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 2012
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>527-9881</td>
<td>527-9881</td>
</tr>
<tr>
<td>Moore</td>
<td>911-TYY</td>
<td>793-5171</td>
<td>793-5171</td>
</tr>
<tr>
<td>Noble</td>
<td>911-TYY</td>
<td>872-9231</td>
<td>872-3030</td>
</tr>
<tr>
<td>Norman</td>
<td>911-TYY</td>
<td>321-1600</td>
<td>321-1600</td>
</tr>
<tr>
<td>Poison Control</td>
<td></td>
<td></td>
<td>271-5454</td>
</tr>
</tbody>
</table>

Utility Contacts

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

City of Norman-General Information Contacts

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

Cleveland County sheriff             911 or 405-321-8600

AARP

Moore Chapter, Meets 4th Tuesday of the month at 5:00pm located at the Brand Senior Canter 501 E. Main Street, Moore, OK.

ADULT DAY SERVICES

Full Circle Life Enrichment Center   405-447-2955
    1304 Lindsey Plaza Drive, Norman, OK.

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.

**CRISIS ASSISTANCE**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heartline 24 hour suicide &amp; crisis helpline</td>
<td>405-848-2273</td>
</tr>
<tr>
<td>Norman Shelter for Battered Women’s crisis line</td>
<td>405-701-5540</td>
</tr>
<tr>
<td>Protective Services Statewide, Adult Abuse</td>
<td>405-872-4000</td>
</tr>
<tr>
<td>Sexual Assault Hotline</td>
<td>405-943-7273</td>
</tr>
</tbody>
</table>

**EDUCATION**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Osher Lifelong Learning Institute at the University of Oklahoma</td>
<td>405-325-3488</td>
</tr>
<tr>
<td>Moore Norman Technology Center</td>
<td>405-364-5763</td>
</tr>
<tr>
<td>Senior Vitality Norman Regional Health System</td>
<td>405-301-6602</td>
</tr>
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</table>

**EMPLOYMENT**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experience Works (Customer Service)</td>
<td>405-257-9929</td>
</tr>
<tr>
<td>Or 405-672-4207</td>
<td></td>
</tr>
<tr>
<td>Workforce</td>
<td>405-310-3232</td>
</tr>
</tbody>
</table>

**FOOD**

**CONGREGATE MEAL SITES**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aging Services Inc. /Norman Senior Center</td>
<td>405-360-1472</td>
</tr>
<tr>
<td>329 South Peters, Norman, OK</td>
<td></td>
</tr>
<tr>
<td>Lunch Meals are served at 11:30 Monday-Friday</td>
<td></td>
</tr>
<tr>
<td>Suggested donation, call for more information</td>
<td></td>
</tr>
<tr>
<td>No one is denied a meal because of inability to donate</td>
<td></td>
</tr>
<tr>
<td>Must be 60 years of age or older</td>
<td></td>
</tr>
<tr>
<td>Must reserve the meal by noon the day before</td>
<td></td>
</tr>
</tbody>
</table>
Aging Services Inc. /Rose Rock Villa
700 North Berry, Norman, OK. 405-364-3710
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
Highway 77 and Maguire Road, Noble, OK. 405-872-5921
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
501 East Main Street Moore, OK. 405-793-9069
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. / 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
Must be 60 years of age or older
Must reserve the meal by noon the day before

First Baptist Church,
211 West Comanche, Norman, OK. 405-321-1753
Hot meal every Sunday from 12:-12:45 p.m.
Spiritual Guidance may be provided
Food and Shelter,
104 West Comanche, Norman, OK. 405-360-4954
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

FOOD PANTRIES

Alameda Baptist Church,
1503 East Alameda, Norman, OK. 405-329-5157
Mondays, Tuesdays, and Thursdays 9:00 am -12:00noon
Call for an appointment
Must reside within Norman City Limits but includes zip code 73026
Need ID with current Norman Address, if not current address, bring current utility bill
Also need Social Security Number and Date of Birth on all family members
Available three times a year with at least 30 days apart

Alameda Church of Christ,
801 East Alameda, Norman, OK. 405-321-0788
Wednesdays from 10:00am-12:30noon
2nd Saturday from 9:00-12:00noon
Must be have photo ID, birth certificate for each child and social security card for every member.
Limited to six times a year with at least 30 day wait period in between, prefer to help every other month

Central Oklahoma Community Action Agency (COCAA)
1155 E. Main, Norman, OK. 405-701-2170
Monday-Friday 9:00am – 12:00 noon
Photo ID or Social Security card for everyone in household
Proof of income
Proof of residence
Available every 30 days
Cross Pointe Church,
24th SE and Highway 9, Norman, OK. 405-329-0823
Fridays 10:30am-12:00noon
Must be a Norman resident and have photo ID
Available once every 60 days

First Baptist Church,
211 West Comanche, Norman, OK. 405-321-1753

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

Mission Norman
2525 East Lindsey Street, Norman, OK. 405-321-8880
www.missionnorman.org
Mondays- 10:00am-1:00pm
Tuesdays-Fridays – 10:00-2:00pm
Anyone in need is eligible
Bring ID to first visit and Drivers 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

Saint Thomas More University Parish,
100 Stinson, Norman, OK. 405-321-0990
Thursdays 1:00-5:00pm
Everyone is eligible, no restrictions

Salvation Army,
318 East Hayes, Norman, OK. 405-364-9910
Monday – Thursday 12:30pm-2:30pm
Must be Norman resident, photo ID for all adults in home, proof of residency, proof of income
Available every 30 days; Spiritual Guidance may be provided
Seventh Day Adventist Church,  
1818 Alameda, Norman, OK.  
405-366-7772  
Tuesdays 9:00 am until 12:00noon  
Everyone is eligible  
Need ID and income verification

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

Trinity Baptist Church,  
801 North Peters, Norman, OK.  
405-321-2000  
Wednesdays 5:00pm to 6:00pm  
All Norman residents are eligible

University Christian Church,  
616 Bud Wilkinson Drive, Norman, OK.  
405-364-0255  
Monday s and Wednesday 9:00-12:00noon  
Everyone is eligible, need ID

Westside Church of Christ,  
726 McGee, Norman, OK.  
405-329-0392  
Tuesdays at 2:00 pm, Please call ahead  
Only one time per 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
HOME DELIVERED MEALS

Meals on Wheels of Norman,
  P.O. Box 1371, Norman, OK. 405-321-7272
  www.mealsonwheelsnorman.com
Hot 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

Aging Services Inc.,
  1149 East. Main, Norman, Ok. 405-321-3200
  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 and be assessed by an ASI Outreach Worker and found to homebound. Meals are delivered to homes between 11:00 am and 12:00 noon each day Monday through Friday.

HEALTH SERVICES

Cleveland County Health Dept.,
  250 12th N.E., Norman, OK. 405-321-4048
Full Circle Life Enrichment Center 405-447-2955
  1304 Lindsey Plaza Drive, Norman

Health for Friends 405-329-4161
Health Link, Physician Referral 405-329-6877
Hospice Care Contact your health care provider for referrals
Home Health Contact your health care provider for referrals
Life Alert 800-900-5237
Mary Mahoney Memorial Health Center, Spencer OK. 405-769-3301
Medicaid Waiver Program, OKDHS – ASD 405-521-2281
Non-Medical Personal Care Assistance or Private Duty Contact your health care provider for referrals
Norman Regional Health Center,
900 N. Porter, Norman, OK. (Ask a Nurse) 405-307-1000

Dental
Health for Friends 405-329-4574
D-Dent 405-424-8092
OU College of Dentistry 405-271-6326
Mary Mahoney Memorial Health Center, Spencer OK 405-769-3301

PRESCRIPTION ASSISTANCE

Prescriptions Assistance Program, COCAA 405-701-2071
Rx Oklahoma
Generic Prescription opportunities www.rxaminer.com
www.accessdata.fda.gov/scripts/cder/drugsatfda
Familywize discount Rx card, United Way of Norman 405-329-2025
http://www.unitedwaynorman.org/

HEARING and VISION

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

HOSPITALS

Moore Medical Center 405-793-9355
Norman Regional Health System 405-307-1000
Norman Regional Wound Care Center 405-307-6955
Norman Specialty Hospital 405-321-8824
Norman Regional Health System – Healthplex, 3400 W. Tecumseh 405-307-6900

HOME REPAIR/WEATHERIZATION

Central Oklahoma Community Action Agency 405-275-6060
Habitat for Humanity, Brush with Kindness 405-360-7868
Norman Housing Rehabilitation 405-366-5324
Rebuilding Together of Cleveland Co. 405-420-2027

HOUSEKEEPING

Aging Services Inc.,
1149 E. Main, Norman, OK. 405-321-3200
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 and be assessed by an ASI Outreach Worker and be found to be in need of the assistance. 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

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 405-517-4633
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  
601 S. 8TH St., Noble, OK. 73068  
405-872-0700

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

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

ASSISTED LIVING COMMUNITIES

Arbor House Assisted Living  
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.  
405-292-9200

Arbor House Reminisce  
151 48th Ave. S.W., Norman, OK. 73072  
Specializing in Memory Care  
405-310-2499

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

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

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

Sterling House of Norman  
1701 E. Alameda, Norman, OK. 73071  
405-573-9200
INCOME TAX ASSISTANCE

AARP – VITA
405-632-1945

RSVP – VITA Income Tax Assistance
405-701-2133

INSURANCE COUNSELING

SHIP – Senior Health Insurance Counseling Program
www.ship.oid.ok.gov
405-521-2668

LEGAL

Legal Aid of Western Oklahoma
405-360-6631

LIBRARIES

Cleveland Co. Genealogical Society Library
1119 E. Main, Norman, OK.
405-701-2100

Moore Public Library
225 South Howard, Moore, OK.
405-793-5100

Noble Public Library
204 N. 5th Street, Noble, OK.
405-872-5713

Norman Public Library
225 N. Webster, Norman, OK.
405-701-2600

Oklahoma Library for the Blind and Physically Handicapped
OK Department of Rehabilitation Services
Visual Services Division
300 NE 18th Street
Oklahoma City OK 73105
405-521-3514

MEDICAL EQUIPMENT/ LENDING CLOSET

Aging Services Inc.
405-321-3200

Progressive Independence
405-321-3203

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MENTAL HEALTH

Al-Anon 24 hr. hotline 405-840-9000
Alcoholics Anonymous (hotline) 405-767-9071
Assessment & Counseling Services,
2233 W. Lindsey #110, Norman, OK. 405-329-7200

Central Oklahoma Community Mental Health,
909 E. Alameda, Norman, OK. 405-360-5100

Central Oklahoma Alzheimer’s Association,
1 N. Hudson, Ste 550, OKC 405-319-0780

Griffin Memorial Hospital,
900 E. Main St., Norman, OK. 405-321-4880
Acute psychiatric services

Heartline 2-1-1
848-CARE(2273)

Inspirations,
Outpatient Counseling Program, Norman Regional Medical Center, Norman, OK. 405-579-4700

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

Red Rock Crisis Center,
900 E. Main St., Norman, OK. 405-573-6466
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,
329 S. Peters, Norman, OK. 405-329-4200
Little Axe Community Center,
168th & Highway 9, Norman, OK. 405-292-9770

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

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

SUPPORT GROUPS

Alzheimer’s Support Group, McFarlin Church 405-321-3484

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

Cancer Support Group
(Through Norman Regional Health Center) 405-307-1705

Caregiver Support group,
Full Circle Life Enrichment Center
1304 Lindsey Plaza Drive, Norman, OK. 405-447-2955
Meets at noon first Tuesday of the Month

Diabetes Support Group
(Through Norman Regional Hospital) 405-307-5730

Grandparents Raising Grandchildren
Generations church
715 E. Eufaula, Norman, OK.
3rd Wed. at 6:30 p.m. 405-919-4061

Grief Recovery Program
First Christian Church
220 S. Webster, Norman, OK.
(sponsored by Heartland Hospice) 405-579-8565

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

Low Vision Support Group 405-217-8773
University Lutheran Church
914 Elm Avenue, Norman, OK.

Parkinson’s Support Group 405-364-4493
(Through Norman Regional Hospital)

TRANSPORTATION

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

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

Norman
CARTaccess 405-325-5438
Disabled and elderly, application must be completed and turned
in. Requires documentation from medical services provider.
www.ridecart.com

Oklahoma City
METRO Lift 405-235-7433
Disabled and elderly, application must be completed and turned
in. Requires documentation from medical services provider.
www.gometro.org

Shawnee
Central Oklahoma Transit System 405-275-6060
http://www.okladot.state.ok.us/transit/s5311/centralok.htm
Garvin, McClain, and Parts of Cleveland County
Delta Public Transit 405-756-1100
http://www.okladot.state.ok.us/transit/s5311/delta.htm

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

Reliant Care Transport 405-627-5607
RSVP – Medical rides- Provide a Ride 405-701-2133
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, Goldsby www.veteranscorner.org

Volunteer
Meals on Wheels of Norman,
P.O. Box 1371, Norman, OK. 405-321-7272
www.mealsonwheelsnorman.com

Retired Senior Volunteer Program 405-701-2133

Area Agency on Aging (call 800-677-1116 or see www.eldercare.gov to get your local number)

For other resources go to: 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.

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