: 405.521.4358

Address: 2401 NW 23rd St., Ste. 40, Oklahoma City, OK 73107

SENIOR CITIZEN CENTERS

CADDO COUNTY

Alfa Community Center

Direct: 580.637.2276 **Address:** P.O. Box 148, Carnegie, OK 73015

Anadarko Nutrition Center

Direct: 405.247.4857 **Address:** 417 W. Main Street, Anadarko, OK 73005

Apache Senior Center
Direct: 580.588.2200 **Address:** 301 E. Evans, Apache, OK 73006

Binger Senior Citizens Center (8-1)
Address: 208 W. Main Street, Binger, OK 73009

Carnegie Nutrition Center
Direct: 580.654.1507 **Address:** 3 E. 3rd Street, Carnegie, OK 73015

Cement Nutrition Center
Direct: 405.489.3803 **Address:** 323 N. Main, Cement, OK 73017

Cyril Senior Nutrition Center
Direct: 580.464.2300 **Address:** P.O. Box 143, Cyril, OK 73029

Ft. Cobb Nutrition Senior Center
Direct: 405.668.2220 **Address:** 312 Main Street, Fort Cobb, OK 73038

Hinton Senior Citizens
Direct: 405.542.6454 **Address:** 515 W. Main Street, Hinton, OK 73047

COMANCHE COUNTY

Benjamin O. Davis Senior Center
Direct: 580.353.5242 **Address:** 620 S. E Avenue, Lawton, OK 73501

Cache Senior Citizen and Delta Nutrition
Direct: 580.429.3427 **Address:** 302 SW 5th St., Cache, OK 73527

Center for Creative Living
Direct: 580.248.0471 **Address:** 3501 SW Dr. Elsie Hamm Dr., Lawton, OK 73505

Chattanooga Community Center/Great Plains
Direct: 580.597.3339 **Address:** 303 4th Street, Chattanooga, OK 73528

Elgin Nutrition Center
Direct: 580.492.4980 **Address:** 801 1st Street, Elgin, OK 73538

Geronimo Senior Citizens Center
Direct: 580.353.3448 **Address:** 101 W. Main Street, Geronimo, OK 73543

Indiahoma Senior Center
Direct: 580.246.3572 **Address:** 900 Indiahoma Road, Indiahoma, OK 73552

Lawton Housing Authority
Direct: 580.353.7392 **Address:** 609 SW F Avenue, Lawton, OK 73501

Meers Community Center

Direct: 580.492.5128 **Address:** 12033 NW Rhodes Road, Lawton, OK 73507

Patterson Community Center

Direct: 580.581.3485 **Address:** 4 NE Arlington, Lawton, OK 73502

Wichita Mountains Area Senior Citizens

Direct: 580.529.3585 **Address:** First Baptist Church, Medicine Park, OK 73557
(Temporary)

COTTON COUNTY

Temple Senior Citizens Center

Direct: 580.342.5017 **Address:** 201 E. Minnesota, Temple, OK 73568

Walters Senior Citizens Center

Direct: 580.591.3009 **Address:** 111 E. Colorado, Walters, OK 73572

GRADY COUNTY

Alex Community/Senior Center

Direct: 405.785.9103 **Address:** P.O. Box 243, Alex, OK 73002

Amber Community/Senior Center/Amber Nutrition

Direct: 405.224.4315 **Address:** P.O. Box 3/404 Holly, Amber, OK 73004

Borden Park Community Center/Chickasha

Direct: 405.222.9281 **Address:** P.O. Box 2101/200 N. 18th Street , Chickasha, OK 73018

Bradley Community Center

Direct: 405.462.7595 **Address:** 322 McKee Street, Bradley, OK 73011

Chickasha Senior Citizens Center

Direct: 405-224.4315 **Address:** P.O. Box 2101/201 N. 18th, Chickasha, OK 73018

Minco Senior Citizens Center

Direct: 405.352.5018 **Address:** P.O. Box 357/221 NW Main Street, Minco, OK 73059

Ninnekah Senior Citizen Center

Direct: 405.224.7434 **Address:** 512 Elm Street/P.O. Box 16, Ninnekah, OK 73067

Pocasset Senior Citizen Center

Direct: 405.459.8862 **Address:** 530 S. Main Street, Pocasset, OK 73079

Rush Springs Senior Citizens Center

Direct: 580.476.3168 **Address:** 215 W. Blakely, Rush Springs, OK 73082

Tuttle Senior Citizens Center

Direct: 405.381.2606 **Address:** P.O. Box 134/5 JD Ryan Road, Tuttle, OK 73089

Cottonwood Center

Direct: 405.453.7720 **Address:** 119 N. Main Street, Verden, OK 73092

JEFFERSON COUNTY

Hastings Senior Citizens Center

Direct: 580.963.2531 **Address:** P.O. Box 3, Hastings, OK 73548

Ringling Nutrition Center

Direct: 580.662.2362 **Address:** P.O. Box 1007/200 W. D Street, Ringling, OK 73456

Ryan Senior Center\Community Center

Direct: 580.757.2615 **Address:** 701 Washington, Ryan, OK 73565

Waurika Senior Citizens Center

Direct: 580.228.2087 **Address:** 108 S. Main, Waurika, OK 73573

MCCLAIN COUNTY

Blanchard Senior Citizens

Direct: 405.485.9260
Address: P.O. Box 626/101 S. Main Street/P.O. Box 626, Blanchard, OK 73010

Byars Nutrition Center

Direct: 405.783.4468 **Address:** 217 E. Ripley, Byars, OK 74831

Dibble Senior Citizens Center

Direct: 405.344.6789 or 405.222.4546
Address: c/o Eddie Cantrell, Ctr. Pres. 2210 CR 1400, Alex, OK 73002

Newcastle Senior Citizens Center

Direct: 405.387.2100 **Address:** P.O. Box 86/504 W. Hwy. 130, Newcastle, OK 73065

Purcell Senior Citizens Center

Direct: 405.527.5070 **Address:** 228 N. 2nd Street, Purcell, OK 73080

Washington Senior Citizen Center

Direct: 405.288.6404 **Address:** 219 N. Turner, Washington, OK 73093

Wayne Senior Citizens Center

Direct: 405.449.3079 **Address:** 107 Shannon Street, Wayne, OK 73095

STEPHENS COUNTY

Bray Senior Citizens

Direct: 580.658.2709

Address: 1014 S. Brooks, Marlow, OK 73055

Central High Senior Citizens Center

Address: Rt. 1, Box 151, Marlow, OK 73055

Chickasaw Nation Senior Center

Direct: 580.470.2160

Address: 1909 W. Plato Road, Duncan, OK 73533

Douglass Community Senior Center

Direct: 580.255.9579

Address: 707 S. King Place, Duncan, OK 73533

Duncan Senior Citizens Center

Direct: 580.255.6902

Address: 1110 N. 7th Street, Duncan, OK 73533

Marlow Senior Citizens Center

Direct: 580.658.5628

Address: 325 W. Main Street, Marlow, OK 73055

Velma Senior Citizens Center

Direct: 580.444.3772

Address: ½ mile East on Old Hwy. 7/P.O. Box 584, Velma, OK 73491

TILLMAN COUNTY

Frederick Senior Citizens Center

Direct: 580.335.7026

Address: 102 E. Grand, Frederick, OK 73542

Grandfield Multipurpose Senior Center

Direct: 580.479.3320

Address: 123 W. 1st, Grandfield, OK 73546

Tipton Area Senior Center

Direct: 580.667.4158

Address: 100 E. Main, Tipton, OK 73570

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAMS

Experience Works

Direct: 866.397.9757

Address: 700½ N. Commerce St., Ardmore, OK 73401

National Indian Council on Aging (NICOA)

Direct: 405.951.9240

Address: 909 Meridian, Ste. 540, Oklahoma City, OK 73108

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)
Food Distribution Program**

Comanche County

Toll Free: 580.255.3600 **Address:** 1610 SW Lee Blvd, Lawton, OK 73501

Grady County

Address: 1707 W. Frisco Avenue, Chickasha, OK 73018

Oklahoma Department of Human Services - Stephens County

Toll Free: 800.734.7506 **Direct:** 580.251.8300

Address: P.O. Box 1367, Duncan, OK 73533

Oklahoma Department of Human Services - Office for Civil Rights

Toll Free: 800.214.3529 **Direct:** 405.521.3529

Address: P.O. Box 25352, Oklahoma City, OK 73125

USDA, Director - Office of Civil Rights

Address: Room 1341, Whitten Building 1400 Independence Ave., SW Washington, DC 20250-9410

SOONERSTART SERVICES

Website: ok.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

Address: 1514 W. Hall of Fame, Stillwater, OK 74078

Direct: 800.257.1705 (V/TTY) **Fax:** 405.744.2487

Email: abletech@okstate.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

Website: irs.gov

AARP Free Tax Preparation

Website:

aarp.org/applications/VMISLocator/taxAideLocations.action;jsessionid=5795CC86B9FCA752ED73C9780BAD24D7

Center for Creative Living

Direct: 580.248.0471

Address: 3501 Dr. Elsie Hamm Drive, Lawton, OK 73505

Great Plains Improvement Foundation

Direct: 580.353.2364

Address: 2 S. Lee Blvd, Suite 200, Lawton, OK 73501

Website: gpif-caa.org

TELEVISION STATIONS

COMANCHE COUNTY

KSWO-TV - Channel 7

Direct: 580.355.7000

Address: 1401 SE 60th Street, Lawton, OK 73501

Website: kswo.com

TRANSPORTATION SERVICES

For Oklahoma Road Conditions During Inclement Weather:

Direct: 844.465.4997

Website: dps.state.ok.us/cgi-bin/weathermap.cgi

CADDO COUNTY

Apex Inc.

Direct: 405.247.7377

Email: office@apexok.com

Address: 117 S. 1st St., Anadarko, OK 73005-3411

Kiowa Nation Public Transportation

Direct: 580.654.2300

Address: P.O. Box 369, Carnegie, OK 73015

Maple Lawn Manor Inc.

Direct: 405.663.2455

Email: rstringer@farmcorpadmin.com

Address: 800 Arapaho Ave., Hydro, OK 73048-8515

COMANCHE COUNTY

AAA Auto Insurance

Direct: 580.536.9100

Address: 1924 NW Cache Road, Lawton, OK 73505

Enterprise Rent-A-Car

Direct: 580.355.0330

Address: 6103 NW Cache Road, Lawton, OK 73507

Goodwill Industries of Southwest Oklahoma Inc.

Direct: 580.248.9313

Email: eskulski@goodwillsonok.org

Address: 923 Hilltop Drive, Lawton, OK 73505

Hertz Rental Car

Direct: 580.355.6789

Address: 3401 SW 11th Street, Lawton, OK 73501

Jim Norton Toyota of Lawton

Direct: 580.355.7223

Address: 7110 NW Quanah Parker Trail, Lawton, OK 73505

LATS - Lawton Bus System

Direct: 580.248.5252

Address: 611 SW Bishop Road, Lawton, OK 73501

Lawton Fort Sill Regional Airport

Direct: 580.353.4869

Address: 3401 S. 11th Street, Lawton, OK 73501

Peoples Cab

Direct: 580.357.9999

Address: 112 SW Lee Boulevard, Lawton, OK 73501

Roadside Automobile Rentals

Direct: 580.351.1111

Address: 3604 SW Tennessee Avenue, Lawton, OK 73507

Searchlight Center Inc.

Direct: 580.248.0645

Address: 1301 W. Gore Blvd., Lawton, OK 73501

Yellow Cab

Direct: 580.355.1440

Address: 101 SW 1st Street, Lawton, OK 73501

GRADY COUNTY

Enterprise Rent-A-Car

Direct: 405.222.4400

Address: 2900 S. Hwy 81, Chickasha, OK 73533

Special Young Adults

Direct: 405.222.1023

Address: 826 Oregon Ave, Chickasha, OK 73018

Washita Valley Transit

Direct: 405.222.3438

Address: 205 W. Chickasha Avenue, Chickasha, OK 73018

Washita Valley Community Action Council

Direct: 405.224.5831

Address: 205 W. Chickasha Ave, Chickasha, OK 73023

JEFFERSON COUNTY

Red River Transportation

Direct: 580.255.7883

Address: 400 Taylor, #22, Ryan, OK 73565

Red River Transportation

Direct: 580.228.3202

Address: 160 Circle Drive, Waurika, OK 73573

MCCLAIN COUNTY

Delta Public Transit

Direct: 405.527.6537

Address: 223 W. Washington Street, Purcell, OK 73080

STEPHENS COUNTY

City Taxi

Direct: 580.252.8294

Address: 101 N. 11th Street, Duncan, OK 73533

Delta Nutrition Program/ Delta Community Action Foundation Inc.

Direct: 580.255.3967

Address: 707 S. King Place, Duncan, OK 73533

Duncan Tax & Cab Service

Direct: 580.470.8615

Address: 311 S. 1st Street, Duncan, OK 73533

Enterprise Rent-A-Car

Direct: 580.255.9777

Address: 510 S. Hwy 81, Duncan, OK 73533

City of Marlow

Direct: 580.658.5401

Address: 119 2nd St., Marlow, OK 73055

Think Ability First

Direct: 580.252.4516

Address: 2103 W. Beech Ave., Duncan, OK 73533

Red River Transportation

Direct: 580.255.7883

Address: 8100 N. Hwy 81, Duncan, OK 73533

Duncan Senior Citizens Center Van

Direct: 580.252.6902

Address: 1110 N. 7th Street, Duncan, OK 73533

TILLMAN COUNTY

Red River Transportation

Direct: 580.335.5588

Address: 105 S. Main Street/P.O. Box 989, Frederick, OK 73542

VETERAN'S SERVICES

Veterans Affairs – Department of Benefits Information and Assistance

Toll Free: 800.827.1000 **TDD:** 800.829.4833 **Website:** benefits.va.gov

Veterans Affairs Insurance Center

Toll Free: 800.669.8477 **Website:** va.gov

Veterans Benefits – Fort Sill Intake Site

Address: VA BDD Office Building 4700, Suite 317, Mow-Way Road, Fort Sill, OK 73503

Veterans Community Based Outpatient Clinic Lawton/Ft. Sill

Direct: 580.585.5600 **Address:** 4303 Pittman and Thomas Bldg 4303, Ft Sill, OK 73503

Veterans Crisis Hotline

Toll Free: 1.800.273.8255 (Press 1)

Veteran Services Center - Lawton

Toll Free: 877.927.8387 **Direct:** 580.585.5880

Address: 1016 SW C Avenue, Suite B, Lawton, OK 73501

Armed Services YMCA Military Welcome Center

Direct: 580.357.1111 **Address:** 3401 SE 11th Street, Lawton, OK 73501

American Legion P.O.st 55

Direct: 580.470.8488 **Address:** 321 Hwy 81 South, Duncan, OK 73533

Disabled American Veterans

Direct: 580.248.8387

Address: 4704 NW Motif Manor Blvd., Suite 5, Lawton, OK 73505

Silent War Foundation

Direct: 580.704.9274 **Address:** 1315 NW Sheridan Rd, Lawton, OK 73505

VFW Post 1192

Direct: 580.255.9935 **Address:** 2012 Hwy 81 North, Duncan, OK 73533

Veterans Convalescent Center

Direct: 580.351.6511 **Address:** 501 SE Flower Mound Road, Lawton, OK 73501

Fort Sill National Cemetery

Direct: 580.492.3200 **Address:** 2648 NE Jake Dunn Road, Elgin, OK 73538

Home at Last Lawton - Housing for Homeless Veterans by Veterans

Direct: 580.647.5077 **Address:** 815 SW E Avenue, Lawton, OK 73501

**OKLAHOMA DEPARTMENT OF REHABILITATION SERVICES
DIVISION OF VOCATIONAL SERVICES FIELD OFFICE**

State Office

Department of Rehabilitative Services

Direct: 405.951.3400 800.845.8476 **Fax:** 405.951.3529

Address: 3535 NW 58th Street, Ste. 500, Oklahoma City, OK 73112-4815

Ada

DVR Office

Direct: 580.332-0178 **Fax:** 580.332.4712

Address: 1001 E 14th Street, Ada, OK 74820

Social Services Center

Direct: 580.332-2785 **Fax:** 580.436.3542

Address: 1628 E. Beverly, Ste. 109, Ada, OK 74820

Altus

DVR Office

Direct: 580.482.8605 **Fax:** 580.477.2240

Address: 1121 N. Spurgeon, Ste. B, Altus, OK 73521

Alva

DVR Office

Direct: 580.327.1214 **Fax:** 580.327.8643

Address: P.O. Box 578, NWOSU Shockley Hall, Alva, OK 73717

Ardmore

DVR Office

Direct: 580.226.1808 **Fax:** 580.223.4265

Address: 333 W. Main, Ste. 430, Ardmore, OK 73401

Bartlesville

DVR Office

Direct: 918.333.0760 **Fax:** 918.331.9012

Address: 4100 SE Adams Road, Ste. E104, Bartlesville, OK 74006

Chickasha

DVR Office

Direct: 405.224.0709 **Fax:** 405.222.5728

Address: 1000 Choctaw, Ste. 2, Plaza N. Shopping Center, Chickasha, OK 73018

Claremore

DVR Office

Direct: 918.341.8122 **Fax:** 918.342.0355

Address: 1701 W. Will Rogers Blvd., Rogers State University H5161, Claremore, OK 74017

Duncan

DVR Office

Direct: 580.255.1115 **Fax:** 580.255.3740**Address:** Chisholm Creek Mall, 1206 N. Hwy. 81, Ste. 15-A, Duncan, OK 73533**Durant**

DVR Office

Direct: 580.924.2677 **Fax:** 580.924.0208**Address:** 1007 W. Main, Durant, OK 74701**Enid**

DVR Office

Direct: 580.233.0244 **Fax:** 580.233.6535**Address:** 528 N. Van Buren, Enid, OK 73703**Guymon**

DVR Office

Direct: 580.338.2043 **Fax:** 580.338.1169**Address:** 508 N. Roosevelt, Guymon, OK 73942**Idabel**

DVR Office

Direct: 580.286.3389 **Fax:** 580.286.7466**Address:** 513 E. Washington, Idabel, OK 74745**Lawton**

DVR Office

Direct: 580.585.4200 **Fax:** 580.585.4232**Address:** 1332 NW 53rd St., Lawton, OK 73505

Career Planning Center

Direct: 580.585.4200 **Fax:** 580.585.4232**Address:** 1324 NW 53rd St., Lawton, OK 73505**McAlester**

DVR Office

Direct: 918.302.4200 **Fax:** 918.302.4220**Address:** 321 S. 3rd, Ste. 2, McAlester, OK 74501**Miami**

DVR Office

Direct: 918.542.4716 **Fax:** 918.540.0072**Address:** Northeastern A & M College, P.O. Box 3896, Miami, OK 74355-0001

Midwest City

DVR Office

Direct: 405.737.4897 **Fax:** 405.737.6907**Address:** 1104-10 S. Air Depot, Midwest City, OK 73110**Direct:** 405.732.7693 **Fax:** 405.732.8167**Address:** 607 W. Rickenbacker, Midwest City, OK 73110**Muskogee**

DVR Office

Direct: 918.781.4150 **Fax:** 918.447.5909**Address:** 733 S. 32nd, Muskogee, OK 74401**Norman**

DVR Office

Direct: 405.329.6096 **Fax:** 405.447.5909**Address:** 2227 W. Lindsey, Ste. 1201, Norman, OK 73069**Direct:** 405.329.6160 **Fax:** 405.447.5909**Address:** 227 W. Lindsey, Ste. 1400, Norman, OK 73069**Direct:** 405.447.0295 **Fax:** 405.447.5326**Address:** 2227 W. Lindsey, Ste. 1200, Norman, OK 73069**Oklahoma City**

DVR Office

Career Planning Center

Direct: 405.635.2750 **Fax:** 405.631.8115**Address:** 5813 S. Robinson, Oklahoma City, OK 73109**Direct:** 405.522.6525 **Fax:** 405.522.6545**Address:** 2401 NW 23rd, Ste. 59 (Shepherd Mall), Oklahoma City, OK 73107

Services to the Deaf and Hard of Hearing

Oklahoma School for the Deaf

Direct: 580.622.5900 (V/TTY)

888.685.3323 (V/TTY)

Address: 1100 E. Oklahoma St., Sulphur, OK 73086-3108**Okmulgee**

DVR Office

Direct: 918.756.6435 **Fax:** 918.756.7532**Address:** P.O. Box 2547, OSU-OKM, Okmulgee, OK 74447

Poteau

DVR Office

Direct: 918.647.8121 **Fax:** 918.647.8929**Address:** 1507 S. McKenna, Carl Albert State College, Hemphill Hall, Room 106, Poteau, OK 74953**Shawnee**

DVR Office

Direct: 405.273.9922 **Fax:** 405.273.5658**Address:** 1135 N. Kickapoo, Shawnee, OK 74801**Stillwater**

DVR Office

Direct: 405.372.1995 **Fax:** 405.377.2036**Address:** 217 W. 5th, Ste. 2A, Stillwater, OK 74074**Tahlequah**

DVR Office

Direct: 918.456.6193 **Fax:** 918.456.8396**Address:** 214 S. Muskogee, Tahlequah, OK 74464**Tulsa**

DVR Office

Direct: 918.836.5556 918.836.7105 (TDD) **Fax:** 918.835.2358**Address:** 8740 E. 11th Street, Ste. F, Tulsa, OK 74112**Career Planning****Direct:** 918.581.2366 (Voice/TDD) **Fax:** 918.581.2270

918.581.2301 (Voice/TDD) 918.583.9210

Address: 444 S. Houston, Ste. 200, Tulsa, OK 74127**Direct:** 918.382.7700 **Fax:** 918.583.5414**Address:** 125 N. Greenwood, Ste. 300, Tulsa, OK 74120**Vinita**

DVR Office

Direct: 918.256.5509 **Fax:** 918.256.5846**Address:** 441 N. Wilson, Vinita, OK 74301**Weatherford**

DVR Office

Direct: 580.772.5805 **Fax:** 580.772.7905**Address:** 1401 Lera Drive, Ste. 5, Weatherford, OK 73096**Direct:** 580.772.2808 **Fax:** 580.772.5471**Address:** 219 W. College, SWOSU, Basement of Neff Hall, Weatherford, OK 73096

Wilburton

DVR Office

Direct: 918.465.2119 **Fax:** 918.465.0192**Address:** Eastern Oklahoma State College, P.O. Box 1050, Wilburton, OK 74578**Woodward**

DVR Office

Direct: 580.256.6738 **Fax:** 580.256.2285**Address:** 1611 Main, Ste. 204, Woodward, OK 73801**VOTER REGISTRATION****CADDO COUNTY**

Caddo County Election Board - Caddo County Court House

Direct: 405.247.5001 **Address:** 201 W. Oklahoma, Anadarko, OK 73005**COMANCHE COUNTY**

Comanche County Election Board - Comanche County Court House

Direct: 580.353.1880 **Address:** 315 SW 5th Street, Room 206, Lawton, OK 73501**COTTON COUNTY**

Cotton County Election Board - Cotton County Court House

Direct: 580.875.3403 **Address:** 301 N. Broadway Street, Room 3, Walters, OK 73572**GRADY COUNTY**

Grady County Election Board

Direct: 405.224.1430 **Address:** 307 W. Pennsylvania, Chickasha, OK 73018**JEFFERSON COUNTY**

Jefferson County Election Board - Jefferson County Court House

Direct: 580.228.3150 **Address:** 220 N. Main, Room 203, Waurika, OK 73573**McCLAIN COUNTY**

McClain County Election Board - McClain County Court House

Direct: 405.527.3121 **Address:** 121 N. 2nd Avenue, Suite 101, Purcell, OK 73080**STEPHENS COUNTY**

Stephens County Election Board - Stephens County Court House

Direct: 580.255.8782 **Address:** 101 S. 11th Street, Duncan, OK 73533

Registration forms are also available at the Tag Offices, Public Library, P.O.st Office and Department of Human Services

TILLMAN COUNTY

Tillman County Election Board - Tillman County Court House

Direct: 580.335.2287 **Address:** 201 N. Main Street, Room 5, Frederick, OK 73542

WOMEN, INFANTS AND CHILDREN (WIC)

Toll Free: 888-OKLAWIC (888.655.2942)

Website: 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.