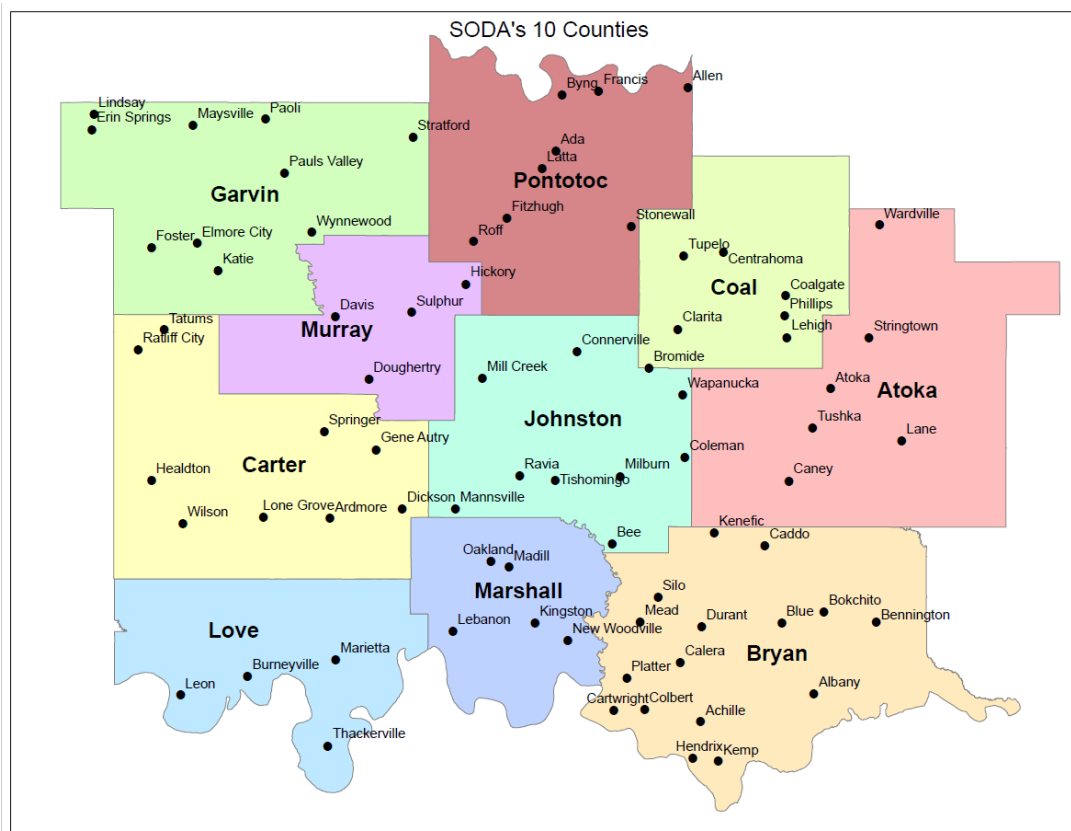




Area Agency on Aging

Resource Directory

2024



Serving the counties of Atoka, Bryan, Carter, Coal, Garvin, Johnston, Love, Marshall, Murray, & Pontotoc

Southern Oklahoma Development Association

SODA

2704 North 1st Durant OK 74701

P.O. Box 709 Durant, OK 74702

Telephone: (580) 920-1388

Fax Number: (580) 920-1391

Website: www.soda-ok.org

Facebook: <https://www.facebook.com/sodaokaaa>

Purpose

The purpose of SODA is to respond to issues and concerns for the aging population, rural fires defense, local economic development, housing and other funding for rural community special needs, SODA's resources include, but are not limited to, membership dues from participating local governments, State and Federal Grants and contracts with local governments to secure and administer grants. SODA service area is Atoka, Bryan, Carter, Coal, Garvin, Johnston, Love, Marshall Murray, and Pontotoc Counties.

Mission

To enhance the quality of life and competitive advantages of Southern Oklahoma region by providing a forum for consensus building, policy-making, and implementing regional policies, plans and programs to improve the local communities.

Administration

Dr. Steve Mills, Executive Director

smills@soda-ok.org

Brenda McCarty, Finance & Administration Director

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Joye Angel, Area Agency on Aging Director

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Staff

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SENIOR INFO LINE: 1-800-211-2116

Ombudsman

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Gina Smith, NHPF, Ombudsman Supervisor
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State Ombudsman Office: 1-405-521-6734

Community Planning & Development

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Support Staff

Christina Roan, Executive Assistant
croan@soda-ok.org

RESOURCE DIRECTORY

Many times, senior citizens and family caregivers need information and services that may not be available in their county or local area. The following gives numbers of organizations and/or agencies that may be helpful in providing valuable information and services.

This Resource Directory is developed and distributed by the Southern Oklahoma Development Association (SODA) Area Agency on Aging. SODA's Area Agency on Aging provides resources and technical assistance to the needs of the aging population and advocates for the concerns of seniors.

SODA is a Council of Governments organized to enhance and improve the quality of life in Rural Southern Oklahoma with through Aging Programs, Rural Fire Defense Coordination, and Community and Economic Development. SODA is funded through membership dues from participating local Governments, State and Federal Grants and Contracts with local Governments to secure and administer grants. The SODA Service Area is Atoka, Bryan, Carter, Coal, Garvin, Johnston, Love, Marshall, Murray, and Pontotoc Counties.

Abuse

Adult Abuse Hotlines (APS).....1-800-522-3511

Adult Protective Services

- Atoka Co.....580-889-3394
- Bryan Co.....580-931-2500
- Carter Co.....580-490-3600
- Coal Co.....580-927-2379
- Garvin Co.....405-238-6461
- Johnston Co.....580-371-4000
- Love Co.....580-276-3383
- Marshall Co.....580-795-8100
- Murray Co.....580-622-2186
- Pontotoc Co.....580-310-7050

- Long Term Care Abuse Neglect & Exploitation1-800-747-8419
- SODA Ombudsman Supervisor.....580-920-1388

- Rebekah Williams.....580-775-5314
- Tiffany Wingfield.....580-775-7478
- Gina Smith.....580-775-7794

- Senior Information Line.....1-800-211-2116

Emergency..... Dial: 911

Directory Assistance (Nation Wide).....1-411

Nursing Facilities Complaint Hotline.....405-271-6868

REACHOUT National Hotline.....1-800-522-9054

Provides 24-hour crisis and information services to all counties in Oklahoma.

Oklahoma Crisis Services

Coordination.....405-522-8117

Crisis Control Center580-924-3030

Serving Atoka, Bryan, Johnston, and Marshall Counties

Oklahoma SAFELINE 24 Hours Number.....1-800-522-7233

Family Shelter of Southern Oklahoma.....580-226-3750

Serving Victims of Domestic Violence

Crisis Hotline.....1-800-273-8255

Justice for Elder Abuse.....1-833-372-8311

Oklahoma Elder Abuse.....1-800-522-3511

Adult Day Care

Patchwork Angels Adult Daycare Center.....	580-931-0444
<i>Bryan County</i>	
Sunshine Adult Day Service	580-226-3385
<i>Carter County</i>	
Washita Valley Adult Day Care.....	405-238-5528
<i>Garvin County</i>	
Ada Senior Care Center.....	580-332-2855
<i>Pontotoc County</i>	
Indian Territory Adult Care Center.....	580-371-2468
<i>Johnston County</i>	

Caregiver Programs

Big Five Family Caregiver and Support Group Programs.....	580-924-5331
<i>Serving Atoka, Bryan, Carter, Coal, Garvin, Johnston Love, Marshall, Murray & Pontotoc Counties</i>	
Choctaw Nation Family Caregiver Programs.....	1-800-522-6170 Ext. 83849
National Eldercare Locator.....	1-800-677-1116

County and Community Services

Health Departments

- Atoka Co.....580-889-2116
- Bryan Co.....580-924-4285
- Carter Co.....580-223-9705
- Coal Co.....580-927-2367
- Garvin Co.....405-238-7346
- Johnston Co.....580-371-2470
- Love Co.....580-276-2531
- Marshall Co.....580-795-3705
- Murray Co.....580-622-3716
- Pontotoc Co.....580-332-2011

Department of Human Services

- Statewide.....1-877-751-2972
- Atoka Co.....580-889-3394 or 1-800-225-0051
- Bryan Co.....580-931-2500 or 1-800-225-0062
- Carter Co.....580-490-3600
- Coal Co.....580-927-2379 or 1-800-572-6829
- Garvin Co.....405-238-6461 or 1-800-433-6846
- Johnston Co.....580-371-4000 or 1-800-493-7975
- Love Co.....580-490-3600 or 1-800-815-7558
- Marshall Co.....580-795-8100 or 1-800-815-7567
- Murray Co.....580-622-2186 or 1-800-815-7568
- Pontotoc Co.....580-310-7050 or 1-800-270-0798

Social Security Administration

- Atoka Co.....1-866-495-0042
- Bryan Co.....1-866-495-0042
- Carter Co.....1-888-619-4774
- Coal Co.....1-877-893-4665
- Garvin Co.....1-866-331-2207
- Johnston Co.....1-866-619-4774
- Love Co.....1-888-619-4774
- Marshall Co.....1-866-619-4774
- Murray Co.....1-888-619-4774
- Pontotoc Co.....1-888-619-4774

Chamber of Commerce

- Atoka Co.....580-889-2410
- Bryan Co.....580-924-0848
- Carter Co.....580-223-7765
- Coal Co.....580-927-2119
- Garvin Co.....405-238-6491
- Johnston Co.....580-371-2175
- Love Co.....580-276-3102
- Marshall Co.....580-795-2431
- Murray Co.....580-622-2824
- Pontotoc Co.....580-332-2506

County Tax Assessors

- Atoka.....580-889-6036
- Bryan.....580-924-2166
- Carter.....580-223-9594
- Coal.....580-927-3123
- Garvin.....405-238-2409
- Johnston.....580-371-3465
- Love.....580-276-2396
- Marshall.....580-795-2398
- Murray.....580-622-3433
- Pontotoc.....580-332-0317

County Commissioners

- Atoka.....580-889-2643
- Bryan.....580-924-2201
 - District 1.....580-924-5814
 - District 2.....580-283-3711
 - District 3.....580-295-3737
- Carter.....580-223-8414
- Coal.....580-927-3122
 - District 1.....580-927-2792
 - District 2.....580-927-3384
 - District 3.....580-927-2766
- Garvin.....405-238-2685
- Johnston.....580-371-3058
- Love.....580-276-2191
 - District 1.....580-276-2516
 - District 2.....580-276-3546
 - District 3.....580-276-3681
- Marshall.....580-795-3165
- Murray.....580-622-3777
- Pontotoc.....580-332-8977

County Sheriff

- Atoka.....580-889-2221
- Bryan.....580-924-3000
- Carter.....580-223-6014
- Coal.....580-927-2121
- Garvin.....405-238-7591

County Sherriff (Continued)

- Johnston.....580-371-2646
- Love.....580-276-3150
- Marshall.....580-795-2221
- Murray.....580-622-5110
- Pontotoc.....580-332-4169

Emergency or Disaster Response Services

- Atoka City Emergency Management.....580-889-4038
- Atoka County Emergency Management.....580-364-0309 or 580-239-1767
- Caney Emergency Management.....580-889-8842 or 918-429-5316
- Tushka Emergency Management.....580-889-3046 or 580-889-0228
- Bryan Emergency Mgmt.....580-924-3661 or 580-774-3661
- Calera Emergency Management.....580-434-6014 or 580-434-5498
- Carter County Emergency Management.....580-223-7937
- Ardmore Emergency Management580-226-2100
- Healdton Emergency Management580-229-1283
- Ratliff City Emergency Management580-856-3599
- Coal County Emergency Management580-258-0603
- Garvin County Emergency Management405-238-1148
- Elmore City Emergency Management580-788-2345
- Pauls Valley Emergency Management405-238-3308
- Johnston County Emergency Management580-371-0174
- Love County Emergency Management582-276-7835
- Marshall County Emergency Mgmt.....580-672-5115 or 580-263-9117
- Madill Emergency Management.....580-795-5586
- Kingston Emergency Management.....580-564-3750
- Murray County Emergency Management.....580-622-3911
- Davis Emergency Management.....580-369-3333
- Pontotoc County Emergency Management.....580-421-7777
- Ada Emergency Management.....580-436-6300
- Byng Emergency Management.....580-436-2545

American Red Cross

- Southeastern Oklahoma Chapter**918-423-0481**
Serving Atoka, Bryan & Coal Counties
- South Central Oklahoma Chapter..**580-223-6313**
Serving Carter, Johnston, Love, Marshall and Murray Co
- Heart of Oklahoma Chapter.....**405-321-0591 or 405-228-9500**
Serving Garvin and Pontotoc Counties

United Way

- Ada Regional United Way.....**580-332-2313**
- Bryan County United Way.....**580-931-7147**
- Tulsa 2-1-1 Help-Line

Salvation Army

- Johnston County.....**580-795-7476**
- Carter County.....**580-223-6176**
- Coal and Pontotoc Counties.....**580-559-2669 or 580-322-1377**
- Garvin and Pontotoc Counties.....**405-238-3838**
- Bryan County.....**580-920-8677**

Oklahoma Works Centers

- Ada Center.....**580-332-1533**
- Ardmore Center.....**580-223-3291**
- Atoka & Coal Center.....**580-380-3996**
- Durant Center.....**580-924-1828**
- Pauls Valley Center.....**405-238-2988**

Educational Services

❖ Kiamichi Technology Center/ Atoka Campus	580-889-7321
❖ Southern Oklahoma Technology Center/ Ardmore Campus	580-223-2070
❖ Pontotoc Technology Center/ Ada Campus	580-310-2200
❖ Kiamichi Technology Center/ Durant Campus	580-920-7081
❖ Adult & GED Programs/ Durant, Ardmore, & Wilson	580-221-3001 Ext. 1540
❖ University Center of Southern Oklahoma/ Ardmore	580-319-0300
❖ Murray State College/ Ardmore	580-319-0370
❖ Murray State College/ Tishomingo	580-387-7000
❖ East Central University/ Ada	580-332-8000
❖ Southeastern Oklahoma State University/ Durant	580-745-2000

OSU Cooperative Extension

• Atoka County.....	580-889-7337
• Bryan County.....	580-924-5312
• Carter County.....	580-223-6570
• Coal County.....	580-927-2262
• Garvin County.....	405-238-6681
• Johnston County.....	580-371-9533
• Love County.....	580-276-3385
• Marshall County.....	580-795-3563
• Murray County.....	580-622-3016
• Pontotoc County.....	580-332-2153

Health, Mental Health and Substance Abuse Services

Mental Health Centers by City

- Ada/Satellite.....580-436-2690
- Ardmore Clinical.....580-223-5636
- Ardmore Administration.....580-223-5070
- Atoka Outreach Clinic.....580-889-6459
- Tishomingo/Satellite.....580-371-3019
- Durant.....580-924-7330
- Pauls Valley.....405-238-7311

Mental Health Services

Southeastern Oklahoma Family Services

- Atoka Co.....580-889-5555
- Bryan Co.....580-931-3008
(Services offered, Therapy, Counseling, Intervention, Rehabilitation)
- Carter Co.....580-226-5209
- Marshall Co.....580-795-3794
- Murray Co.....580-622-2783
- Pontotoc Co.....580-235-0274
- Johnston Co.....580-371-3672

Oklahoma Families First.....1-800-275-6776

- Durant.....580-924-9441
- Ada.....580-310-9000
- Ardmore.....580-266-9388

Hospitals

- Atoka County Medical Center.....580-889-3333
- Alliance Health of Durant.....580-924-3080
- Mercy Hospital Ardmore.....580-223-5400
- Healdton Mercy Hospital.....580-229-0701
- Coal County General Hospital.....580-927-2327
- Lindsay Municipal Hospital.....405-331-5128
- Southern Plains Medical Center of Garvin County.....405-238-5501
- Mercy Hospital Tishomingo.....580-371-2327
- Alliance Health-Madill.....580-795-3384

Hospitals (Continued)

- Texoma Care-Madill Primary Care Center.....580-795-5506
- Arbuckle Hospital-Sulphur.....580-622-2161
- Oklahoma Veteran's Center Sulphur Division.....580-622-7500
- Mercy Hospital-Ada.....580-332-2323
- Rolling Hills Hospital-Ada.....1-855-806-3022
- Oklahoma Veteran's Center-Ardmore Division.....580-223-2266

Health Services

- ❖ Oklahoma Able Tech.....1-800-257-1705 or 405-744-9748
(Serving Oklahomans with Disabilities)
- ❖ RX for Oklahoma.....1-877-794-6552
- ❖ Four Seasons Rehabilitation and Care.....580-677-9911
- ❖ Mercy Rehabilitative Services-Ardmore.....580-220-6600
- ❖ Mercy Rehabilitative Services-Ada.....580-421-1330
- ❖ Family Health Center of Southern Oklahoma-Tishomingo.....580-371-2343
- ❖ Family Health Center of Southern Oklahoma-Coalgate.....580-927-2828
- ❖ Family Health Center of Southern Oklahoma-Atoka.....580-889-4746
- ❖ Family Health Center of Southern Oklahoma-Kingston.....580-564-7885
(Sliding fee scale on Services, Prescriptions for uninsured or Medicare and /or Medicaid patients)
- ❖ Services to the Deaf and Hard of Hearing *(Dept. of Rehabilitation Services)*
 - Phone (Voice/TTY) Director of residential Life.....580-622-4900
 - Toll Free (Voice) Services for the Deaf.....1-866-309-1717
 - Telephone...Contact us.....1-888-685-3323
- ❖ Department of Rehabilitation-Ada.....580-310-5300
- ❖ Department of Rehabilitation-Ardmore.....580-226-1808
- ❖ Department of Rehabilitation-Durant.....580-924-2677
- ❖ Oklahoma Rehabilitation Services.....405-522-3333 or 918-551-4900
(Older Blind program for senior)

Nursing Homes, Assisted Living Centers, and Residential Care Facilities

Atoka Co.

- ❖ Atoka Manor.....580-889-2500

Bryan Co.

- ❖ Brookdale Durant.....580-853-0207
- ❖ Calera Manor.....580-434-5727
- ❖ Featherstone Assisted Living Durant.....580-924-3777
- ❖ Four Seasons Nursing Center-Durant.....580-677-9911
- ❖ Kings Daughters and Sons Nursing Home.....580-924-0496
- ❖ OakRidge Nursing Center-Durant.....580-634-4710
- ❖ Southern Pointe Living Center-Colbert.....580-296-4500

Nursing Homes, Assisted Living Centers, and Residential Care Facilities (continued)

Carter Co.

- ❖ Ardmore Village Assisted Living.....580-223-4174
- ❖ Canoe Brook Assisted Living-Ardmore.....580-319-7240
- ❖ Elmbrook Home-Ardmore.....580-223-3303
- ❖ Lakeland Manor-Ardmore.....580-223-4501
- ❖ Oklahoma Veteran’s Center Ardmore.....580-223-2266
- ❖ Southbrook Healthcare580-223-5901
- ❖ The Suites At Elmbrook Assisted Living.....580-223-3100
- ❖ Whispering Oaks.....580-223-4803
- ❖ Wilson Nursing Center.....580-668-2337
- ❖ Woodview Home.....580-226-5454

Coal Co.

- ❖ Ruth Wilson Hurley Manor.....580-927-2377

Garvin Co.

- ❖ Lindsay Nursing & Rehab.....405-756-4334
- ❖ Pauls Valley Health & Rehab.....405-238-6411
- ❖ The Willows Assisted Living Residence.....405-238-4414
- ❖ Washita Valley Living Center.....405-238-5528

Johnston Co.

- ❖ Blue River Healthcare.....580-371-2636

Love Co.

- ❖ Lake Country Nursing Center.....580-634-4712

Marshall Co.

- ❖ Brookside Nursing Center.....580-795-2100
- ❖ Baptist Village Lake Texoma.....580-564-3776
- ❖ Family Care Center of Kingston.....580-564-2216

Murray Co.

- ❖ Artesian Home.....580-622-2030
- ❖ Burford Manor.....580-369-2653
- ❖ Callaway Nursing Home.....580-622-2416
- ❖ Oklahoma Veteran’s Center / Sulphur Division.....580-622-7500

Pontotoc Co.

- ❖ Ada Care Center.....580-332-3631
- ❖ Baptist Village of Ada.....580-332-6004
- ❖ Ballard Nursing Center.....580-436-1414
- ❖ Brookdale Assisted Living.....580-421-9800

Nursing Homes, Assisted Living Centers, and Residential Care Facilities (continued)

- ❖ Featherstone Assisted Living580-332-5200
- ❖ Jan Francis Care Center.....580-332-5328

Housing

- 202 Supportive Housing for the Elderly.....1-800-235-3087
(Must be 62 or older).
- Atoka Housing Authority.....580-889-7311
(Low income housing).
- INCA Community Housing Program.....580-889-5193
(Weatherization/Rental).
- Lift Community Action Agency580-920-2479
(Self-Help Housing) Atoka, Bryan & eastern Marshall County
- Oklahoma Housing Finance Agency (OHFA).....1-800-256-1489
- USDA Rural Development (Home Loans & Grants for home repairs).....580-332-3070 x 4
(Serving State of Oklahoma).
- USDA Rural Development.....580-255-7676 x 4
(Serving Carter, Garvin, Love, Murray Counties).
- U.S. Department of Housing and Urban Development.....405-609-8509
- Lift Community Action Agency (Self-Help Housing) Carter Co..... 580-226-3030
(Serving Carter, Love, & Marshall County).
- Pauls Valley Housing Authority.....405-238-7507

Senior Housing/Rentals

- Golden Acres Retirement Ranch/Bryan Co.....580-367-2695
- Larkspur Village/Bryan Co.....580-920-1334
- The Village/Bryan Co.....580-924-8264
- Linden Woods Housing/Bryan Co.....580-352-3545
- Ardmore Village/Carter Co.....580-223-4174
- Dunbar Heritage Apartments/Carter Co.....580-490-9047
- Big 5 Apartments/Carter Co.....580-223-3733

- Coalgate Housing Authority/Coal Co.....**580-927-2575**

Senior Housing/Rentals (Continued)

- Pauls Valley Housing Authority/Garvin Co.....**405-238-7507**
- Fern Markwell Senior Housing Complex/Love Co.....**580-276-9488**
- Baptist Village Ada/Pontotoc Co.....**580-332-6004**
- Baptist Village Lake Texoma/Madill/Marshall Co.....**580-564-3776**

Legal Services

- ❖ Legal Aid Services of Oklahoma, Inc.
(Serving Atoka, Bryan, Carter, Coal, Garvin, Johnston, Love, Marshall, Murray, & Pontotoc Counties)

For Legal Assistance or Advise Please Call **580-226-4863** or **1-800-421-8007**
Or OK-SPLASH (Oklahoma Sixty-Plus Legal Aid Services Helpline) at **1-855-488-6814**.

Medicare Assistance Program

Senior Health Insurance Counseling Program SHIP

For questions about Health insurance options and Medicare Please Call:

- **1-800-763-2828 or 405-521-6628**
- **Website: SHIP.OID.OK.GOV**

SODA Area Agency on Aging

Certified MAP counselors can assist in choosing Medicare Part D, and other basic Medicare information.

- **1-580-920-1388 or Senior Info Line at 1-800-211-2116**
- www.soda-ok.org

**Open Enrollment for Medicare Prescription Drug is between
October 15th through December 7th annually**

**Contact SODA Area Agency on Aging to schedule your Appointment
580-920-1388 or 1-800-211-2116**

SMP (Senior Medicare/Medicaid Fraud, Abuse, Waster Reduction Program)

Protect, Detect, and Report Fraud assistance with these items

- **1-405-521-2828 or 1-800-522-0071 in Oklahoma State only.**
- **SMP.OID.OK.GOV**

Nutrition

State Funded Nutrition Centers

• Allen.....	580-857-2803
• Ardmore.....	580-223-0450
• Atoka	580-889-3080
• Coalgate.....	580-927-3245
• Durant.....	580-924-6247
• Lindsay.....	405-756-4780
• Madill.....	580-795-7075
• Marietta.....	580-276-5475
• Pauls Valley.....	405-238-5892
• Stratford	580-759-3613
• Sulphur.....	580-622-6336
• Tishomingo.....	580-371-9116
• Wilson.....	580-668-3128

Independent Senior Centers

❖ Antioch Community Association (Garvin).....	405-444-0398
❖ Bentley Community Senior Center (Atoka).....	580-239-9302
❖ Bokchito Senior Citizens Center, Inc.....	580-775-4875
❖ Boehler, Crystal, Sunkist Senior & Community Center (Atoka).....	580-889-5921
❖ Calera Community Outreach Center (Bryan).....	580-434-5634
❖ Cartwright Community Resource and Event Center.....	214-694-3909
❖ Clarita Community Center.....	580-579-4216
❖ Colbert Senior Citizens Center (Bryan).....	580-296-2413
❖ Connerville Senior Citizens Center (Johnston).....	580-836-7881
❖ Davis Senior Citizens (Murray).....	580-369-2452
❖ Dougherty Senior Citizens Center (Murray).....	580-622-3777
❖ Farris Senior & Community Building (Atoka).....	580-889-1544
❖ Irving Community Center (Pontotoc).....	580-436-8101
❖ Kemp Senior Community Center (Bryan).....	580-838-2901
❖ Lane Senior Citizens Center (Atoka).....	580-364-2027
❖ Lebanon Senior Citizen Center Inc (Marshall).....	580-795-9681
❖ Lone Grove Senior Center (Carter).....	580-657-4734
❖ Maysville Senior Citizens (Garvin).....	405-642-8763
❖ Mead Community Center (Bryan).....	903-337-5546
❖ Mill Creek Senior Citizens Inc. (Johnston).....	580-384-5510
❖ Oak Grove Senior Citizens Center (Murray).....	580-622-6731
❖ Paoli Senior Citizens Association (Garvin).....	405-238-8436
❖ Pontotoc Senior Center (Johnston).....	580-777-4424

❖ Ravia Senior Center (Johnston).....	580-371-9797
❖ Ray Smith Memorial Senior Citizens Center (Marshall).....	580-624-0052
❖ Reagan Senior Citizens & Community Center (Johnston).....	580-371-6316
❖ Roff Senior Citizens (Pontotoc).....	580-456-7702
❖ Shay Community Center (Marshall).....	580-884-0373
❖ Springdale Community Center (Carter).....	580-465-5934
❖ Stonewall Senior Nutrition Center (Pontotoc).....	580-265-4510
❖ Thackerville Senior Citizens Center (Love).....	580-276-4842
❖ Tupelo Senior Center (Coal).....	580-845-2412
❖ Wade Albany Senior Citizen Center (Bryan).....	580-924-9264
❖ Wynnewood Senior Center (Garvin).....	405-665-2307

Transportation

J.A.M.M. Transit Rural Public Transportation.....Toll Free: 1-844-462-2457

Serving

- Atoka Co.....580-889-5193
- Garvin Co.....580-889-5193
- Johnston Co.....580-371-2352
- Marshall Co.....580-795-2372
- Murray Co.....580-622-5700

Operator Assisted Relay..... Dial 711

Southern Oklahoma Rural Transit System or S.O.R.T.S

Serving

- Bryan Co.....580-924-1177
- Carter Co.....580-226-5730
- Coal Co.....580-927-2381
- Love Co.....580-226-5730
- Pontotoc Co.....580-927-2381

Ada-CARPTS (Call-A-Ride Public transit System).....580-332-7950

Sooner Ride (for qualified Medicaid recipients).....1-877-404-4500

Delta Community Action (Delta Public Transit)405-238-3838 or 405-756-1100

Outreach Services

Outreach Services is a one-on-one service that provides intervention and contact between the area service providers and the senior citizen and their caregivers.

For Outreach services & information please call either

**Big Five Community Services – Outreach for
Atoka, Bryan, Coal, Garvin & Pontotoc Counties call 580-332-1132 and
Carter, Johnston, Love, Marshall, & Murray Counties call 580-223-4613.**

OR

SODA Area Agency on Aging Senior Info Line at 1-800-211-2116

YMCA

- Provides exercise classes for people suffering from arthritis
Carter Co.....**580-223-3990**
Delta Community Action (Garvin Co).....**405-756-1100 or 405-238-3838**

Food Banks & Other Resources

- ✓ Food & Resource Center Carter Co.....**580-798-2293**
- ✓ Hands of Hope Bryan Co.....**580-920-2574**
- ✓ The River Bryan Co.....**580-931-0910**
- ✓ Great Physicians (free) Pharmacy & Clinic Bryan Co.....**580-924-1633**
- ✓ Medical Mission (free) First Baptist Church Bryan Co.....**580-924-8875**
- ✓ Celebrate Recovery First Baptist Church Bryan Co.....**580-924-3573**
- ✓ Colbert First Baptist Church Pantry Bryan Co.....**580-296-2926**

Clothing

- ✓ Durant First Baptist Church Clothes Closet 2nd Friday 9-12
(217 N. 2nd Street. Durant, OK. 74701).....**580-924-3573**
- ✓ Durant First Baptist Church (Celebrate Recovery).....**580-924-3573**
- ✓ Ministerial Alliance (Bryan County).....**580-924-1309**

Shelters

- ✓ Ardmore Overnight Shelters.....**580-226-4245**
(Children of the King Baptist Church)
- ✓ Salvation Army.....**580-223-6176**
- ✓ The Mission – I'm Possible, Inc.....**580-387-0091**

Recovery Centers

Women.....580-798-4421
Men.....580-226-3252

✓ **Ada Homeless Services**.....580-272-0211
(Temporary Emergency Shelter, Food and, Transportation for homeless)

Fire, Ambulance, Police, Medical Emergencies.....Dial 911
Statewide Resources Hotline to Oklahoma food banks and basic needs....Dial 211

✓ **Places to Spend the Night**

Bryan County Assistance Center.....580-920-0928
Grayson County Shelter *(331 W Morton Denison, Texas)*.....903-465-6041
Open 24 hours and 7 days a week.
Salvation Army Shelter *(5700 Texoma Parkway Sherman, TX.)*903-868-9602

Volunteer Opportunities

- **Ombudsman Volunteer for Long Term Care Residents**
Senior Info Line.....1-800-211-2116
Oklahoma State Ombudsman Office.....405-521-6734
- **RSVP (Retired Senior Volunteer Program)**.....405-605-3110
Johnston Co.....580-371-2352
Love Co.....580-276-3154
Bryan Co.....580-924-3659
Atoka, Coal & Pontotoc Co.....580-927-2369
Murray Co.....580-622-5700

Native American Resources

Choctaw Nation of Oklahoma

Information, Assistance and Referrals

- ✓ Choctaw Nation Elder Advocacy Program.....**580-326-8304**
(Must be a resident within Choctaw Nation Territory)

- ✓ The Choctaw Nation of Oklahoma Housing Authority.....**580-326-7521**

- ✓ Choctaw Nation Independent Elder Housing.....**1-800-235-3087 or 580-326-7521**

- ✓ Bureau of Indian Affairs (Eastern Oklahoma Regional Office).....**918-781-4600**

- ✓ Tri-County Indian Nations Community Development.....**580-310-9715**

- ✓ Choctaw Nation Of Oklahoma (Tribal Services).....**1-800-522-6170**

- ✓ Assistance with Eye Glasses, Dentures & Hearing Aids, etc. for Choctaw Citizens..... **580-924-9704**

- ✓ Choctaw Nation Homeowners Energy Management Services.....**580-317-7089**
(Provides audits and education on increasing savings on monthly energy costs)

- ✓ Choctaw Nation Storm Shelter Program.....**580-326-7521**
(Must be 45 or older and have Choctaw CDIB)

- ✓ **Title VI Native American Nutrition Sites.....918-426-4125**
Choctaw Nation of Oklahoma Community Centers provides 1 meal per week at the local community centers to Senior Citizens 55 years of age or older. Centers currently in operation are:

Atoka	Bethel	Broken Bow	Coalgate	Crowder
Durant	Hugo	Idabel	McAlester	Poteau
Smithville	Spiro	Stigler	Talihina	Wilburton
Wright City				

Talihina provides meals five days a week.....**918-567-2106**

Farmer Market Nutrition Program for Seniors.....**580-916-9140 Ext. 83812**
Choctaw Health Services Provides checks to low-income seniors (60 +) that can be exchanged for fresh nutritious unprepared, and locally grown fruit, vegetables, herbs and honey.

Caregiver Support Group

- Choctaw Nation of Oklahoma Family Caregivers Program.....**580-745-9017**
- National Eldercare Locator.....**1-800-677-1116**
- Choctaw Nation Elderly Emergency Services.....**1-800-522-6170**
(Must have Choctaw Nation CDIB Card and Tribal Membership)
- Choctaw Nation of Oklahoma Emergency Disaster Response.....**1-800-522-6170 Ext. 2417**

Housing Information

Choctaw Nation Independent Elder.....**1-800-235-3087**
(Must be 55 or older and have Choctaw CDIB)

The Choctaw Nation of Oklahoma Housing Authority.....**580-326-7521**

Look for more information on the Choctaw Nation web site at

<https://www.choctawnation.com/>

Native American Resources

Chickasaw Nation of Oklahoma

Information, Assistance and Referrals

- Chickasaw Nation Community Health Program.....**580-795-9790**
- Chickasaw Nation Elder Prescription Program.....**580-272-2704**
(Must live within Chickasaw Nation Territory have Chickasaw CDIB, and be 60 years or older)
- Chickasaw Nation Itiapela—Medical alert Program.....**580-795-9790**
(Must be 60 or older and a Chickasaw Nation Resident)
- Chickasaw Nation Over the counter Medications.....**580-795-9790**
(Must be 60 or older and have a Chickasaw CDIB)
- Chickasaw Nation Native Caregiver Program.....**580-795-9790**
(Must be 60 year or older patient or a grandparent raising a grandchild under 18 years of age)
- Chickasaw Nation Assisted Living Benefit Program.....**580-795-9790**
(Must have Chickasaw CDIB)
- Chickasaw Agency—Bureau of Indian Affairs.....**580-436-0784**
- Chickasaw Nation Annual Veterans Trip to Washington DC.....**580-795-9790**
(For Chickasaw Veterans 60 years and older)
- Chickasaw Nation Chore Services.....**580-795-9790**
(Must be 60 years or older and a Chickasaw Nation Resident)
- Chickasaw Nation Elders Conference.....**580-795-9790**
(CDIB Card)
- Chickasaw Nation Elderly Energy Assistance Program.....**405-767-8971**
(Must be 60 and have CDIB Card)
- Chickasaw Nation Private Driveway Program.....**580-272-5499**
(Must be 60 + Chickasaw Resident, and or Chickasaw Veteran)
- Chickasaw Nation Senior Centers Program.....**580-795-9790**
(Must be 60 + and Chickasaw Resident)
- Chickasaw Nation Senior Companion Program.....**580-795-9790**
(Must be 60 + and Chickasaw Resident)

- Chickasaw Nation Senior Golf Academy.....580-795-9790
(Must be 50 +)
- Chickasaw Nation Supplemental Lawn Mowing Program.....580-795-9790
- Chickasaw Nation Supplemental Wood Program.....580-795-9790
(Must be 60+ and Chickasaw Resident)
- Chickasaw Nation Veterans Jacket Program.....580-272-2550
(Any CDIB holding Chickasaw Veterans)
- Chickasaw Nation Veteran Services Programs.....580-272-2550
(Any CDIB holding Chickasaw Veteran, next of kin to veteran, or currently serving in the military)
- Chickasaw Nation Wisdom Walkers (Wellness Program).....580-795-9790
(Must be 60+ a Chickasaw Nation Resident or a spouse)
- Chickasaw Nation Area Office (Ardmore, OK.).....580-226-4821
- Bureau of Indians Affairs (Eastern Oklahoma Regional Office).....918-781-4600
- Chickasaw National Tribal Headquarters.....580-436-2603
- Chickasaw Nation Foster Grandparent Program.....580-421-7711
(Must be Chickasaw Resident).
- Chickasaw Nation Community Health Program.....580-795-9790
- Chickasaw Nation Social Services.....580-622-2888
- Chickasaw Nation Medical Center.....580-436-3980
- Chickasaw Vocational Rehabilitation.....580-421-7711

Title VI Native American Nutrition Sites

- Colbert (Panola Center).....580-296-1674
- Ardmore.....580-226-6904
- Ada.....580-436-1007
- Pauls Valley.....405-207-9034
- Tishomingo.....580-371-9667
- Connerville.....580-836-7276
- Madill.....580-795-7355
- Sulphur.....580-622-5490
- Allen (Kullahoma Senior Center).....580-310-0538

Nutrition Services

- Chickasaw Nation Nutrition Services.....**580-436-7255**
- Chickasaw Nation Farmers Market Program.....**580-436-7255**
(Must be 55 + and Chickasaw Resident)

Housing Information

- Chickasaw Nation Home Maintenance.....**580-795-9790**
(Must be 60 years or older, a Chickasaw Nation resident, and homeowner of the house)
- Chickasaw Nation Housing Administration.....**580-223-7064**
- Chickasaw Nation Housing Division.....**580-421-8800**
- Chickasaw Nation Housing Improvement Program.....**580-421-8800**
- Tri-County Indian Nations Community Development.....**580-310-9715**

Transportation

- Chickasaw Nation Transportation.....**580-310-6453**
(Must be a Chickasaw Nation Resident)

Volunteer Opportunities

- Chickasaw Nation Foster Grandparent Program.....**580-421-7711**
(Must be Chickasaw Resident)

Funeral Services

- Chickasaw Nation Burial Assistance.....**580-310-6481**
(Online application is available)

Look for more information on the Chickasaw web site at
www.chickasaw.net



PHYSICAL ADDRESS:

2704 N. 1ST STREET • DURANT, OK 74701

MAILING ADDRESS:

P.O. BOX 709 • DURANT, OK 74702-0709

PHONE: (580) 920-1388 • **FAX:** (580) 920-1391

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