

Community Services QUICK REFERENCE

Community Services Quick Reference section conveniently puts phone numbers of the entire Community Services section right at your fingertips. For a more comprehensive description of the services and programs, please utilize the page numbers to view the entire listing. Programs of LIFE Senior Services are bolded and highlighted in green.

Organization	Main Phone	Page
2-1-1 Helpline	Dial 211 or (918) 836-HELP (4357)	180
12 & 12, Inc.	(918) 664-4224 • (800) 680-8979 toll-free	221
A		
AARP Driver Safety Program	(888) 227-7669 toll-free	184
AARP Foundation Work Search of Tulsa	(918) 621-4480	184
AARP Grandparent Information Center	(202) 434-2296 • (888) 687-2277 toll-free	187
AARP Oklahoma Information Center	(405) 632-1945 • (866) 295-7277 toll-free	175
AARP Oklahoma Membership Line	(888) 687-2277 toll-free	175
AARP Tax Aide Program	(918) 446-2277	211
AARP Tulsa Resource Center	(918) 446-2277	210
Ability Resources	(918) 592-1235 • (800) 722-0886 toll-free	175
ABLE Tech at Oklahoma State University	(405) 744-9748 • (888) 885-5588 toll-free Voice/TDD (800) 257-1705 toll-free	197
Adult Day Services at LIFE Senior Services	(918) 664-9000 • (866) 664-9009 toll-free	175
Adult Protective Services	(800) 522-3511 toll-free	
APS Creek County	(918) 746-3300 • (800) 572-6834 toll-free	
APS Okmulgee County	(918) 752-2000 • (800) 884-1582 toll-free	
APS Osage County	(918) 287-5800 • (800) 884-1573 toll-free	
APS Pawnee County	(918) 762-3606 • (800) 270-0786 toll-free	174
APS Rogers County	(918) 283-8300 • (800) 270-0804 toll-free	
APS Tulsa County	(918) 430-2300 • (800) 734-7509 toll-free	
APS Wagoner County	(918) 614-5000 • (800) 734-7518 toll-free	
APS Washington County	(918) 338-5700 • (800) 734-7512 toll-free	
ADvantage Case Management at LIFE Senior Services	(918) 664-9000 • (866) 664-9009 toll-free	178
ADvantage Consumer Inquiry Line	(918) 933-4900	196
ADvantage Program – Department of Human Services	(918) 933-4900	196
AEP-PSO (Public Service Company of Oklahoma)	24-Hour Helpline: (888) 216-3523 toll-free	216
Pallavi Agarwal, MD (Elite Medical Clinic)	(918) 742-4900	186
Vishal Aggarwal, MD (Elite Medical Clinic)	(918) 742-4900	186
Al-Anon Intergroup Service Office	(918) 627-9114 • (866) 210-3426 toll-free	179
Alcoholics Anonymous	(918) 627-2224	179
Joanne L. Alderman, MSN, RN-BC, APRN, FNGNA	(918) 599-5286	185
All City Transportation Services	(918) 585-2489	212
ALS (Lou Gehrig's Disease) Support Group	(918) 749-7997	210
Alzheimer's Association, National Office	24-Hour Hotline: (800) 272-3900 toll-free TDD (866) 403-3073 toll-free	176
Alzheimer's Association, Oklahoma and Arkansas Chapter	(918) 392-5000 • (800) 272-3900	176
Alzheimer's Disease Education and Referral Center	(800) 438-4380 toll-free	176
American Association of Geriatric Psychiatry	(301) 654-7850	187
American Association of Tissue Banks	(703) 827-9582	208
American Cancer Society	(918) 743-6767 24-Hour Hotline: (800) 227-2345 toll-free	187

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American Diabetes Association	(918) 492-3839 Information Line (888) DIABETES (342-2383)	188
American Foundation for the Blind	(800) 232-5463 toll-free	218
American Heart Association	(918) 747-8254	188
American Legion, Carson Wilson Rigney Forrester Post 1	(918) 584-4274	217
American Lung Association	(918) 747-3441	188
American Printing House for the Blind, Inc.	(800) 223-1839 toll-free	218
American Parkinson's Disease Association Information and Referral Center	(918) 747-3747 • (888) 740-3747 toll-free	188
American Red Cross	(918) 831-1100 • (800) 364-4450 toll-free	188
American Sleep Apnea Association	(888) 293-3650	209
American Society on Aging	(800) 537-9728 toll-free	188
American Stroke Association, National Center	(888) 4STROKE or (888) 478-7653 toll-free	188
American Tinnitus Association	(800) 634-8978 toll-free	189
Angel Flight, Inc.	(918) 749-8992	198
Ann Patterson Dooley Family Safety Center	(918) 742-7480	174
Area Agencies on Aging in Oklahoma	Senior Info-Line (800) 211-2116 toll-free	192
INCOG Area Agency on Aging (<i>formerly Tulsa Area Agency on Aging</i>) Creek, Osage, Tulsa Counties	(918) 584-7526 • (800) 211-2116 toll-free	192
Areawide Aging Agency Canadian, Cleveland, Logan and Oklahoma Counties	(405) 943-4344	
Association of South Central Oklahoma Governments (ASCOG) Area Agency on Aging Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens and Tillman Counties	(580) 252-0595 • (800) 658-1466 toll-free	
Central Oklahoma Economic Development District (COEDD) Area Agency on Aging Hughes, Lincoln, Okfuskee, Pawnee, Payne, Pottawatomie and Seminole Counties	(405) 273-6410 • (800) 375-8255 toll-free	
Eastern Oklahoma Development District (EODD) Area Agency on Aging Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah and Wagoner Counties	(918) 682-7891 • (800) 211-2116 toll-free	
Grand Gateway Economic Development Association (GGEDA) Area Agency on Aging Craig, Delaware, Mayes, Nowata, Ottawa, Rogers and Washington Counties	(918) 783-5793 • (800) 482-4594 toll-free	
Kiamichi Economic Development District (KEDDO) Area Agency on Aging Choctaw, Haskell, Latimer, LeFlore, McCurtain, Pittsburg and Pushmataha Counties	(918) 465-2367 • (800) 722-8180 toll-free	193
Northern Oklahoma Development Authority (NODA) Area Agency on Aging Alfalfa, Blaine, Garfield, Grant, Kay, Kingfisher, Major, and Noble Counties	(580) 237-4810 • (800) 749-1149 toll-free	
Oklahoma Economic Development Authority (OEDA) Area Agency on Aging Beaver, Cimarron, Dewey, Ellis, Harper, Texas, Woods and Woodward Counties	(580) 625-4531 • (800) 658-2844 toll-free	
Southern Oklahoma Development Association (SODA) Area Agency on Aging Atoka, Bryan, Carter, Coal, Garvin, Johnston, Love, Marshall, Murray and Pontotoc Counties	(580) 920-1388 • (800) 211-2116 toll-free	
Southwestern Oklahoma Development Authority (SWODA) Area Agency on Aging Beckham, Custer, Greer, Harmon, Kiowa, Jackson, Roger Mills and Washita Counties	(580) 562-4882 • (800) 627-4882 toll-free	
ARCH National Respite Network & Resource Center	(919) 490-4905	176

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Arms Around BA	(918) 258-7714	198
Arthritis Foundation, Eastern Oklahoma Chapter	(918) 495-3553 • (800) 400-4526 toll-free	188
Attorney General's Fraud Control Unit	(918) 581-2885 • (405) 521-3921	174
B		
Baptist Village Retirement Communities – Entrusted Hearts Private Services	(918) 358-3570 • (866) 732-0388 toll-free	178
BenefitsCheckUp	www.benefitscheckup.org	193
Better Business Bureau of Tulsa, Inc.	(918) 492-1266 (24 hours)	180
Bixby Community Outreach Center	(918) 366-9226	213
B. Eric Blackwell, DO	(918) 749-3533	185
Bristow Housing Authority	(918) 367-5558	191
Bristow Social Services	(918) 367-5400	213
Broken Arrow Connection – Tulsa Transit	(918) 582-2100	212
Broken Arrow Neighbors	(918) 251-7781	194
Broken Arrow Neighbors Legal Clinic	(918) 251-7781	194
Brookhaven Hospital	(918) 438-4257	221
Broken Arrow Seniors, Inc.	(918) 259-8377	210
Bryce House for Homeless Veterans	(918) 779-7203	217
C		
Call Rape, Inc.	24-Hour Crisis Line: (918) 7HELPME (743-5763) (918) 585-3163	174
CARD (Community Action Resource and Development, Inc.)	(918) 341-5000	190
CareCalendar	www.carecalendar.org	207
Caregiver's Library	www.caregiverslibrary.org	178
Caregiver Support Services at LIFE Senior Services	(918) 664-9000 • (866) 664-9009 toll-free	177
Caring Bridge	www.caringbridge.org	207
Caring Community Friends Food Program	(918) 224-6464	204
Caring Companions – Volunteers of America of Oklahoma	(918) 307-1500	218
Caring Hearts of Oklahoma – State Department of Health	(405) 271-6868	218
John Carment, MD	(918) 619-4400	185
Case Management Services at LIFE Senior Services	(918) 664-9000 • (866) 664-9009 toll-free	178
Catholic Charities – Dental Clinic	(918) 508-7191	181
Catholic Charities – Housing	(918) 949-4673	191
Catholic Charities – Padre Pio Assistance	(918) 508-7161	204
Centers for Disease Control and Prevention (CDC)	(800) 311-3435 toll-free	188
The Center for Individuals with Physical Challenges	(918) 584-8607	182
Celiac Spruce Association Tulsa Support Group	www.csatulsa.org	210
Centers for Medicare and Medicaid Services (CMS)	(877) 267-2323 toll-free TTY (866) 226-1819 toll-free	196
Mary K. Chapman Center for Communication Disorders	(918) 631-2504	189
Cherokee Nation Behavioral Health	(918) 458-6285	221
Children of Aging Parents	(800) 227-7294 toll-free	177

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Cimarron Public Transit System Ride Line (Creek, Pawnee and Osage Counties) Bartlesville Ponca City	(918) 762-3041 (800) 789-7314 toll-free (918) 336-2233 (580) 718-0456	212
Claremore Indian Hospital	(918) 342-6200	198
Claremore Regional Hospital Senior Care	(918) 341-9373	222
Cleveland Area Hospital Senior Life Services Program	(918) 358-3615	222
CMS (Centers for Medicare and Medicaid Services)	(877) 267-2323 toll-free TTY (866) 226-1819 toll-free	196
Community Action Resource and Development, Inc. (CARD)	(918) 341-5000	207
Community Care of Sapulpa	(918) 224-6464	214
Community Health Connection	(918) 622-0641	198
Consumer Credit Counseling Service of Oklahoma, Inc. Consumer Credit Counseling Service • Broken Arrow Consumer Credit Counseling Service • Claremore Consumer Credit Counseling Service • Muskogee Consumer Credit Counseling Service • Sapulpa Consumer Credit Counseling Service • Tulsa	(918) 744-5611 (800) 324-5611 toll-free outside Tulsa (918) 251-0164 (918) 343-3313 (918) 683-2778 (918) 224-8412 (918) 744-5611	185
Consumer Protection Unit – Office of the Attorney General	(405) 521-3921 • (918) 581-2885	180
COPEs at Family and Children’s Services	(918) 744-4800	220
CornerStone Assistance Network – Tulsa Metro Area	(918) 583-3670	214
Corporate Angel Network, Patient Line	(866) 328-1313 toll-free	198
Patricia Costner, DO (Laureate Psychiatric Hospital)	(918) 502-5000	186
County Assessor Creek County Assessor Osage County Assessor Tulsa County Assessor	(918) 227-6319 (918) 287-3448 (918) 596-5100	211
CowetaKi Bios Transit System	(918) 486-1783	212
Creek County Health Department	(918) 224-5531	199
Creoks Behavioral Health Sapulpa Tulsa Wagoner	(918) 227-2016 (918) 227-2016 (918) 382-7300 (918) 485-0242	222
Counseling and Recovery Services of Oklahoma	(918) 492-2554	222
Crime Commission, Inc.	(918) 585-5209	180
CSD of Oklahoma (Communication Service for the Deaf)	TTY (888) 252-1017 toll-free TTY/Voice (800) 717-1958 toll-free Videophone CSDTULSA.TV	174
D		
D-Dent	(405) 424-8092 • (800) 522-9510 toll-free	182
Day Break Adult Day Services	(918) 336-8500 • (888) 882-0859 toll-free	175
Dayspring Behavioral Health	(918) 712-0859	222
Deep Fork Community Action	(918) 756-2826	191
Defense Enrollment Eligibility Reporting System (DEERS)	(800) 538-9552 toll-free	217
Department of Housing and Urban Development (U.S.)	(918) 292-8900	191
Department of Human Rights (City of Tulsa)	(918) 596-7818 • Spanish: (918) 596-7837	182
Department of Human Services Tulsa County - Downtown Office Tulsa County - McClain Office Tulsa County - Skyline Office Creek County	www.okdhs.org (918) 581-2401 • (800) 734-7516 toll-free (918) 430-2300 • (800) 734-7509 toll-free (918) 280-3100 • (800) 734-7516 toll-free (918) 746-3300 • (800) 572-6834 toll-free	196

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Department of Human Services, cont'd		
Mayes County	(918) 824-4900 • (800) 815-7572 toll-free	
Muskogee County	(918) 684-5300 • (800) 815-7573 toll-free	
Osage County	(918) 287-5800 • (800) 884-1573 toll-free	
Pawnee County	(918) 762-3606 • (800) 270-0786 toll-free	197
Rogers County	(918) 283-8300 • (800) 270-0804 toll-free	
Wagoner County	(918) 614-5000 • (800) 734-7518 toll-free	
Washington County	(918) 338-5700 • (800) 734-7512 toll-free	
Department of Human Services – ADvantage Program	(918) 933-4900	195
Department of Public Safety (Handicapped Parking Permit)	(405) 425-2424	183
Department of Public Safety	(405) 425-2424	184
Department of Rehabilitation Services – Vision Services	Voice/TTY/TDD (918) 581-2301	183
Older Blind Program	(918) 581-2301	
Information Line	(918) 743-3332 • (800) 829-3255 toll-free	218
Tulsa	(918) 581-2301	
Department of Rehabilitation Services – Vocational Rehabilitation Services	Voice/TTY/TDD (918) 581-2301	
For other DVR offices, schools, or facilities, call	(800) 845-8476 toll-free	183
Tulsa	(918) 581-2301	
Department of Veterans Affairs	www.va.gov • (800) 827-1000 toll-free	
Tulsa	(918) 628-2500 • (888) 398-8387 toll-free	217
Muskogee	(918) 781-7600 • (800) 827-1000 toll-free	
Department of Veterans Affairs – Behavioral Medicine Clinic	(918) 610-2000 • (888) 397-8387 toll-free	
24-Hour National Veterans Suicide Hot Line	(800) 273-8255 toll-free	217
Department of Veterans Affairs – Burial Benefits	(800) 827-1000 toll-free	181
Department of Veterans Affairs – National Caregiver Support Line	(855) 260-3274 toll-free	177
Disabled American Veterans	(918) 834-4643	214
DMA Mail Preference Service	(212) 768-7277, ext. 1888	180
Do Not Call Registry	(405) 604-4665 • (800) 390-5708 toll-free (888) 382-1222 toll-free	180
Domestic Violence Intervention Services (DVIS)	(918) 585-3163	
24-Hour Crisis Line (DVIS)	(918) 7HELPME (743-5763)	174
Andrew Donnelly, MD	(918) 619-4400	185
David Duncan, MD	(918) 270-1115	186
E		
Early Settlement Mediation	(918) 699-3434	194
Eastern Oklahoma Donated Dental Services	(918) 742-5544 • (918) 742-5548	182
Elder Care of Washington County	(918) 336-8500 • (855) 336-8500 toll-free	178
Eldercare Locator (National)	(800) 677-1116 toll-free • TTD/TTY Dial 711	179
Election Boards		
Creek County Election Board	(918) 224-3529	
Okmulgee County Election Board	(918) 756-2365	
Osage County Election Board	(918) 287-3036	219
Rogers County Election Board	(918) 341-2965	
Tulsa County Election Board	(918) 596-5780	
Wagoner County Election Board	(918) 485-2142	
Employee Benefits Security Administration	(866) 444-3272 toll-free	194
Employment Resources, Inc.	(918) 744-6202	184
EMSA (Emergency Medical Services Authority) – TotalCare	(918) 396-2888	212

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EyeCare America – Senior Eye Care Program	(877) 887-6327 toll-free	218
Edwin Fair Community Mental Health Center 24-Hour Crisis Line	(918) 287-1175 (800) 566-1343 toll-free	223
F		
Family & Children’s Services	(918) 587-9471	179
Family Caregiver Alliance/National Center on Caregiving	(800) 445-8106 toll-free	177
Federal Bureau of Investigation	(405) 290-7770	174
Federal Government Telephone Information Services	(800) FED-INFO • (800) 333-4636	193
Michael Foster, MD	(918) 743-8200	186
Foster Grandparents	(800) 522-1064 toll-free	219
G		
Ron Gann, DO	(918) 376-8450	186
Gatesway Adult Day Center	(918) 259-1422	175
Victoria Gayle, MD	(918) 577-3000	186
Generations, Grandparents Support Group	(918) 224-6464	187
Good Samaritan Health Services	(918) 710-4222	199
Grace Church Community Outreach Ministry	(918) 862-5265	214
Grace Hospice Foundation	(918) 712-2800	187
Grand Gateway Area Agency on Aging	(918) 783-5793 • (800) 482-4594 toll-free	193
Grand Lake Mental Health Center	(918) 342-0770	223
Grandparents Raising Grandchildren Support Group	(918) 492-1771	187
Gray Panthers	(800) 280-5362 toll-free	175
Green Country Behavioral Health Service, Inc. (GCBHS)	(918) 682-8407	223
Terence E. Grewe, DO	(918) 749-3533	186
H		
Heather Hall, MD (Laureate Psychiatric Hospital)	(918) 502-5000	186
Charles Hill, MD	(918) 748-7660	186
Handicapped Parking Permit Department of Human Rights Department of Public Safety	(918) 596-7818 • Spanish: (918) 596-7837 (405) 425-2424	183
Hearing Loss Association of America	Voice/TTY (301) 657-2248	190
Helping Hands Ministry, Inc.	(918) 584-6923	214
Henryetta Medical Center, Senior Focus	(918) 650-1380	223
Hillcrest Medical Center, Adult Behavioral Center	(918) 652-2597	224
Home Health Compare	www.medicare.gov/hhcompare	190
H.O.P.E. (HIV Outreach, Prevention, and Education) HIV/AIDS Hotline Spanish Language Hotline	(918) 749-8378 (800) 535-2437 toll-free (918) 749-8389	199
HOPE Program at Okmulgee Hospital	(918) 758-3308	225
Housing Authority of the Cherokee Nation	(918) 342-2433 • (866) 342-2433 toll-free	191
Housing Authority of Osage County	(918) 287-2278 • (918) 287-2270	192
Hospice of Green County	(918) 747-2273	187
I		
Independent Case Management at LIFE Senior Services	(918) 664-9000 • (866) 664-9009 toll-free	178
INCOG Area Agency on Aging	(918) 584-7526 • (800) 211-2116 toll-free	192

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Indian Health Care Resource Center	(918) 588-1900	224
Pharmacy	(918) 382-1270	179
Internal Revenue Service	(918) 622-8482 • (800) 829-1040 toll-free	211
J		
John 3:16 Family and Youth Center	(918) 592-1186	214
John 3:16 Mission	(918) 587-1187	214
K		
Insung Kim, MD, FACP	(918) 488-6055	186
Koweta Indian Health Facility	(918) 279-3200	182
L		
Sarah Land, DO	(918) 645-5400	186
Laureate-Older Adult Services Psychiatrists	(918) 502-5000	186
League of Women Voters	(918) 747-7933	219
Legal Aid Services of Oklahoma, Inc. – Title III Seniors Program	www.legalaidok.org	194
Tulsa Office (Tulsa, Creek and Osage Counties)	(918) 428-4357 • (888) 534-5243 toll-free	194
Bartlesville Office (Craig, Delaware, Nowata Mayes, Ottawa, Rogers, and Washington Counties)	(918) 336-5736 • (800) 421-4066 toll-free	195
Muskogee Office (Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah, and Wagoner Counties)	(918) 683-5681 • (800) 725-5681 toll-free • (918) 492-0792	
Leukemia and Lymphoma Society	(405) 943-8888 • (800) 955-4572 toll-free	188
Lewy Body Dementia Association	(800) 539-9767 toll-free	176
LIFE's Adult Day Services – Tulsa and Broken Arrow	(918) 664-9000 • (866) 664-9009 toll-free	175
LIFE's <i>Vintage Newsmagazine</i>	(918) 664-9000 • (866) 664-9009 toll-free	192
Life Adult Day Center	(405) 377-0978	175
Lifeline Assistance/Link-up America	(888) 225-5322	
AT&T	(877) 677-5635	
Bixby Telephone Company	(918) 366-8000	
Cox Communications	(918) 806-6000	216
Terracom	(888) 716-8880	
Windstream	(800) 501-1754	
LifeShare Transplant Donor Services of Oklahoma, Inc.	(918) 747-8214 • (888) 580-5680 toll-free	208
Lift Program - Tulsa Transit	(877) 232-7433	213
Lighthouse National Center for Vision and Aging	(212) 821-9200 • (800) 829-0500 toll-free TTY (212) 821-9713	218
Long-Term Care Planning	www.longtermcare.gov • (866) 752-6582 toll-free	196
Lotsa Helping Hands	www.nfca.lotsahelpinghands.com	207
Low Income Home Energy Assistance Program (LIHEAP)	www.okdhs.org	197
Lupus Foundation of America, Inc., Oklahoma Chapter	(800) 725-6445 toll-free	188
M		
Mayor's Action Line	(918) 596-2100	193
Jim McAdams, DO (Laureate Psychiatric Hospital)	(918) 502-5000	186
Jeffery McIlroy, MD	(918) 342-2622 • (918) 872-9777	186
Meals on Wheels - Claremore	(918) 342-2006	207
Meals on Wheels of Metro Tulsa	(918) 627-4103	207

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Medicare	24-Hour Help Line: 1-800-MEDICARE (800-633-4227) toll-free TTY/TDD (877) 486-2048 toll-free	201
Medicare Interactive – Medicare Rights Center	www.medicarerights.org/help.html	202
Medicare Part D Prescription Drug Coverage	(800) 633-4227 toll-free TTY/TDD (877) 486-2048 toll-free	203
Medicare Prescription Assistance Program at LIFE Senior Services	(918) 664-9000 • (866) 664-9009 toll-free	203
MedSupport	(918) 627-5111	213
Mental Health Association in Tulsa	(918) 585-1213	225
Meso Foundation	(877) 363-6376 toll-free	188
Metropolitan Tulsa Urban League, Inc.	(918) 584-0001	184
Ministry Center at Allan Davis Building	(918) 585-5310	203
Jack C. Montgomery VA Medical Center	(918) 577-3000 • (888) 397-8387 toll-free	217
Morton Comprehensive Health Services – Tulsa Morton East Tulsa Family Health Center Morton Midtown Clinic Morton Nowata Family Health Center	(918) 587-2171 (918) 295-6185 (918) 295-6942 (918) 273-9911	199
Morton Comprehensive Health Services – Dental Department	(918) 295-6145	182
Muscogee (Creek) Nation Behavioral Health and Substance Abuse Services	(918) 224-9185	225
Muscogee (Creek) Nation Housing Division	(918) 756-8504 • (800) 259-5050 toll-free	191
Muscular Dystrophy Association, Eastern Oklahoma	(918) 749-7997 • (800) 572-1717 toll-free (National)	188
Musculoskeletal Transplant Foundation (MTF) Customer Service	(732) 661-0202 (800) 433-6576 toll-free	208
My Driver Transportation and Companion Service	(918) 491-9929	213
Myasthenia Gravis Foundation of America, Oklahoma Chapter	(800) 541-5454	189
MyMedicare.gov	www.MyMedicare.gov	202
N		
Narcolepsy Network, Inc.	(888) 292-6522 toll-free	209
Narcotics Anonymous	(918) 747-0017 • (888) 749-0017 toll-free	179
National Alliance for Caregiving	www.caregiving.org	177
National Alliance on Mental Illness (NAMI-Tulsa)	(918) 587-6264	211
National Association for Continence	(843) 377-0900 • (800) 252-3337 toll-free	189
National Association of Professional Geriatric Care Managers	(520) 881-8008	179
National Association of Retired and Current Federal Employees	www.narfe.org	185
National Cancer Institute – Cancer Information Services	(800) 422-6237 toll-free TTY (800) 332-8615 toll-free	189
National Council on Aging, Inc.	(202) 479-1200 • TDD (202) 479-6674	175
National Domestic Violence Hotline	(800) 799-7233 toll-free	174
National Family Caregivers Association	(301) 942-6430 • (800) 896-3650 toll-free	177
National Indian Council on Aging, Inc.	(405) 632-9751	176
National Institute on Aging at National Institutes of Health	(800) 222-2225 toll-free TTY (800) 222-4225 toll-free	189
National Kidney Foundation of Oklahoma	(800) 622-9010 toll-free	189
National Library of Medicine at National Institutes of Health	(888) 346-3656 toll-free	189

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National Multiple Sclerosis Society, Oklahoma Chapter	(918) 488-0882 • (800) 344-4867 toll-free (National)	189
National Osteoporosis Foundation	(800) 231-4222 toll-free	189
National Self-Help Clearinghouse	(212) 817-1822	211
National Stroke Association	(800) 787-6537 toll-free	189
National Suicide Prevention Lifeline	(800) 273-8255 toll-free	181
Native American Legal Resource Center	(405) 208-5017	195
Neighbor for Neighbor, Inc.	(918) 425-5578	215
Neighbor for Neighbor, Inc. – Dental Clinic	(918) 425-5578, ext. 123	182
Neighbor for Neighbor, Inc. – Legal Services	(918) 425-5578	195
Neighbor for Neighbor, Inc. – Medical Clinic	(918) 425-5578	199
Neighbors Along the Line	(918) 584-1111	199
Neighbors Along the Line – Legal Clinic	(918) 584-1111	195
Neighbors Along the Line – Medical Clinic	(918) 584-1111	199
Dennis R. Neill Equality Center	(918) 743-4297	199
NewView Oklahoma	(405) 286-9699	218
Robert G. Niebergall, MD	(918) 392-5470	186
Northeast Active Timers (NEATs)	(918) 743-1303	208
NuMed Technologies, Inc.	(918) 249-2697 • (800) 640-3131 toll-free	208
Nursing Home Rating – Oklahoma Health Care Authority	www.oknursinghomerating.com	196
Nursing Home Compare	www.medicare.gov/NHCOMPARE	196
O		
OASIS Adult Day Services	(918) 749-6969	175
Office of Disability Concerns – Client Assistance Program	(800) 522-8224 toll-free • TDD (405) 522-6706	183
Oklahoma Corporation Commission	(405) 521-2211 • (800) 522-8154 toll-free	180
Oklahoma Council of the Blind	(877) 578-6212 toll-free	218
Oklahoma Department of Human Services ADvantage Administration	(918) 933-4900	196
Oklahoma Disability Law Center	(918) 743-6220 • (800) 226-5883 toll-free	195
Oklahoma Foundation for Medical Quality	(800) 522-3414 toll-free	202
Oklahoma Health Care Authority (Medicaid)	(800) 987-7767 toll-free	197
Oklahoma Highway Patrol Tulsa Muskogee	(918) 627-3881 (918) 683-3256	183
Oklahoma Housing Finance Agency	(405) 848-1144 • (800) 256-1489 toll-free TDD (405) 848-7471	192
Oklahoma Indian Legal Services	(800) 658-1497 toll-free	195
Oklahoma Insurance Department Consumer Assistance/Claims Division – HMO Complaints	(800) 522-0071 toll-free • (918) 295-3700 (800) 728-2906 toll-free (800) 522-0071 toll-free • (405) 521-2828	194 180
Oklahoma Library for the Blind and Physically Handicapped	(800) 523-0288 toll-free • (405) 521-3514	183
Oklahoma Natural Gas Co.	(800) 664-5463 toll-free	216
Oklahoma Respite Resource Network	(800) 426-2747 toll-free	176
Oklahoma Safety Council Defensive Driving Course	(918) 622-4771 • (866) 622-4771 toll-free	184
Oklahoma Senior Games/Olympics	(918) 455-1894	208

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Oklahoma State Department of Health Long-Term Care Division	(405) 271-6868 • (800) 747-8419 toll-free	196
Oklahoma State Department of Health Tulsa Division of Vital Records	(918) 594-4840	181
Oklahoma State University – Body Donation Program	(918) 561-8253	208
OSU Health Care Center	(918) 582-1980	199
OSU Physicians Office Building		200
Family Medicine	(918) 584-5364	
Surgery	(918) 747-5322	200
OSU Physicians Houston Parke Clinic	(918) 382-3100	
OSU Physicians Houston Center – OB/GYN	(918) 586-4500	
OSU Physicians - Eastgate	(918) 439-1500	
OSU Physicians Medical Clinic - OSU Tulsa	(918) 594-8920	
OSU Take Charge!	(918) 561-8543	200
Oklahoma Tax Commission	(918) 581-2399	211
Outside Tulsa Calling Area	(800) 522-8165 toll-free	
Okmulgee Indian Health Center	(918) 758-1926	199
Okmulgee Memorial Center, Hope Program	(918) 758-3308	225
OK VINE: Oklahoma's Criminal Tracking and Victim Notification System	(877) 654-8463 toll-free	174
Older Blind Program	(918) 743-3332	218
Older Women's League (OWL)	(202) 332-2949 • (800) 825-3695 toll-free	176
Ombudsman Program		
INCOG Area Agency on Aging (formerly Tulsa Area Agency on Aging) Creek, Osage, and Tulsa Counties	(918) 584-7526 • (800) 211-2116 toll-free	
Eastern Oklahoma Development District (EODD) Area Agency on Aging		196
Adair, Cherokee, Muskogee, Okmulgee, Sequoyah and Wagoner Counties	(918) 682-7891 • (800) 211-2116 toll-free	
Grand Gateway Area Agency on Aging Craig, Delaware, Mayes, Nowata, Ottawa, Rogers and Washington Counties	(918) 783-5793 • (800) 482-4594 toll-free	
Osage County Nutrition Program	(918) 287-2242	207
Osage Nation Adult Protective Services	(918) 287-5335 • (800) 460-4615 toll-free	174
Osage Nation Burial Assistance Program/Constituent Services	(918) 287-5555	181
Osage Nation Caregiver Program/Title VI	(918) 287-5454 • (888) 883-3610 toll-free	177
Osage Nation Counseling Center	24-Hour Crisis Line: (866) 897-4747 toll-free	181
Osage Nation Social Services	(918) 287-5335 • (800) 460-4615 toll-free	215
OU Bedlam Alliance for Community Health	(918) 619-4600	200
OU Health Sciences Center – Anatomical Donation Program	(405) 271-2424	208
OU Nursing Life Stage Solutions	(866) 416-4980 toll-free	179
OU Pharmacy	(918) 619-4990	204
OU Physicians Family Medical Center	(918) 619-4600	200
OU Physicians – Geriatrics	(918) 619-4400	200
OU Physicians – Internal Medicine and Family Medicine	(918) 619-4400	186
Owasso Community Resources	(918) 272-4969	193
Oxford HealthCare – Community Care Division	(918) 258-1111 • (800) 316-2222 toll-free	177

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P		
Parkside Psychiatric Hospital and Clinic Crisis Line	(918) 582-2131 • TDD (918) 588-8802 (918) 588-8888	226
Pawhuska Indian Health Clinic	(918) 287-4491	200
Pawnee Nation of Oklahoma – Community Health Representative Program	(918) 762-4641 • (918) 762-6450	213
Pawnee Nation Food Distribution Program	(918) 762-2541	215
Pawnee Nation Special Diabetes Program	(918) 762-2541	200
Pawnee Nation Violence Against Women Program	(918) 762-3873 • (800) 624-3020	174
Pelivan Transit	(918) 783-5786	213
PFLAG (Parents Families and Friends of Lesbians and Gays)	(918) 749-4901	211
R		
Railroad Retirement Board	Automated Help Line: (877) 772-5772 toll-free	202
Rebuilding Together Tulsa	(918) 742-6241	191
Relay Oklahoma	Dial 711 to use Relay Oklahoma Voice (800) 522-8506 toll-free TDD/TTY (800) 722-0353 toll-free	190
Restless Legs Syndrome Foundation	(507) 287-6312	189
Restore Hope Ministries	(918) 582-5766	215
Reverse Mortgages	(800) 569-4287 toll-free	185
Road Scholar	(800) 454-5768 toll-free	208
Rogers County Adult Day Care	(918) 341-7588	175
RSVP of Tulsa (Retired Senior Volunteer Program)	(918) 280-8656	219
Rural Development, U.S. Department of Agriculture Rural Development: Muskogee, Okmulgee and Wagoner Counties Rural Development: Rogers County Rural Development: Creek, Payne, Pawnee, Osage, Tulsa and Washington Counties	www.rurdev.usda.gov/ok (918) 686-0669 (918) 256-7863 (405) 372-7071	191
Rx for Oklahoma Prescription Assistance	(877) RX4-OKLA (877-794-6552) toll-free	204
S		
Safe Net Services, Inc. 24-Hour Crisis Line Protective Orders	(918) 341-1424 (918) 341-9400 (918) 341-0912	175
Safeline	24-Hour Help Line: (800) 522-7233 toll-free	175
St. John Behavioral Health	(918) 748-9868	226
St. John Wound Center	(918) 712-3377	200
Salvation Army Center of Hope	(918) 582-7201	215
Sand Springs Community Services, Inc.	(918) 245-5183	198
Sapulpa Indian Health Center	(918) 224-9310	182
Senior Care Hospital Unit at Claremore Regional Hospital	(918) 341-9373	186
Senior Citizens Hearing Aide Program	Voice/TTY (580) 622-8812 • (866) 309-1717 toll-free	190
Senior Companion Program at LIFE Senior Services	(918) 664-9000	219
Senior Health Insurance Counseling Program (SHIP) Northeastern Oklahoma, SHIP at LIFE Senior Services	(800) 763-2828 toll-free (statewide) (918) 664-9000 • (866) 664-9009 toll-free	202
Senior Job Bank	www.seniorjobbank.org	184
Senior Law Resource Center	(405) 528-0858	195

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SeniorLine Information and Resource Counseling	(918) 664-9000 • (866) 664-9009 toll-free	192
Senior Outpatient Services at Wagoner Community Hospital	(918) 485-1397	186
Senior Pass – U.S. Geological Survey	(888) 275-8747 toll-free	208
Senior Valuation Limitation (Property Taxes)	(918) 596-5143	217
Service Corps of Retired Executives (SCORE)	(918) 581-7462	219
Chandini Sharma, MD	(918) 619-4400	186
SHARP (Sertoma Hearing Aid Recycling Program)	Voice/TTY (918) 832-8742	190
SHIP (Senior Health Insurance Counseling Program)	(800) 763-2828 toll-free (statewide)	202
SHIP at LIFE Senior Services	(918) 664-9000 • (866) 664-9009 toll-free	
Silver Elite at Hillcrest Medical Center	(918) 579-5203	208
Single Parent/Displaced Homemaker Program at Tulsa Technology Center	(918) 828-1000	184
Skiatook Family Resource Center	(918) 396-4108	193
Skiatook Emergency Assistance Center	(918) 396-4108	215
SMP, Empowering Seniors to Prevent Healthcare Fraud State Helpline	(800) 522-0071 toll-free (888) 967-9100 toll-free TTY (877) 588-6025 toll-free	197
Tulsa Office	(918) 295-3700 • (800) 728-2906 toll-free	
Social Security Administration National Tulsa Bartlesville Okmulgee	www.socialsecurity.gov (800) 772-1213 toll-free • TTY (800) 325-0778 toll-free (866) 931-7106 toll-free • TTY (800) 325-0778 toll-free (918) 333-5301 • TTY (800) 325-0778 toll-free (918) 756-3923 • TTY (800) 325-0778 toll-free	209
Social Security Administration Internet OnLine Services	www.socialsecurity.gov/onlineservices	209
Social Security Disability	(866) 931-7106 toll-free • TTY (800) 325-0778 toll-free	183
Social Security FAX Catalog	(888) 475-7000 toll-free	210
Social Security FRAUD Hotline	(800) 269-0271 toll-free • TTY (866) 501-2101 toll-free	210
Sooner Ride	(877) 404-4500 toll-free	213
South Tulsa Community House	(918) 742-5597	215
Southern Hills Baptist Church (Car Care Clinic)	(918) 743-8897	215
Supplemental Nutrition Assistance Program (SNAP)	www.okdhs.org	215
T		
Talon Emergency Transport	(800) 658-1906 toll-free	213
Take Charge! OSU Health Care Center	(918) 561-8543	200
TARC (Tulsa Advocates for the Rights of Citizens with Developmental Disabilities)	(918) 582-8272 • (800) 688-8272 toll-free	183
Christopher A. Taylor, DO	(918) 336-8500	186
Marilyn Taylor, MD	(918) 619-4400	186
John Tipton, MD	(918) 619-4400	186
TRICARE – Humana Military Health Care Services (HMHS)	(800) 444-5445 toll-free • (800) 403-3950 toll-free	217
TRICARE Senior Pharmacy Program	(877) 363-1303 toll-free	204
Tristesse Healing Hearts Grief Center	(918) 587-1200	187
TSHA, Inc. (Total Source for Hearing-loss and Access)	Voice/TTY (918) 832-8742	190
Tulsa and Creek County Senior Nutrition Program	(918) 835-4160	207
Tulsa Amputee Support Group	(918) 584-8607 • (918) 742-6464	211
Tulsa Area Agency On Aging (INCOG AAA)	(918) 584-7526 • (800) 211-2116 toll-free	192
Tulsa Area Alliance on Disabilities – Community Service Council of Greater Tulsa	(918) 585-5551	176

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Tulsa Center for Behavioral Health – Department of Mental Health and Substance Abuse Services Crisis Line	(918) 293-2140 (918) 293-2100	227
Tulsa C.A.R.E.S. (Center for AIDS Resource and Education Services)	Voice/TDD (918) 834-4194 Voice/TDD (800) 474-4872 toll-free	189
Tulsa City-County Health Department Bixby Health Center Central Regional Health Center Collinsville Community Health Center Expo Square Health Center James O. Goodwin Health Center North Regional Health Center Sand Springs Health Center	(918) 582-9355 (918) 369-3155 (918) 582-9355 (918) 596-8650 (918) 582-9355 (918) 582-9355 (918) 591-6006 (918) 591-6100	200 201
Tulsa City-County Library Community Information	(918) 549-7323	193
Tulsa City-County Library Information Services	(918) 596-7976	211
Tulsa City-County Library Outreach Services	(918) 596-7922	183
Tulsa Community College Dental Hygiene Program	(918) 595-7022	182
Tulsa County Bar Association	(918) 584-5243	195
Tulsa County District Attorney	(918) 596-4805	175
Tulsa County Medical Society	(918) 743-6184	201
Tulsa County Social Services Pharmacy	(918) 596-5560 (918) 596-5574	215 204
Tulsa Day Center for the Homeless, Inc.	(918) 583-5588	179
Tulsa Dream Center	(918) 430-9984	201
Tulsa Dream Center Legal Clinic	(918) 430-9984	195
Tulsa Dream Center Nutrition Services	(918) 430-9984	207
Tulsa Housing Authority	(918) 582-0021 • TDD (918) 587-4712	192
Tulsa Neuropathy Support Group	(918) 830-0157	211
Tulsa Osteopathic Medical Society	(918) 599-5962	201
Tulsa Parks	(918) 596-7275	208
Tulsa Public Schools Volunteer Program	(918) 746-6899	219
Tulsa Transit	(918) 582-2100	213
Tulsa Veterans Administration Behavioral Medicine Clinic	(918) 610-2000	217
Tulsa Veterans Administration Outpatient Clinic	(918) 628-2500 • (888) 398-8387 toll-free	201
Tulsa Works – Goodwill Industries of Tulsa	(918) 584-7291	184
Tulsa Wound Care Clinic	(918) 599-5874 • (918) 587-2561 24-hour	201
Tulsa Weather Coalition	(918) 834-2665	216
U		
United Community Action Programs	(918) 762-2561	216
United Ostomy Support Group	(918) 446-8542	211
V		
Veterans Administration	(800) 827-1000 toll-free	217
Veterans Administration Hospital-Muskogee	(918) 577-3000 • (800) 669-8477 toll-free	224
Veterans Administration Insurance Center	(800) 669-8477 toll-free	194
Veterans Administration - Tulsa Outpatient Clinic	(918) 628-2500 • (888) 398-8387 toll-free	217
Vintage Housing – Sooner Management Consultants	(918) 485-8885	192
Visiting Nurse Association of Tulsa (VNA)	(918) 743-9810	190

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Visiting Nurse Association of Tulsa (VNA) –Wellness Services	(918) 743-9810	190
Volunteer Tulsa	www.volunteertulsa.org	219
Volunteer Income Tax Assistance	(918) 481-2020 • (918) 382-3333	211
Volunteers of America of Oklahoma Supported Housing	(918) 307-1500	216
W		
Wagoner Area Neighbors	(918) 485-2309	216
Julia Warnock, MD	(918) 660-3115	186
Weather Coalition	(918) 834-2665	216
Well Spouse Association	(732) 577-8899 • (800) 838-0879 toll-free	178
Western Neighbors, Inc	(918) 445-8840	216
John White, MD	(918) 582-2131 • (918) 622-0641	187
Kirsten M. Wilkins, MD	(918) 660-3511	187
Gerald Wootan, DO	(918) 299-9447	187
Workforce Oklahoma	www.workforceok.org	184
Tulsa	(918) 796-1200 • (918) 384-2300	185
Claremore	(918) 341-6633	184
Muskogee	(918) 682-3364	
Okmulgee	(918) 756-5791	185
Sand Springs	(918) 245-9544	
Sapulpa	(918) 224-9430	
Working in Neighborhoods (City of Tulsa)	(918) 576-5552	191
X		
Xavier Medical Clinic	(918) 583-7233	201
Y		
YMCA of Bixby (Daily Family YMCA of Bixby)	(918) 369-9622	209
YMCA of Greater Tulsa	(918) 747-9622 • www.ycmaoftulsa.org	
R.C. Dickerson Family YMCA	(918) 872-9622	
Downtown YMCA	(918) 583-9622	
Owasso YMCA	(918) 272-9622	209
Hutcherson Family YMCA	(918) 382-9622	
South Neighborhood YMCA	(918) 518-5940	
Thornton Family YMCA	(918) 280-9622	
Westside YMCA	(918) 446-1424	
YWCA	www.ywcaoftulsa.org	
Patti Johnson Wilson Center	(918) 749-2519	209
East Center	(918) 628-1030	
North Center	(918) 425-7511	
YWCA Multicultural Center	(918) 663-0377	194
YWCA Women’s Resource Center	(918) 588-9393	185