Mission Statement: To provide seniors and caregivers of Norman and Cleveland County with the most current information to navigate senior resources

LISTING IN THE RESOURCE DIRECTORY DOES NOT CONSTITUTE AN ENDORSEMENT
Availability may change

Printed May 2017
## EMERGENCY NUMBERS

<table>
<thead>
<tr>
<th>Location</th>
<th>Ambulance</th>
<th>Police</th>
<th>Fire</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lexington</td>
<td>911-TTY</td>
<td>405-527-9881</td>
<td>405-527-9881</td>
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<tr>
<td>Moore</td>
<td>911-TTY</td>
<td>405-793-5171</td>
<td>405-793-5171</td>
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<td>Noble</td>
<td>911-TTY</td>
<td>405-872-9231</td>
<td>405-872-3030</td>
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<td>Norman</td>
<td>911-TTY</td>
<td>405-321-1600</td>
<td>405-321-1600</td>
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<tr>
<td>Poison Control</td>
<td>911-TTY</td>
<td></td>
<td>405-271-5454</td>
</tr>
</tbody>
</table>

## Utility Contacts

- **OG&E – Electric**: 405-272-9741
- **OEC – Electric**: 405-321-2024
- **ONG – Gas**: 405-551-4000
- **City of Norman-Water, Sewer, Trash**: 405-366-8282

## City of Norman-General Information Contacts

- **General Information**: 405-366-5406
- **Utility Billing/Cust. Service**: 405-366-5320
- **Water/Sewer Maintenance**: 405-329-0703
- **After hours and weekends**: 405-321-1600
- **Action Center**: 405-366-5396

## Cleveland County sheriff

- 911 or 405-321-8600

## Norman Chamber of Commerce

- 405-321-7260
- 115 E. Gray St, Norman, OK 73069
- [www.normanchamber.com](http://www.normanchamber.com)

## Norman Convention & Visitors Bureau

- 405-366-8095
- 309 E. Main St, Norman, OK 73069
- [www.visitnorman.com](http://www.visitnorman.com)

## Heartline

- 2-1-1
- Information and Referral

## AARP

- Moore Chapter: 405-799-3130
Meets 4th Tuesday of the month at 6:00pm located at the Brand Senior Center 501 E. Main Street, Moore, OK.

**ADULT DAY SERVICES**

**Full Circle Adult Day Center** 405-447-2955  
1304 Lindsey Plaza Drive, Norman, OK.  
Full Circle Adult Day Center is the premier provider of adult day health care services, including nutrition, social and recreational activities for aging adults and respite to caregivers in our community.  
www.fullcircleok.org

**ASSESSMENT**

**ADVANTAGE PROGRAM** 800-435-4711  
Call for intake and screening information. Non-institutional long term care services through the Medicaid program. To help functionally impaired elderly persons and adults with physical disabilities remain in their own homes as long as possible.  
Services include case management; skilled nursing; personal care; homemaker chore; medical equipment; adult day care.  
www.okdhs.org/services/aging/pages/advantageservices.aspx

**CARE MANAGEMENT**

**OU College of Nursing Care Management** 1-866-416-4980  
DHS Advantage provider Or 405-271-8767  
www.oulifestagesolutions.com

**Crossroads** 405-310-9626  
Helps put a plan in place when taking care of an elderly loved one. Consultation, Plan of Action, Emergency Guidance and Referrals.  
www.crossroadseps.com

**Caring Transitions** 405-293-4723  
Senior relocation, downsizing and decluttering, estate sales and online auctions  
www.caringtransitions.com
CRISIS ASSISTANCE

Adult Protective Services, DHS 405-573-8300
Disaster Relief, American Red Cross 405-321-0591
Domestic Violence Hotline 405-917-9922
Heartline, 24 hour Suicide 405-848-2273
Norman Shelter for Battered Women’s Crisis Line 405-701-5540
Rape Crisis Line 405-701-5660
Sexual Assault Hotline 405-943-7273

EDUCATION

City of Norman Senior Citizen Classes 405-329-4200
Cleveland County Cooperative Extension 405-321-4774
www.uces.okstate.edu/cleveland
Health & Wellness Educational Seminars 405-307-5730
Meets 6 PM every 3rd Tuesday of the month
(Through Norman Regional Hospital)
Moore Norman Technology Center 405-364-5763
4701 12th Ave. N.W. Norman, OK.
www.mntc.edu
Oklahoma Healthy Aging Initiative 405-271-6424
Center of Healthy Aging
www.ouhsc.edu/ohai
Osher Lifelong Learning Institute at the University of Oklahoma
http://ou.edu/outreach/olli 405-325-3488
Senior Class at OU Medical 405-271-3050
www.oumedicine.com/seniorclass
Senior Vitality Norman Regional Health System 405-301-6602

EMPLOYMENT

Experience Works (Customer Service) 405-589-9488
Workforce 405-701-2000
Senior Community Service Employment Program 1-800-658-1466
CONGREGATE MEAL SITES

Aging Services Inc. /Norman Senior Center 405-360-1472
329 South Peters, Norman, OK
Lunch Meals are served at 11:30 Monday-Friday
   Suggested donation, call for more information
No one is denied a meal because of inability to donate
Must be 60 years of age or older
Must reserve the meal by noon the day before

Aging Services Inc. /Rose Rock Villa 405-364-3710
700 North Berry, Norman, OK.
Lunch Meals are served at 11:30 Monday-Friday
   Suggested donation, call for more information
No one is denied a meal because of inability to donate
Must be 60 years of age or older
Must reserve the meal by noon the day before

Aging Services Inc. / Noble Senior Citizen Center 405-872-5921
Highway 77 and Maguire Road, Noble, OK.
Lunch Meals are served at 11:30 Monday-Friday
   Suggested donation, call for more information
No one is denied a meal because of inability to donate
Must be 60 years of age or older
Must reserve the meal by noon the day before

Aging Services Inc. / Brand Senior Center 405-793-9069
501 East Main Street Moore, OK.
Lunch Meals are served 11:30-12:00 Monday-Friday
   Suggested donation, call for more information
No one is denied a meal because of inability to donate
Must be 60 years of age or older
Must reserve the meal by noon the day before

Aging Services Inc. / Eastlake Cumberland Presbyterian Church
700 South West 134th, Oklahoma City, OK. 405-691-0339
Lunch Meals are served at 11:30 Monday-Friday
   Suggested donation, call for more information
No one is denied a meal because of inability to donate
60 years of age or older, $5 for people under 60
Must reserve the meal by noon the day before
First Baptist Church  
405-321-1753  
211 West Comanche, Norman, OK.  
1st and 3rd Sunday of every month 4pm-5pm  
Spiritual Guidance may be provided

Food and Shelter  
405-360-4954  
104 West Comanche, Norman, OK.  
Breakfast is served from 7:00am until 8:00am Monday-Friday  
Lunch is served from 11:00am until 12:00noon Monday-Friday  
No screening or eligibility requirements

Salvation Army of Norman  
405-364-9910  
318 E. Hayes, Norman, OK.  
Breakfast is served from 7:00am until 8:00am everyday  
Dinner is served from 5:00pm until 6:00pm everyday

**FOOD PANTRIES**

Alameda Baptist Church  
405-329-5157  
1503 East Alameda, Norman, OK.  
Tuesday and Thursday by appointment only  
Call before 8:30am on the day you want food  
Your call will be returned at 9:30 for an appointment  
Must live in Norman or Noble city Limits  
Need photo ID with Norman address and date of birth for all family members  
Available 3 times a year with at least 30 days apart.

Alameda Church of Christ  
405-321-0788  
801 East Alameda, Norman, OK.  
Wednesday 10am-12:30noon  
Fourth Thursday of the month 5:30pm-7:30pm  
Second Saturday 9-Noon  
Must be a Norman resident with a photo ID  
Birth Certificate needed for each child  
Limited to 6 times a year with at least 30 days in between visits  
Prefer every other month

Cross Pointe Church  
405-329-0823  
24th SE and Highway 9, Norman, OK.  
Fridays 10:30am-12:00noon  
Must be a resident of Cleveland or McLain counties
Bring photo ID and birth certificate for any children living in the home
Available 4 times a year or every 6 weeks
List all members of the household, there will be 6 meals provided

First Baptist Church 405-321-1753
211 West Comanche, Norman, OK.
3rd Sunday each month 4:30pm-5:30pm
Cleveland County residents only
Bring photo ID

First Baptist Church of Lexington 405-527-6758
900 East Broadway, Lexington, OK.
Monday-Thursday 9am-3pm
Call before you come
Must be a Lexington resident with ID
Can access once every 90 days

First Baptist Church of Noble 405-872-3529
330 East Chestnut, Noble, OK
Mondays and Thursdays 1:30pm-3pm
Noble residents only—must live west of 96th and north of Cemetery Road
Bring photo ID and proof of residence
Available every 30 days

Hilltop Baptist Church 405-794-0603
11710 E Stella Rd, Norman, OK.
Monday and Thursday from 9:30am-12noon and Saturday 9am-11am
ID required with correct address
Must live within a 12 mile radius of Church
Available every 30 days

Little Axe Community Center 405-292-9770
1000 168th Ave NE, Norman, OK.
Monday through Friday 8am-5pm
Serves people living in the Little Axe school district
Must have food stamp card for proof of assistance

McFarlin Methodist Church 405-321-3484
419 South University, Norman, OK.
Tuesdays and Thursdays 9:00am-11:00am and 1:00pm-4:00pm
Need photo ID with current address
Available every 2 weeks
Available to residents of Noble, Norman and Little Axe

Mission Norman 405-321-8886
2525 East Lindsey Street, Norman, OK.
www.missionnorman.org
Mondays- 10:00am-12:45pm
Tuesdays-Fridays – 10:00-2:00pm
Anyone in need is eligible
Bring ID to first visit and Driver’s License or state IDs for all who reside in household
Available every 30 days
Emergency boxes with two days of food are available within the first 30 days after receiving a pantry pack
Spiritual Guidance may be provided

Salvation Army of Norman 405-364-9910
318 East Hayes, Norman, OK.
Monday-Thursday 1pm-3pm
Must be a Cleveland County resident
Photo ID for all adults in home, proof of residency, proof income or DHS award letter
Available once every 30 days

Seventh Day Adventist Church 405-366-7772
1818 Alameda, Norman, OK.
Tuesdays 9am-12noon
Everyone is eligible
Need ID and income verification

South Canadian Church of Christ 405-364-4051
2217 24th Avenue, Norman, OK.
Second Thursday of the month 10:00-11:00am or call for an appointment

Trinity Baptist Church 405-321-2000
801 North Peters, Norman, OK.
Wednesdays 5:00pm to 6:00pm
Available to Norman and Noble residents
Bring an ID and a proof of residency

Westside Church of Christ 405-329-0392
726 McGee, Norman, OK.
Wednesday or Thursday by appointment only, please call ahead
Bring photo ID
Available two times a year

**FOOD STAMPS**

**Oklahoma Department of Human Services**

631 East Robinson, Norman, OK. 405-573-8300
2507 N. Shields, Moore, OK. 405-912-2000

Available to low income, low asset senior adults

Amount of Food Stamps is determined by income and number of people residing in household

Monday-Friday, 8:00am – 5:00pm

**GROCERY DELIVERY**

**Wright’s Family Market**

There is a $12 delivery fee

405-321-0701

**Walmart Neighborhood Market**

405-515-7418

**HOME DELIVERED MEALS**

**Meals on Wheels of Norman**

P.O. Box 1371, Norman, OK.
www.mealsonwheelsnorman.com

Hot, nutritious meals including special diets delivered between 11:00am and 12:30pm Monday - Friday.

Fee – ability to pay, sliding scale, income screening required for reduced cost meals

Eligibility – Ill, disabled, senior Norman residents

Service area - Norman City Limits

Frozen specialized meals available to those in need outside of limits

**Aging Services Inc.**

1149 East. Main, Norman, Ok.

Suggested donation, call for more information

No one is denied a meal because of inability to donate

Must be 60 years of age or older

Must reside in Cleveland County

www.mealsonwheelsnorman.com
Must be assessed by an ASI Outreach Worker and found to be homebound.
Meals are delivered to homes between 11:00 am and 12:00 noon each day Monday through Friday.

### HEALTH SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Absentee Shawnee Tribe Health Clinic</td>
<td>405-878-5850</td>
</tr>
<tr>
<td>Cleveland County Health Dept.</td>
<td>405-321-4048</td>
</tr>
<tr>
<td>Variety Care</td>
<td>405-632-6688</td>
</tr>
<tr>
<td>Hospice Care</td>
<td>Contact your health care provider for referrals</td>
</tr>
<tr>
<td>Home Health</td>
<td>Contact your health care provider for referrals</td>
</tr>
<tr>
<td>Life Alert</td>
<td>800-900-5237</td>
</tr>
<tr>
<td>Mary Mahoney Memorial Health Center, Spencer OK.</td>
<td>405-769-3301</td>
</tr>
<tr>
<td>Medicaid Waiver Program, OKDHS – ASD</td>
<td>800-435-4711</td>
</tr>
<tr>
<td>Non-Medical Personal Care Assistance or Private Duty</td>
<td>Contact your health care provider for referrals</td>
</tr>
<tr>
<td>Norman Regional Health System</td>
<td>405-307-1000</td>
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<tr>
<td>Physicn Referral</td>
<td>405-307-3176</td>
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<tr>
<td>DENTAL</td>
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<td>Variety Care</td>
<td>405-632-6688</td>
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<tr>
<td>D-Dent</td>
<td>405-424-8092</td>
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<tr>
<td>OU College of Dentistry</td>
<td>405-271-7744</td>
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<td>Mary Mahoney Memorial Health Center, Spencer OK</td>
<td>405-769-3301</td>
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<td>PRESCRIPTION ASSISTANCE</td>
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<tr>
<td>Prescriptions Assistance Program, Rx Oklahoma</td>
<td>405-701-2071</td>
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<td>Generic Prescription opportunities</td>
<td><a href="http://www.rxaminer.com">www.rxaminer.com</a></td>
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<td><a href="http://www.accessdata.fda.gov/scripts/cder/drugsatfda">www.accessdata.fda.gov/scripts/cder/drugsatfda</a></td>
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<td>Familywize discount Rx card, United Way of Norman</td>
<td>405-329-2025</td>
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<tr>
<td>Dave’s Healthmart Pharmacy</td>
<td>405-360-8882</td>
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</table>
329 N Porter Ave, Norman, OK
Prescription delivery, small fee may apply

Doctor’s Park Pharmacy 405-364-5020
500 E Robinson St #200, Norman, OK
Prescription delivery, small fee may apply

Ken’s Walgreens Pharmacy 405-321-1445
808 N Porter Ave, Norman, OK
Prescription delivery and blister packing

Legend Care Pharmacy 405-321-5300
2600 Technology Pl., Norman, OK
Bubble packing and color coding packing

Physicians and Surgeons Pharmacy 405-364-5222
900 N Porter, Norman, OK
Prescription delivery

Thunder Discount Drug 405-212-3177
2296 W Main St., Norman, OK
Discount prices for patients with no insurance

HEARING and VISION

Dean McGee Eye Institute 405-271-6060
Oklahoma Department of Rehabilitation Services 405-951-3400
Hearing and Vision 1-800-845-8476
SCHAP – The Senior Citizen Hearing Program 800-487-4042
For an application

HOSPITALS

Moore Medical Center 405-793-9355
Norman Regional Health System 405-307-1000
Norman Regional Health System 405-307-6900
Healthplex, 3400 W Tecumseh

Oklahoma Wound Care Center 405-307-6955

HOME REPAIR/WEATHERIZATION

Norman Housing Rehabilitation 405-366-5322
HOUSEKEEPING

Aging Services Inc. 405-321-3200
1149 E. Main, Norman, OK.
Service is available on a county wide basis, the United Way of Norman funds these services in the Norman area.
Suggested donation for the service.
Service is 1 hour and 40 minutes in length.
Must be at least 60 years of age.
Must be assessed by an ASI Outreach Worker.
Based on the assessment, the service is provided once every 4 weeks or every other week.

HOUSING/ Subsidized

Noble Senior Citizens Village 405-872-9442
606 Maguire Road, Noble, OK. 73068

Norman Housing Authority 405-329-0933
Section-8 and low rent programs

Northcliff Gardens 405-579-1552
1301 Northcliff Ave., Norman, OK. 73071

Rose Rock Villa and Public Housing 405-329-0933
700 N. Berry Road, Norman, OK. 73069

Savannah House of Norman 405-329-2450
1111 24th Ave., S.W., Norman, OK. 73069
Small pets allowed.

Savannah House of Norman II 405-294-7924
2500 Meadow Wood Blvd., Norman, OK. 73071
Small pets allowed.

Senior Cottages of Norman 405-292-7714
2901 Oak Tree, Norman, OK. 73072

Southwind Senior Citizens Village 405-872-0700
601 S. 8th St., Noble, OK. 73068

Willows and Pathways Apartments 405-364-1224
517 N. University, Norman, OK.
Scattered sites

Wyndam Place Senior Residences 405-310-2266
301 Triad Village Dr., Norman, OK. 73071
62 and over
ASSISTED LIVING COMMUNITIES

Arbor House Assisted Living 405-292-9200
4501 W. Main, Norman, OK. 73072
1 room suites; meals; personal care; medication assistance;
scheduled limo transportation. Small pets allowed with deposit. Locally owned and operated.

Brookdale Senior Living Solutions 866-487-4280
1701 Alameda St, Norman, OK. 73071

Grace Living 405-366-8800
201 48th Ave. S.W., Norman, OK. 73072

Rambling Oaks Assisted Living 405-360-4755
1060 Rambling Oaks Dr., Norman, OK. 73072
A Good Neighbor Care Center

Rivermont Retirement Community 405-360-0606
800 Canadian Trails Dr., Norman, OK. 73072
Private & shared apts.; full service dining; personal care services;
transportation.

SKILLED NURSING HOME

Brookhaven Extension Center 405-322-5659
1050 Rambling Oaks Dr., Norman, OK. 73072

Cedar Creek Nursing Center 405-329-6771
600 24th Ave SW Norman, OK 73069

Grace Living Center 405-366-8800
201 48th Ave SW, Norman, OK. 73072

Holiday Heights Nursing Home 405-321-7932
301 E Dale St., Norman, OK 73069

Medical Park West 405-321-2188
3110 Healthplex Dr., Norman, OK. 73072

Noble Nursing Center 405-872-7102
1501 N 8th St., Noble, OK. 73068

MEMORY CARE

Arbor House Reminisce 405-310-2499
151 48th Ave. S.W., Norman, OK. 73072
Reflections Alzheimer’s and Memory Care, Rivermont  405-360-0606  
800 Canadian Trails Dr., Norman, OK

RETIREMENT HOMES

Rivermont Retirement Community  405-360-0606 
800 Canadian Trails Dr., Norman, OK. 73072

INCOME TAX ASSISTANCE

AARP  405-701-2600 
Norman Central Library  
Electronic filing only
AARP  405-329-4200 
Norman Senior Citizens Center  
Individuals 55+ 
Call for appointment
MyFreeTaxes.com 
OU School of Law – VITA 
Bring a valid ID for you and your dependents and all supporting 
tax documents to the Norman Public Library any Wednesday or 
Thursday before April 15 from 6 to 8 p.m.
United Way of Norman & CSBI  405-329-2025 
CSBI Building E Wing 2nd floor 1155 E Main, Norman, OK 
Walk-ins only

Documents You Will Need to Provide: 
Photo ID, W-2’s, 1099, 1098’s 
Social Security cards for all family members 
Health Insurance documentation (Form 1095-A, Form 1095-B or 
Form 1095-C) 
All other tax related documents

INSURANCE COUNSELING

MAP- Medicare Assistance Program  405-521-6628 
www.map.oid.ok.gov
**LEGAL**

Legal Aid Services of Oklahoma 405-360-6631

**LIBRARIES**

<table>
<thead>
<tr>
<th>Library</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Cleveland Co. Genealogical Society Library</td>
<td>405-701-2100</td>
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<tr>
<td>1119 E. Main, Norman, OK.</td>
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<tr>
<td>Moore Public Library</td>
<td>405-793-5100</td>
</tr>
<tr>
<td>225 South Howard, Moore, OK.</td>
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<tr>
<td>Noble Public Library</td>
<td>405-872-5713</td>
</tr>
<tr>
<td>204 N. 5th Street, Noble, OK.</td>
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<tr>
<td>Norman Public Library</td>
<td>405-701-2600</td>
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<tr>
<td>225 N. Webster, Norman, OK.</td>
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<tr>
<td>Norman Public Library West</td>
<td>405-701-2644</td>
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<tr>
<td>300 Norman Center Ct, Norman, OK.</td>
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<tr>
<td>Oklahoma Library for the Blind and Physically Handicapped</td>
<td>405-521-3514</td>
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<tr>
<td>OK Department of Rehabilitation Services</td>
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<tr>
<td>Visual Services Division</td>
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<tr>
<td>300 NE 18th Street, Oklahoma City, OK 73105</td>
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**MEDICAL EQUIPMENT/ LENDING CLOSET**

<table>
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<tr>
<th>Organization</th>
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<tbody>
<tr>
<td>Aging Services Inc.</td>
<td>405-321-3200</td>
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<tr>
<td>Progressive Independence</td>
<td>405-321-3203</td>
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**MENTAL HEALTH**

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<th>Organization</th>
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<tr>
<td>A Chance to Change Counseling Service</td>
<td>405-840-9000</td>
</tr>
<tr>
<td>Al-Anon 24 hr. hotline</td>
<td>405-767-9071</td>
</tr>
<tr>
<td>Alcoholics Anonymous (hotline)</td>
<td>405-524-1100</td>
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<tr>
<td>Central Oklahoma Community Mental Health,</td>
<td>405-360-5100</td>
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<tr>
<td>909 E. Alameda, Norman, OK.</td>
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<tr>
<td>Central Oklahoma Alzheimer’s Association,</td>
<td>405-319-0780</td>
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<tr>
<td>2123 N. Classen Blvd. OKC, OK.</td>
<td></td>
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<tr>
<td>Griffin Memorial Hospital,</td>
<td>405-573-6623</td>
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<tr>
<td>900 E. Main St., Norman, OK.</td>
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</tr>
<tr>
<td>Acute psychiatric services</td>
<td></td>
</tr>
<tr>
<td>Heartline</td>
<td>2-1-1</td>
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</tbody>
</table>
Inspirations 405-579-4700
Intensive Outpatient Counseling Program, Norman Regional Medical Center, Norman, OK.

Norman Addiction Information & Counseling 405-321-0022
215 W. Linn St., Norman, OK.

Red Rock Crisis Center 405-573-6466
900 E. Main St., Norman, OK.
A mental health crisis intervention facility

RECREATION

Brand Senior Center 405-799-3130
Moore Council on Aging
501 E. Main, Moore, OK.

Norman Senior Citizens Center 405-329-4200
329 S. Peters, Norman, OK.

Little Axe Community Center 405-292-9770
168th & Highway 9, Norman, OK.

The Health Club 405-329-5050
3720 W. Robinson, Norman, OK.

YMCA 405-364-9622
1350 Lexington Avenue, Norman, OK.

SUPPORT GROUPS

Alzheimer’s Support Group, Full Circle 405-447-2955
Full Circle Adult Day Center
1304 Lindsey Plaza Dr, Norman, OK
Meets at 6:00 PM fourth Thursday of the month

Alzheimer’s Support Group, McFarlin Church 405-321-3484
Meets 11:30 AM- 1 PM every 3rd Wednesday of the month

Alcoholics Anonymous and Narcotics Anonymous 405-321-0022
Norman Addiction Information and Counseling Services

Caregiver Fundamentals Program 405-528-7721
Sunbeam Family Services

Caregiver Support Group 405-447-2955
Full Circle Adult Day Center
Community Services Building 1183 E Main Norman, OK.
Meets at noon first Tuesday of the month

**Grandparents Raising Grandchildren**  405-609-6551
Generations Church
1433 W Boyd, Norman, OK
3rd Wed. at 6:30 p.m.
Childcare Provided

**Grief Recovery Program**  405-579-8565
(sponsored by Heartland Hospice)

**Grief Share Group**  405-321-0788
Alameda Church of Christ, 801 East Alameda

**L.I.F.T. - Living Information for Today**  405-321-6000
Widows and widowers, Need reservations
Meets every fourth Thursday at Primrose Funeral Service
1109 N. Porter, Norman, OK.

**Parkinson’s Support Group**  405-364-4493
(Held at Norman Regional Hospital)

**TRANSPORTATION**

**CARTaccess, Norman**  405-325-5438
Disabled and elderly, application must be completed and turned in. Requires documentation from medical services provider.
[www.ridecart.com](http://www.ridecart.com)

**C.O.T.S, Shawnee**  405-275-6060
[http://www.okladot.state.ok.us/transit/s5311/centralok.htm](http://www.okladot.state.ok.us/transit/s5311/centralok.htm)

**Delta Public Transit**  405-756-1100
Garvin, McClain, and Parts of Cleveland County
[http://www.okladot.state.ok.us/transit/s5311/delta.htm](http://www.okladot.state.ok.us/transit/s5311/delta.htm)

**Embark**  405-297-2583
For Seniors (age 60+)
Transportation from Moore/northern Cleveland County to medical appointments in the OKC area

**Embark Plus, OKC**  405-235-7433
Disabled and elderly, application must be completed and turned in. Requires documentation from medical services provider.
[www.embarkok.com](http://www.embarkok.com)

**Direct Pickup**  405-292-3808
Paperwork must be complete
Kiwanis Kruiser, Aging Services, Inc. 405-321-3200
Transportation for persons 60 and over & disabled. Schedule in advance. Medical, shopping, etc. Norman area only

Medride - Assisted Transportation 405-685-8267

Statewide Transit Information
Oklahoma Department of Transportation
Transit Programs Division 405-521-2584
http://www.okladot.state.ok.us/transit/pdfs/2010dir.pdf

Sooner Ride 877-404-4500

Veterans

American Legion http://normanpost88.org
Norman Veterans Center 405-360-5600
Suicide Prevention/Veterans Crisis Line 1-800-273-8255
Veterans Corner, Inc. www.veteranscorner.net

Volunteer

Full Circle Adult Day Center 405-447-2955
Meals on Wheels of Norman 405-321-7272
Retired Senior Volunteer Program (RSVP) 405-701-2162

OTHER RESOURCES

Area Agency on Aging (call 800-677-1116 or see www.eldercare.gov to get your local number)
Heartline, 2-1-1
Savvy Senior, savvysenior.org
Beware of Fraud
Senior Citizens are especially vulnerable to consumer fraud. If you live on a fixed income, you are looking for ways to extend your limited dollars. Consumer fraud is when consumers actually lose money due to illegal practices. Other fraud may involve deception and sales tactics which mislead or pressure consumers into buying goods or services they don’t need.
The areas of fraud where consumers are more vulnerable are health, telemarketing, mail order, investments, credit card fraud, credit repair, insurance, home improvement, home maintenance and auto repair.

If you receive a call that claims you owe money or have a virus on your computer, look up the number on the internet and you will be able to find out if it is a scam or not. The IRS will never call you!

Home repair schemes take millions of consumer dollars each year. Don’t become a victim of home repair, follow these tips:

- Beware of door-to-door contractors who use high-pressure or scare tactics to get you to make an immediate decision.
- DON’T do business with someone who comes to your door offering a bargain because he says he has materials left over from another job.
- It is always a good idea to get 3 opinions and estimates for any home repairs. DON’T always go with the lowest bidder. Most of the complaints to the DA’s office are for contractors with very low bids. You get what you pay for.
- Don’t pay money in advance. Some smaller contractors may ask for money to pay for supplies, but you should pay no more than 25% up front, and then pay the balance ONLY when you are satisfied with the complete job.
- Ask the contractor to show you proof that he is bonded, carries liability insurance, and covers his workers with workman’s compensation insurance.
- Does the contractor have a business card with a verifiable street address and office phone number? Be cautious of P.O. boxes and answering machines/pagers only. CHECK the information!
- Call the Better Business Bureau for a report on the contractor.
- Require the contractor to use a written contract that lists materials to be used, as well as charges and costs, and the completion date.
• DON’T make final payment until you have received a “lien waiver” that shows the contractor has paid his subcontractors and suppliers. Unpaid workers or vendors could put a lien on your home. If you sell or refinance, they will take their payment out of your equity.

**Personal Emergency Response Systems**

Personal Emergency Response Systems can be lifesavers for people who live alone, or are frequently home alone. Most systems consist of a button that can be worn as a pendant around the neck or on a wristband. Pressing the button sends a signal via a toll-free phone number to a national monitoring center. The monitor then contacts the subscriber and/or their designated responders (family members, neighbors, 911) and maintains contact until help arrives. Subscribers pay an installation/equipment fee and a monthly fee for the monitoring. There are also specialized devices which do not involve a monthly subscriber fee. These have the advantage of having no monitoring cost, and the disadvantage of having no monitor to assist in determining whether a 911 call is necessary, or to summon other help if preferred. Call your local hospital and/or doctor to get information on choices for this valuable service.
Things to Consider (Information adapted from Bonnie Lawrence)

**Advance Health Care Directive (AHCD)**
What it does: This gives power to a person you designate to make health care decisions for you, ONLY IF you can’t speak for yourself

**POLST/DNR**
What it does: Stands for Physicians Order for Life Sustaining Treatment

**Durable Power of Attorney for Finances**
What it does: Allows someone to access your finances, e.g., checking account, investments or property in order to pay your bills.

**Will**
What it does: Says how you want your estate (money and belongings) to be dispersed to family, friends, organizations, etc. after you die.

**Trusts**
What it does: A trust creates a legal entity that holds your assets for you so that your estate does not have to go through probate when you die.

**Final Arrangements**
What it does: Specifies what you would like to happen after your death - whether you would like cremation or burial – and lets the family know. Also lets loved ones know your wishes regarding organ donation and other special arrangements.

**Beneficiary Forms**
Bank accounts, investments, insurance, and retirement plans can be designated as “payable on death” to a named beneficiary, which means the funds don’t have to go through probate.

Have a central place for wills, trusts, powers of attorney, etc. or a document describing where they are so family members will know where to find these.
• Include information about your Social Security number, safe deposit box, birth certificate, life insurance, contact information for attorney and other important details.

More Information and Resources
• Mayo Clinic - Consumer Health: Living Wills and Advance Directives
• Consumer Reports – What to do when a loved one dies
• National Association of Area Agencies on Aging – Having the conversation about Health, Legal, Financial and End-of-life Issues
• American Bar Association – Commission on Legal Problems of the Elderly
• Compassion & Choices – www.compassionandchoices.org
• National Academy of Elder Law Attorneys – www.naela.com