

NEED ASSISTANCE ? BENEFIT from 100's of RESOURCES

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Many resources are available nationwide & statewide Other resources are Oklahoma Cleveland County Focused

When you VIEW the spreadsheet on some browsers, such as WINDOWS on a laptop,

the options for SEARCH ZOOM PRINT SAVE often appear automatically Search = Ctrl-F

When you VIEW spreadsheet on an iPhone SAFARI browser, to access the options for SEARCH ZOOM PRINT SAVE

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(A) TOP LEVEL ASSISTANCE

ASSISTANCE	RESOURCE	Phone	Address	Location	Links	Notes
EMERGENCY	Immediate Safety Issues	911	(TTY)			includes AMBULANCE POLICE FIRE Cleveland County Sheriff
MENTAL	Mental Health Life Line	988				includes help or referral for all mental health issues
ALL	211 DIRECTORY	211			www.211.org	UW Get Help Paying Bills Youth & Suicide Crisis Centers
ALL	UNITED WAY	(405) 329 2025	570 24th Ave NW	Norman	www.unitedwaynorman.org/help	choose GET HELP
ALL	UNITED WAY	(405) 364 3800		ALL	www.unitedway.com	information & referral enter location
ALL	FIND HELP			ALL	www.findhelp.org	Find Help by ZIP CODE
MOST	AREA WIDE AGING	(405) 942 8500			www.areawideaging.org	
MOST	HEARTLINE 211 National			ALL	www.211.org	Text 211OK to 898-211
MOST	HEARTLINE 211 Oklahoma	(405) 286 4057		ALL	https://heartlineoklahoma.org/	Text Zip Code to 898-211
MOST	OK HUMAN SERVICES	(405) 573 8300	631 E Robinson	Norman	https://oklahoma.gov/okdhs.html	SNAP TANF Sooner Care CPS Aged Disabled
MOST	OK HUMAN SERVICES	(405) 912 2000	2507 N Shields	Moore	https://oklahoma.gov/okdhs.html	SNAP TANF Sooner Care CPS Aged Disabled
MOST	SALVATION ARMY	(405) 364 9910	1124 N Porter	Norman		Clothing Financial Meals Pantry Shelter Utilities

(B) FOOD RESOURCES

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BUDGET BUFFETS

KIDS EAT FREE

FOOD BANK

MEALS

PANTY

Updates are in progress Send any suggested additions & changes to LLR Email resources@funtimes.org

ASSISTANCE	RESOURCE	Phone	Address	Location	Links	Notes
FOOD BANK	REGIONAL FOOD BANK of OK	(405) 600 3182	2635 N Shields Blvd	Moore	www.regionalfoodbank.org	covers 53 counties in central & western OK
BUDGET BUFFET	Golden Corral 2-4 Fridays 60+	(405) 364 2522	123 N Interstate Dr	Norman	www.goldencorral.com	\$9.99 + tax includes all foods & drinks + survey bonus
BUDGET BUFFET	Mazzio's Pizza 11-1:30 Mon-Fri	(405) 799 9999	all locations	Norman	www.mazzios.com	\$7.64 + tax includes unlimited pizza & salad bar + water
BUDGET BUFFET	Mazzio's Pizza 2 for 1 Lunch Buffet	(405) 799 9999	all locations	Norman	www.mazzios.com	11-1:30 Mon-Fri Previously completed survey & 1 drink required
BUDGET BUFFET	Mazzio's Pizza 5 - 8 Tuesday	(405) 799 9999	all locations	Norman	www.mazzios.com	\$8.26 + tax includes unlimited pizza & salad bar + water
BUDGET BUFFET	Mazzio's Pizza Kids	(405) 799 9999	all locations	Norman	www.mazzios.com	\$4.60 + tax includes unlimited pizza & salad bar + water
BUDGET BUFFET	OU Couch Cafeteria Other Adults	(405) 325 5185	333 3rd St	Norman	www.ou.edu/housingandfood/dining/restaurants-and-catering/restaurants#couch-restaurants	\$13 lunch \$15 dinner \$17 holidays includes all foods drinks tax tip
BUDGET BUFFET	OU Couch Cafeteria Seniors	(405) 325 5185	333 3rd St	Norman	www.ou.edu/housingandfood/dining/restaurants-and-catering/restaurants#couch-restaurants	\$11 lunch \$13 dinner \$17 holidays includes all foods drinks tax tip
KIDS EAT FREE	KIDS EAT FREE BY STATE				www.kidseatfree.io/by-state/Oklahoma	
MEALS	AGING SERVICES	(405) 321 3000	1149 E Main	Norman	www.aging-services-ok.com	
MEALS	Brand Senior Center	(405) 793 9069	501 E Main St	Moore		Aging Services 60+ reserve

MEALS	Eastlake Cumberland Presbyterian Church	(405) 691 0339	700 S West 134th	OKC		Aging Services 60+ reserve 10 AM - 2 PM
MEALS	First Baptist Church of Moore	(405) 793 2600	301 NE 27th St (I-35)	Moore	www.firstmoore.com/other-ministries	
MEALS	Food & Shelter of Norman	(405) 360 4954	201 Reed Ave	Norman	www.foodandshelterinc.org/#about	Aging Services 60+ reserve
MEALS	MEALS ON WHEELS	(405) 321 7272			www.mealsonwheelsnorman.com	
MEALS	Noble Senior Center	(405) 872 5921	Hwy 77 & Maguire Rd	Noble		Aging Services 60+ reserve 9AM - 1 PM
MEALS	Rose Rock Villa	(405) 364 3710	700 N Berry Rd	Norman		Aging Services 60+ reserve
MEALS	SNAP (food stamps)	(405) 487 5483	631 E Robinson	Norman	https://oklahoma.gov/okdhs/services/snap.html	OK DHS
MEALS	SNAP (food stamps)	(405) 912 2000	2507 N Shields	Moore	https://oklahoma.gov/okdhs/services/snap.html	OK DHS
PANTRY	12 Corners Baptist Church	(405) 312 1442	156th Etowah Rd	Norman		
PANTRY	Adventist Community Services	(405) 250 3589	1818 E Alameda	Norman		
PANTRY	Aging Services	(405) 321 3200	1179 E Main St	Norman	www.agingservicesok.com	
PANTRY	Alameda Baptist Church	(405) 329 5157	503 E Alameda	Norman	www.alamedabaptistnorman.com/food_pantry	
PANTRY	Alameda Church of Christ	(405) 321 0788	801 E Alameda	Norman		
PANTRY	Bible Methodist Church	(405) 639 5527	5801 S Douglas Ave	OKC	www.okcbiblemethodist.org/about/bread-of-life-pantry	Beard of Life Pantry
PANTRY	Crosspointe Church	(405) 329 0823	2601 24th Ave SE	Norman	www.crosspointe.tv/local-outreach	near Hwy 9
PANTRY	First Baptist Church of Lexington	(405) 527 6758	900 E Broadway	Lexington		
PANTRY	First Baptist Church of Moore	(405) 600 3182	301 NE 27th St (I-35)	Moore	www.firstmoore.com/other-ministries	food drive thru
PANTRY	First Baptist Church of Noble	(405) 872 3529	330 E Chestnut	Noble		
PANTRY	First Baptist Church of Norman	(405) 321 1753	211 W Comanche	Norman		any age + bikes office@fbcnorman.org

PANTRY	First Methodist	(405) 527 3506	631 E Ash	Lexington		
PANTRY	First State Bank	(405) 872 3434	102 N Main	Noble		
PANTRY	Food & Shelter of Norman	(405) 360 4954	201 Reed	Norman	http://www.foodandshelterinc.org/#about	Aging Services 60+ reserve
PANTRY	Fresh Start Community Church	(405) 794 7313	309 N Eastern	Moore	www.freshstartok.com	
PANTRY	Goodrich UMC Care Closet	(405) 321 0975	200 W Hayes	Norman		
PANTRY	Highland Baptist Church	(405) 794 5432	2425 SE 4th	Moore	www.hbcmoore.org/ministries/food-pantry/	
PANTRY	Hilltop Baptist Church	(405) 794 0603	11710 E Stella Rd	Norman		
PANTRY	Lakeview Baptist Church	(405) 366 8611	10510 E Alameda	Norman		
PANTRY	Life Spring Church	(405) 292 7770	600 W Tecumseh	Norman	www.lifespringnorman.com	
PANTRY	Little Axe Community Center	(405) 292 9770	1000 168 Ave NE	Little Axe		
PANTRY	McFarland Tuesday Together	(405) 321 3484	419 S University Blvd	Norman	www.mcfarlinumc.org/misions/if-you-need-help/	x109
PANTRY	McFarland United Methodist Church	(405) 321 3484	419 S University Blvd	Norman	www.mcfarlinumc.org/misions/if-you-need-help/	x109
PANTRY	MEALS ON WHEELS	(405) 321 7272	528 E Main	Norman		
PANTRY	Mission Norman	(405) 321 8880	2525 E Lindsey	Norman	www.missionnorman.org	
PANTRY	Noble Senior Center	(405) 872 5921	600 E Maguire RD	Noble		
PANTRY	Pantry Page				Facebook Norman Community Relief	
PANTRY	Pantry Partners	(405) 833 3671				Assisting high school students
PANTRY	Regency Park Baptist Church	(405) 794 3507	2001 N Janeway	Moore	www.regencypark.church/care-closet	Care Closet for Moore residents
PANTRY	Saint Andrews Catholic Church	(405) 799 3334	800 NW 5th	Moore		Moore school district

PANTRY	Saint James Episcopal Church	(405) 682-3405	8400 S Pennsylvania Ave	OKC	http://www.stjames-okc.org/	Food Bank
PANTRY	Seventh Day Adventist Church	(405) 366 7772	1818 Alameda	Norman		
PANTRY	Slaughterville Baptist Church	(405) 872 5576	10101 60th St	Lexington		
PANTRY	South Canadian Church of Christ	(405) 321 2000	801 N Peters	Norman		
PANTRY	University of Oklahoma				www.ou.edu/foodpantry	
PANTRY	West Wind Unitarian	(405) 588 2452	1809 W Boyd St	Norman	www.westwinduuc.org	
PANTRY	Westside Church of Christ	(405) 329 0392	726 McGee	Norman		

(C) HOUSING RESOURCES

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ASSISTED LIVING NURSING PERMANENT REPAIR RENT RETIREMENT SHELTERS SUBSIDIZED TRANSITION UTILITIES

Updates are in progress Send any suggested additions & changes to LLR Email resources@funtimes.org

ASSISTANCE	RESOURCE	Phone	Address	Location	Links	Notes
ASSISTED LIVING	Arbor House Assisted Living	(405) 292 9200	4501 W Main	Norman		Community living private pay only
ASSISTED LIVING	Grace Living	(405) 366-8800	4554 W Main	Norman		Community living Medicare & Medicaid skilled long term care
ASSISTED LIVING	Medicare				www.medicare.gov/car-e-compare/	
ASSISTED LIVING	Rambling Oaks Assisted Living	(405) 360-4755	1060 Rambling Oaks Dr	Norman		A Good Neighbor Care Center
ASSISTED LIVING	Rivermont Retirement Community	(405) 360 0606	800 Canadian Trails Dr	Norman		Community living independent living no age requirement
NURSING HOME	Brookhaven Extension Center	(405) 322 5659	1050 Rambling Oaks Dr	Norman		
NURSING HOME	Cedar Creek Nursing Center	(405) 329 6771	600 24th Ave SW	Norman		skilled long term care qualify through DHS
NURSING HOME	Grace Living Center	(405) 366 8800		Norman		
NURSING HOME	Holiday Heights Nursing Home	(405) 321 7932	301 E Dale St	Norman		long term Medicaid 18+
NURSING HOME	Medical Park West	(405) 321 2188	3110 Healthplex Dr	Norman		
NURSING HOME	Noble Nursing Home	(405) 872 7102	1501 N 8th St	Noble		skilled nursing Medicaid 65+ or disabled
PERMANENT	Habitat for Humanity	(405) 360 7868	1100 W Main	Norman	www.cchfh.org	

RENT	Catholic Charities	(405) 523 3000			www.catholiccharitiesok.org/emergency-rent-utility-assistance	
RENT	Food & Shelter of Norman	(405) 360 4954	201 Reed	Norman	www.foodandshelterinc.org/#about	Aging Services 60+ reserve
RENT	Life Spring Church	(405) 292 7770	600 W Tecumseh	Norman	www.lifespringnorman.com	
RENT	Our Lady of Victory	(405) 595-1087				
RENT	Saint Joseph's Catholic Church	(405) 701 3693	800 NW 5th St	Moore		
RENT	Saint Thomas Catholic Church	(405) 329 5372	100 Stinson St.	Norman		
REPAIR	AARP Here to Stay Program				https://heretostay.aarpfoundation.org	
REPAIR	Norman Housing Rehabilitation	(405) 366 5324				for Norman home owners who have owned homes 1 year min. Handicap income based
RETIREMENT	Rivermont Retirement Community	(405) 360 0606	800 Canadian Trails Dr	Norman		
SHELTERS	Cleveland County	(405) 364 9910	318 E Hayes sat	Norman	www.salvationarmyokc.org/cleveland-county/	
SHELTERS	Emergency Homeless Shelter	(405) 229 8528	10101 60th St	Norman		
SHELTERS	Food & Shelter of Norman	(405) 360 4954	201 Reed	Norman	www.foodandshelterinc.org/#about	Aging Services 60+ reserve
SHELTERS	Storm / Disaster				www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html	locations
SHELTERS	Women's Sanctuary Day Shelter	(405) 701 8248	425 Tonhawa	Norman		
SUBSIDIZED	Noble Senior Citizens Village	(405) 872 9442	606 Maguire Road	Noble		Independent Income Based
SUBSIDIZED	Norman Housing Authority	(405) 329 0933	700 Berry Rd	Norman		Section-8 & low rent programs
SUBSIDIZED	Northcliff Gardens	(405) 579 1552	1301 Northcliff Ave	Norman		
SUBSIDIZED	Senior Cottages of Norman	(405) 292 7714	2901 Oak Tree	Norman		waiting list 65+ income limit
SUBSIDIZED	Southwind Senior Citizens Village	(405) 872 0700	601 S 8th St	Noble		

SUBSIDIZED	Willows and Pathways Apartments	(405) 364 1224	517 N University	Norman		various sites
SUBSIDIZED	Wyndham Place Senior Residences	(405) 310 2266	301 Triad Village Dr	Norman		62 & over
TRANSITION	Bridges	(405) 579 9280	1670 Stubbeman	Norman	www.bridgesnorman.org	for live alone students
TRANSITION	Compass Senior Living Solutions	(405) 308 6433			www.seniorlivingsolutionsok.com	
TRANSITION	Mission Norman	(405) 321 8880	2525 E Lindsey	Norman	www.missionnorman.org	
TRANSITION	Norman Housing Authority	(405) 329 0933	700 N Berry Rd	Norman	www.normanha.org	Section 8 Public HUD housing
TRANSITION	Thunder Clubhouse	(405) 501 3309	1251 Triad Village Dr	Norman	www.thunderbirdclubhouse.org	mental illness needs focused
TRANSITION	Transition House	(405) 360 7926	700 Asp Ave. #2	Norman	www.thouse.org	
TRANSITION	Women's Sanctuary Day Shelter	(405) 701 8293	425 E Tonhawa	Norman		homeless families
UTILITIES	Alameda Church of Christ	(405) 321 0788	801 E Alameda	Norman		
UTILITIES	Broadband Benefits	(888) 225 5322				helps pay up to \$75 for internet benefits + laptop discount
UTILITIES	Life Spring Church	(405) 292 7770	600 W Tecumseh	Norman	www.lifespringnorman.com	
UTILITIES	McFarland United Methodist Church	(405) 321 3484	419 S University Blvd	Norman	www.mcfarlinumc.org/misions/if-you-need-help/	x109
UTILITIES	Saint Andrew's Catholic Church	(405) 799 3334				Moore school district
UTILITIES	Saint Mark's Evangelist Catholic	(405) 366 8070				
UTILITIES	Saint Thomas Catholic Church	(405) 329 5372	100 Stinson St.	Norman		

(D) CHILDREN & CLOTHING RESOURCES

7/5/2024

CHILDREN CLOTHING PET SCHOOL SUPPLIES WOMEN

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ASSISTANCE	RESOURCE	Phone	Address	Location	Links	Notes
CHILDREN	Baby Steps	(405) 360 2717	941 Nebraska	Norman		for Teen Parents
CHILDREN	Big Brothers Big Sisters	(405) 364 3722	502 E Main	Norman	www.bbbsok.org	
CHILDREN	CASA	(405) 360 5295			www.southcentralcasa.org	
CHILDREN	CCFI Boys & Girls Club	(405) 364 1420	210 S Cockrel	Norman	www.ccfinorman.org	
CHILDREN	CLEVELAND CO. HEALTH DEPT.	(405) 321 4048	250 12th Ave NE	Norman		Sooner Start Child Guidance Program WIC
CHILDREN	Community After School Program	(405) 366 5970	1023 N Flood	Norman	www.caspinc.org	some scholarships available
CHILDREN	Crossroads Youth & Family Center	(405) 321 4048	1650 Tecumseh	Norman	www.crossroadsysf.org	
CHILDREN	Head Start Program	(405) 292 6440	1333 W Main	Norman	www.headstartprogram.us/city/ok-norman	
CHILDREN	Imagination Library				www.imaginationlibrary.com	Dolly Parton's free books over 200,000,000 so far
CHILDREN	Infant Crisis Center of OKC	(405) 528 3663	424 N Lincoln Blvd	OKC	www.infantcrisis.org/get-help/babymobile	
CHILDREN	Love Works Leadership	(405) 664 0312	151 12th Ave SE		www.lovetheleadership.org	Aug 14 2023 6pm Norman Public Schools Bus transportation
CHILDREN	Mary Abbott Children's House	(405) 579 5800				investigation & intervention services for child abuse victims

CHILDREN	Operation School Bell					Contact School Counselor
CHILDREN	Variety Care	(405) 632 6688	1237 Alameda	Norman		
CLOTHING	Adventist Community Services	(405) 366 7772	1818 E Alameda	Norman		
CLOTHING	Center for Children & Families	(405) 364 1420	210 S Cockrel Ave	Norman	www.ccfnorman.org/baby-pantry	emergency baby supplies
CLOTHING	Church of Christ	(405) 872 3140	111 N Main	Noble		
CLOTHING	Crosspointe Church	(405) 329 0823	2601 24th Ave SE	Norman	www.crosspointe.tv/local-outreach	near Hwy 9
CLOTHING	First Baptist Church of Norman	(405) 321 1753	211 W Comanche	Norman		any age + bikes office@fbcnorman.org
CLOTHING	First Presbyterian Thrift Shop		404 Toberman	Norman		
CLOTHING	Outreach Thrift	(405) 928 2072	621 12th Ave NE	Norman		
CLOTHING	Regency Park Church	(405) 794 3507	2001 N Janeway	Moore	www.regencypark.church/care-closet	Care Closet for Moore residents
CLOTHING	Saint Joseph Monthly Garage Sale	(405) 321 8080				
CLOTHING	St. Joseph's Catholic Church Thrift Store	(405) 701 3693	211 N Porter	Norman		
PET	Saint Francis Animal Resource Center	(405) 367 5862				info@stfrancisarc.org
PET	Second Chance Animal Sanctuary	(405) 321 1915				
SCHOOL SUPPLIES	Westside Church of Christ	(405) 329 0392	726 McGee	Norman		August 5 2023 9 AM - 2 PM
WOMEN	Women's Resource Center	(405) 364 9424				

(E) HEALTH RESOURCES

7/5/2024

ASSISTANCE ADDICTION DENTAL HEALTHY LIFE HEARING HOSPITAL
 INSURANCE MEDICAL MEMORY CARE MENTAL HEALTH PRESCRIPTIONS VISION

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ASSISTANCE	RESOURCE	Phone	Address	Location	Links	Notes
ASSISTANCE	UNITE US				https://oklahoma.uniteus.com	Health Care Click INDIVIDUAL then GET HELP
ADDICTION	Alameda Church	(405) 626 1805				
ADDICTION	Central OK Comm. County Health	(405) 360 5100	900 E Alameda	Norman	www.odmhsas.org/coc/mhc/	
ADDICTION	Children's Recovery Center	(405) 573 3842	320 12th Ave NE	Norman		
ADDICTION	Community Works	(405) 447 4499	805 E Robinson	Norman	www.cworksok.com	
ADDICTION	Fresh Start Community Church	(405) 794 7313	309 N Eastern	Norman		12 step program
ADDICTION	Griffin Memorial Hospital	(405) 573 6623	900 E Main St	Norman		
ADDICTION	Moore Youth & Family Services	(405) 799 3379	624 NW 5th St	Moore	www.mooreyouthandfamily.org/need-help	outpatient drug & alcohol counseling for adults
ADDICTION	OK Dept. of Mental & Substance Abuse	(800) 522 4700				GAMBLING
ADDICTION	OK Dept. of Mental & Substance Abuse	(800) 522 9054				GENERAL
ADDICTION	The Virtue Center	(405) 321 0022	215 W Linn St	Norman		Alcoholics Anonymous & Narcotics Anonymous A Virtue Center

DENTAL	D-Dent	(405) 424 8092				
DENTAL	Mary Mahoney Memorial Health Center	(405) 769 3301				x1241
DENTAL	OU College of Dentistry	(405) 271 7744	Stonewall Ave	Norman	www.dentistry.ouhsc.edu	extensive needs + treatment plan 1st app \$103 2nd app \$125
DENTAL	Variety Care Family Medicine	(405) 632 6688	317 E Himes	Norman	www.varietycare.org	ALL Primary Medical & Dental
HEALTHY LIFE	Healthy Keto + Intermittent Fasting				You Tube Channel DR. ERIC BERG DC	evidence based Lose Weight Lower A1C Lower Blood Pressure
HEALTHY LIFE	Healthy Keto and more				You Tube Channel DR. MANDELL	evidence based Lose Weight Lower A1C Lower Blood Pressure
HEALTHY LIFE	Nutrient Dense Gold Standard				You Tube Channel DR. FUHRMAN	evidence based Lose Weight Lower A1C Lower Blood Pressure
HEALTHY LIFE	Nutrient Dense Great Guidance				www.nutritionfacts.org	evidence based Lose Weight Lower A1C Lower Blood Pressure
HEALTHY LIFE	Physical Therapists				You Tube Channel BOB & BRAD	evidence based
HEARING	OK Dept of Rehabilitation Services	(405) 951 3400				
HEARING	Senior Citizen Hearing Program	(800) 487 4042				blind press 1
HEARING	Senior Citizen Hearing Program - Deaf	(405) 543 2646				for Deaf related video on smart phone
HOSPITAL	Moore Medical Center	(405) 793 9355		Moore		
HOSPITAL	Norman Regional Health System	(405) 307 1000				
HOSPITAL	Norman Regional Health System	(405) 307 6900	3400 W Tecumseh	Norman		HEALTHPLEX
HOSPITAL	Oklahoma Wound Care Center	(405) 307 6955	3500 Healthplex Pkwy	Norman		Oxygen offered
INSURANCE	AARP Medicare Tool				www.aarp.org/medicare	
INSURANCE	Medicaid Advantage Program	(800) 435 4711			www.okdhs.org	also SOONER CARE
INSURANCE	Medicaid Waiver Program	(800) 435 4711			www.oklahoma.gov/okdhs/services/aging/pas.html	OKDHS ASD also SOONER CARE

INSURANCE	Medicare Assistance Program	(405) 521 6628			www.map.oid.ok.gov	MAP
MEDICAL	ABLE	(405) 329 3922	300 N Crawford	Norman	www.okable.org	Disability
MEDICAL	Absentee Shawnee Tribe Health Dept	(405) 878 5850	15951 Little Axe Dr	Norman		
MEDICAL	Aging Services	(405) 321 3200				Medical Equipment & Lending
MEDICAL	Central OK Community Action	(405) 701 2170	224 S Chestnut	Moore	www.cocaa.org	
MEDICAL	County Health Department	(405) 321 4048	250 12th Ave NE	Norman	www.oklahoma.gov/health/locations/county-health-departments/cleveland-county-health-department.html	community resources navigation
MEDICAL	County Health Department	(405) 794 1521	424 S Eastern Ave	Moore	www.oklahoma.gov/health/locations/county-health-departments/cleveland-county-health-department.html	community resources navigation
MEDICAL	Etowah Baptist Church	(405) 899 7378	18901 E Etowah Rd	Noble		
MEDICAL	Hearts at Home	(405) 310 4800	1400 N Porter	Norman	www.heartsathomeok.com	
MEDICAL	Home Health					Contact health care provider for referrals
MEDICAL	Hope Pregnancy Center	(405) 531 9011			www.thinkimpregnant.org	see also COUNTY HEALTH DEPARTMENT for options
MEDICAL	JD McCarty Center for Children	(405) 307 2800	2002 E Robinson	Norman	www.jdmc.org	
MEDICAL	Life Alert	(800) 977 4435				
MEDICAL	Mary Mahoney Memorial Health Center	(405) 769 3301	12716 NE 36th	Spencer		
MEDICAL	Medicare compare				www.medicare.gov/care-compare/	
MEDICAL	Mission Norman	(405) 321 8880	2525 E Lindsay	Norman	www.missionnorman.org	pharmacy
MEDICAL	Nat'l Assoc. for Home Care & Hospice	(202) 547 7424			www.nahc.org	how to select home care provider or hospice
MEDICAL	Nat'l Hospice & Palliative Care Org	(703) 837 1500			www.nhpco.org	promotes quality care & hospice services
MEDICAL	Nursing Facilities				www.medicare.gov/care-compare/	

MEDICAL	OK Dept of Rehabilitation Services	(405) 951 3400	3535 NW 58th	OKC		Suite 500
MEDICAL	OK Hospice & Palliative Care Assoc	(405) 985 9197			www.ohpca.wildapricot.org	
MEDICAL	OU College of Nursing Care Management	(405) 271 8767			www.oulifestagesolutions.com	DHS Advantage provider
MEDICAL	Peace Home Care	(405) 701 5951	1818 W Lindsey	Norman	www.peacehomecare.net	certified home health care
MEDICAL	Personal Care Assistance or Private Duty	Non-Medical				contact health provider for referrals
MEDICAL	Physician Referral	(405) 307-3176				Community Call Center
MEDICAL	Planned Parenthood	(405) 528 2157	619 NW 23rd	OKC	www.plannedparenthood.org	
MEDICAL	Progressive Independence	(405) 321 3203	121 N Porter Ave	Norman	www.okdrs.gov	Non-Profit Medical Equipment Lending
MEDICAL	RAIN Oklahoma	(405) 232 2437	3800 N Classen	OKC		HIV support
MEDICAL	Slaughterville Baptist Church	(405) 872 5576	10101 60th St	Lexington		
MEDICAL	Tradition Hospice Care	(405) 225 3387	2416 Tee Circle	Norman		Contact health care provider for referrals
MEDICAL	Variety Care Family Medicine	(405) 632 6688	317 E Himes	Norman	www.varietycare.org	ALL Primary Medical & Dental
MEMORY CARE	Arbor House Reminisce	(405) 310 2499	151 48th Ave SW	Norman		
MEMORY CARE	Reflections Alzheimer's & Memory Care	(405) 360 0656	750 Canadian Trails Dr	Norman		
MENTAL HEALTH	A Chance to Change Counseling Service	(405) 840 9000	2113 W Britton	OKC		
MENTAL HEALTH	Alameda Church	(405) 626 1805				discount prices for patients with no insurance
MENTAL HEALTH	Central OK Alzheimer's Association	(405) 319 0780	6601 Broadway	OKC		Suite 120
MENTAL HEALTH	Central OK Comm. County Health	(405) 360 5100	409 E Alameda	Norman	www.odmhsas.org/coc/mhc/	outpatient + facility
MENTAL HEALTH	Children's Recovery Center	(405) 364 9004	320 12th Ave NE	Norman		

MENTAL HEALTH	Community Works	(405) 447 4499	805 E Robinson	Norman	www.cworksok.com	counseling & more
MENTAL HEALTH	County Health Department	(405) 321 4048	250 12th Ave NE			STD testing vaccines emergency contraception
MENTAL HEALTH	Depression & Bipolar Support	(405) 503 1948			www.dbsalliance.org	peer group
MENTAL HEALTH	Green Shoe Foundation	(405) 697 2109	9601 S Portland	Guthrie	www.greenshoe.org	healing + trauma 5 day resort
MENTAL HEALTH	Griffin Memorial Hospital	(405) 321 4880	900 E Main St	Norman		
MENTAL HEALTH	Griffin Memorial Hospital	(405) 573 6623	900 E Main St	Norman		Acute psychiatric services
MENTAL HEALTH	Nation Assoc. on Mental Illness	(405) 408 0984				help line call center naminormanok@gmail.com
MENTAL HEALTH	Norman Addiction Info & Counseling	(405) 321 0022	215 W Linn St	Norman		
MENTAL HEALTH	Red Rock Crisis Center Behavioral Health	(405) 307 4800	900 E Main St	Norman		intervention facility for Suicidal Homicidal
MENTAL HEALTH	Thunder Clubhouse	(405) 321 7331	1251 Triad Village Dr	Norman		
MENTAL HEALTH	Transition House	(405) 360 7926	700 Asp Ave	Norman		
MENTAL HEALTH	Virtue Center	(405) 321 0022	2457 Wilcox Dr	Norman		outpatient substance abuse counseling
PRESCRIPTION	Dave's Healthmart Pharmacy	(405) 360 8882	329 N Porter Ave	Norman		prescription delivery available
PRESCRIPTION	Doctor's Park Pharmacy	(405) 364 5020				prescription delivery available
PRESCRIPTION	Generic Prescription opportunities				www.r Examiner.com	
PRESCRIPTION	Legend Care Pharmacy	(405) 321 5300	2600 Technology Pl	Norman		bubble packing & color code packing available
PRESCRIPTION	Osborne Drug	(405) 364 5222	900 N Porter Ave	Norman		prescription delivery available
PRESCRIPTION	Thunder Discount Drug	(405) 212 3177	2296 W Main St	Norman		
VISION	Dean McGee Eye Institute	(405) 271 6060		OKC	www.dmei.org	part of OU Medical diagnosis treatment exams referrals

(F) GOVERNMENT & UTILITIES RESOURCES

7/5/2024

GOVERNMENT UTILITIES

Updates are in progress Send any suggested additions & changes to LLR Email resources@funtimes.org

ASSISTANCE	RESOURCE	Phone	Address	Location	Links	Notes
GOVERNMENT	Norman Chamber of Commerce	(405) 321 7260	424 W Main St	Norman	www.normanchamber.com	
GOVERNMENT	Norman Convention & Visitors Bureau	(405) 366 8095	424 W Main St	Norman	www.visitnorman.com	
GOVERNMENT	Norman General Info	(405) 366 5406	225 N Webster	Norman		
UTILITIES	Norman Utility Billing	(405) 366 5406	225 N Webster	Norman		
UTILITIES	Norman Water Sewer after hours	(405) 321 1600	201 W Gray St	Norman		
UTILITIES	Norman Water Sewer Maintenance	(405) 3665443				call Gay Webb
UTILITIES	Norman Water Sewer Trash	(405) 366 8282				
UTILITIES	OEC Electric	(405) 321 2024	2520 Hemphill Dr	Norman		
UTILITIES	OG&E Electric	(405) 272 9741	800 Lexington Ave	Norman		Suite 227
UTILITIES	ONG Gas	(405) 366 8282	422 SE 59th St	OKC		

(G) LEARNING RESOURCES

7/5/2024

EDUCATION LIBRARIES

Updates are in progress Send any suggested additions & changes to LLR Email resources@funtimes.org

ASSISTANCE	RESOURCE	Phone	Address	Location	Links	Notes
EDUCATION	Cleveland Co. Cooperative Extension	(405) 321 4774	601 E Robinson	Norman	www.oces.okstate.edu/cleveland	
EDUCATION	Health & Wellness Education Seminars	(405) 307 5730				Norman Regional Hospital
EDUCATION	Moore Norman Technology Center	(405) 364 5763	4701 12th Ave NW	Norman	www.mntc.edu	Franklin Road Campus
EDUCATION	Moore Norman Technology Center	(405) 801 5000	13301 S Pennsylvania	OKC	www.mntc.edu	South Pennsylvania Campus
EDUCATION	Norman Senior Citizens Classes	(405) 329 4200				
EDUCATION	Oklahoma Healthy Aging Initiative	(405) 271 6424	1122 NE 13th St Suite 186	OKC	www.ouhsc.edu/ohai	Center of Healthy Aging Initiative
EDUCATION	Osher Lifelong Learning Institute OU	(405) 325 3488	1610 Asp Ave		https://ou.edu/outreach/olli	McCarter Hall
EDUCATION	Senior Class at OU Medical	(405) 271 3050			www.oumedicine.com	
EDUCATION	Senior Vitality NRHS	(405) 301 6602				
LIBRARY	Cleveland Co. Genealogical Society Library	(405) 701 2100	1119 E Main St	Norman		
LIBRARY	Moore Public Library	(405) 793 5100	225 S Howard	Moore		

LIBRARY	Noble Public Library	(405) 872 5713	204 N 5th St	Noble
LIBRARY	Norman Pioneer Library	(405) 217 0770	3051 E Alameda	Norman
LIBRARY	Norman Public Library Central	(405) 701 2600	103 W Acres	Norman
LIBRARY	Norman Public Library West	(405) 701 2644	300 Norman Center Ct	Norman
LIBRARY	OK Library for Blind & Physically Disabled	(405) 521-3514	300 NE 18th St	OKC

OK Dept of Rehabilitation Services
Visual Services Division

(H) SENIORS & VETERANS RESOURCES

7/5/2024

SENIORS VETERANS VOLUNTEER

Updates are in progress Send any suggested additions & changes to LLR Email resources@funtime.org

ASSISTANCE	RESOURCE	Phone	Address	Location	Links	Notes
SENIORS	Adult Wellness & Education Center	(405) 857 7390	602 N Findlay Ave	Norman	www.healthylivingnorman.com	Recreation Gym Pool Aging Services Education Classes
SENIORS	Aging Services	(405) 321 3200	1179 E Main	Norman		Moore school district
SENIORS	Areawide Aging Agency	(405) 942 8500				
SENIORS	Brand Senior Center	(405) 799 3130	501 E Main	Moore		
SENIORS	Cleveland County Health Dept.	(405) 321 4048	250 12th Ave NE	Norman		
SENIORS	Community Living, Aging, Protective Ser	(405) 521 2281				
SENIORS	Compassion & Choices	(800) 247 7421			www.compassionandchoices.org	
SENIORS	Elder Care locator	(800) 677 1116			www.eldercare.gov	
SENIORS	Full Circle Adult Day Center	(405) 447 2955	4223 28th Ave NW	Norman	www.fullcircleok.org	DHS or Veteran or Private Dementia Vitals field trips
SENIORS	Mayo Clinic Consumer Health	(480) 301 8000				Living Wills Advance Directions
SENIORS	Norman Senior Center	(405) 329 4200	329 S Peters Ave	Norman		includes Activities & more

SENIORS	OK Association of Area Agencies on Aging	(580) 562 4882				
SENIORS	Respite Voucher Program	(405) 321 3200	1179 E Main			
SENIORS	Savvy Senior	(405) 360 4228			www.savvysenior.org	
SENIORS	Senior Care Referral Services of OK	(405) 509 6311			www.seniorlivingok.com/contact	helps seniors find independent living & multiple care options
SENIORS	Senior's Farmer's Market Nutrition Program	(405) 321 3200				
VETERANS	American Legion	(405) 360 5600	710 E Main St	Norman	https://legionpost88ok.org	
VETERANS	Cleveland County Health Dept.	(405) 321 4048	250 12th Ave NE	Norman		
VETERANS	Disabled & Aging Veterans	(704) 838-4044		ALL	www.purplehearthomesusa.org	
VETERANS	DKG Vet Foundation		1233 W Lindsay	Norman	www.dkgvf.org	
VETERANS	Envision Success	(405) 701 2015	1151 E Main	Norman	www.envisionsuccessok.org	
VETERANS	Norman Veterans Center	(405) 360 5600	710 E Main St	Norman		
VETERANS	Red Cross Hero Care Network	(877) 272 7337				Education Disability Homeless for Armed Services
VETERANS	Suicide Prevention & Crisis Line	(800) 273 8255				
VETERANS	Veterans Corner Inc	(405) 387 5070	3805 SE 44th St	Newcastle	www.veteranscornerok.org	also a Facebook group DD-214 helps with claims
VETERANS	Veterans Service Coordinator	(405) 593 5365	210 James Corner	Norman		
VOLUNTEER	Full Circle Adult Day Center	(405) 447 2955	4223 28th Ave NW	Norman		
VOLUNTEER	Meals on Wheels of Norman	(405) 321 7272				
VOLUNTEER	Retired Senior Volunteer Program	(405) 701 2162				RSVP

(I) FINANCES RESOURCES

7/5/2024

FINANCIAL INCOME TAX ASSISTANCE

Updates are in progress Send any suggested additions & changes to LLR Email resources@funtime.org

ASSISTANCE	RESOURCE	Phone	Address	Location	Links	Notes
SEVERAL	OK Human Services	(405) 522 5050		Norman	www.okdhslive.org	apply for food benefits including SNAP or Medicaid
SEVERAL	SSA Social Security Administration	(800) 772 1213			www.ssa.gov	includes disability & retirement & apply for food benefits & Medicaid
FINANCIAL	Catholic Charities	(405) 523 3000				
FINANCIAL	Cleveland County Community Action	(405) 701 2170				
FINANCIAL	McFarland United Methodist Church	(405) 321 3484	419 S University Blvd	Norman	www.mcfarlinumc.org/misions/if-you-need-help/	Photo ID & Driver's License
FINANCIAL	Mission Norman	(405) 321 8880	2525 E Lindsay	Norman	www.missionnorman.org	
FINANCIAL	Scam Avoidance				www.mcafee.com/enterprise/cyber-scam/customer-scam-awareness.html	
FINANCIAL	Slaughterville Baptist Church	(405) 872 5576	10101 60th St	Lexington		
FINANCIAL	Software Protection				www.CR.org/securityplanner	Security Tips to help protect from hackers
FINANCIAL	Sooner Care (Medicaid)	(800) 987 7767				Medicaid assistance for dental care
FINANCIAL	Victory Family Church	(405) 701 0976	4343 N Flood Ave	Norman		groceries past due bill or \$25 gas gift card

INCOME TAX Assist	AARP	(405) 329 4200	Norman Senior Citizens Center	Norman	55+ call for appointment
INCOME TAX Assist	My Free Taxes	(866) 698 9435			www.myfreetaxes.com
INCOME TAX Assist	Norman Library	(405) 701-2600			Norman Central Library Electronic filing only Feb & Mar
INCOME TAX Assist	OU School of Law	(405) 325 4699	300 W Timberland Rd	Norman	VITA Norman Public Library
INCOME TAX Assist	United Way of Norman & CSBI	(405) 329 2025	1155 E Main	Norman	

(J) RECREATION & TRANSPORTATION RESOURCES

7/5/2024

RECREATION

TRANSPORTATION

Updates are in progress Send any suggested additions & changes to LLR Email resources@funtime.org

ASSISTANCE	RESOURCE	Phone	Address	Location	Links	Notes
RECREATION	Adult Wellness & Education Center	(405) 857 7390	602 N Findlay Ave	Norman	www.healthylivingnorman.com	Recreation Gym Pool Aging Services Education Classes
RECREATION	Brand Senior Center	(405) 799-3130	501 E Main	Moore		Community living
RECREATION	Little Axe Community Center	(405) 292 9770	168th & Hwy 9	Norman		
RECREATION	Meetup				www.meetup.com	Events are happening every day—sign up to join the fun
RECREATION	Moore Community Center	(405) 793 5090	301 S Howard Ave	Norman		
RECREATION	Noble Senior Citizen Center	(405) 872 5921	606 E Maguire Rd	Noble		
RECREATION	Norman Parks & Recreation	(405) 366 5472			www.normanok.gov/residents-visitors/parks-recreation	
RECREATION	Norman Senior Citizen Center	(405) 329 4200	329 S Peters Ave	Norman		
RECREATION	Online Cards & more				www.cardgames.io	
RECREATION	Only in Your State				www.onlyinyourstate.com	
RECREATION	SILVER SNEAKERS Nationwide	(888) 423 4632			www.SilverSneakers.com	offers free local gym memberships for most insured seniors

RECREATION	SILVER SNEAKERS	Norman	(405) 329 5050	2301 36th Ave	Norman	www.SilverSneakers.com	offers free local gym memberships for most insured seniors
RECREATION	YMCA		(405) 364-9622	1350 Lexington Ave	Norman	www.ymcanorman.org	
TRANSPORTATION	Airport Express		(405) 681 3311			www.airportexpressokc.com	door to door van service to & from OKC airport
TRANSPORTATION	Careavans		(405) 532 6436			www.facebook.com/NormanCareAVans/	rides for the Norman area homeless
TRANSPORTATION	CART Access		(405) 325-5438		Norman	www.ridecart.com	disabled & elderly
TRANSPORTATION	Embark Bus Transportation		(405) 297 7433		OKC	www.embarkokc.com/norman	Seniors 60+
TRANSPORTATION	Embark Plus Bus Transportation		(405) 297 2583		OKC	www.embarkokc.com/special-services	curb to curb elderly & disabled
TRANSPORTATION	First Baptist Church of Norman		(405) 321 1753	221 W Comanche	Norman		Bicycles (Cleveland County)
TRANSPORTATION	Kiwanis Cruiser		(405) 321 3200	601 N Porter	Norman		disabled & elderly
TRANSPORTATION	Life Spring Church		(405) 292 7770	600 W Tecumseh	Norman		limited amount of \$15 gas cards
TRANSPORTATION	McFarlin United Methodist Church		(405) 321 3484	419 S University Blvd	Norman	www.mcfarlinumc.org	x109 OKC day bus passes
TRANSPORTATION	Medride Assisted Transportation		(405) 685 8267	4225 SW 44th	OKC		
TRANSPORTATION	Mission Norman		(405) 321 8880	2525 E Lindsay	Norman	www.missionnorman.org	gas vouchers for doctor appointments & job interviews
TRANSPORTATION	Sooner Ride		(877) 404 4500			https://member.logisticare.com	Medicaid / sooner care # needed
TRANSPORTATION	Statewide Transit Information		(405) 521 2584	200 NE 21st St	OKC		

(K) SUPPORT & HOTLINES RESOURCES

7/5/2024

SUPPORT GROUPS

HOTLINES

Updates are in progress Send any suggested additions & changes to LLR Email resources@funtimes.org

ASSISTANCE	RESOURCE	Phone	Address	Location	Links	Notes
HOTLINE	AARP Friendly Voice	(800) 281 0145			www.aarp.org/home-family/friends-family/friendly-voice/	volunteer calls a referred friend with a live call to say hello
HOTLINE	Adult Protective Services	(405) 573 8300				DHS
HOTLINE	Al-Anon	(405) 767 9071				
HOTLINE	Alcoholics Anonymous	(405) 524 1100				
HOTLINE	Battered Women's Crisis Line	(405) 701 5540				Norman Shelter
HOTLINE	Disaster Relief	(405) 321 0591				American Red Cross
HOTLINE	Domestic Violence Hotline	(405) 917 9922				
HOTLINE	Elder Abuse & Neglect	(800) 522 3511				
HOTLINE	Human Trafficking Crisis Hotline	(855) 674 4767				
HOTLINE	Norman Action Center	(405) 366 5396	201 W Gray St	Norman		
HOTLINE	Poison Control Oklahoma	(405) 271 5454				

HOTLINE	Poison Control National	(800) 222 1222				
HOTLINE	Rape Crisis Hotline	(405) 701 5540				
HOTLINE	Rape Crisis Hotline	(405) 701 5660				
HOTLINE	Suicide 24 hours	(405) 848 2273				Heartline
HOTLINE	Suicide 24 hours	(800) 273 8255				text (800) 273 8255
SUPPORT Alzheimer	Alzheimer's Association	(800) 272-3900				
SUPPORT Alzheimer	Alzheimer's Foundation	(866) 232 8484				www.alzfdn.org
SUPPORT Alzheimer	Alzheimer's Safe Return Program	(800) 625-3780				
SUPPORT Alzheimer	Full Circle	(405) 447 2955	1304 Lindsey Plaza Dr	Norman		
SUPPORT Alzheimer	McFarlin Church	(405) 321 3484	419 S University Blvd	Norman		
SUPPORT Caregiver	AARP	(877) 333 5885				www.aarp.org/caregiving
SUPPORT Caregiver	Full Circle Adult Day Center	(405) 447 2955	1183 E Main	Norman		Community Services Building
SUPPORT Caregiver	OK Cares					www.okcares.org
SUPPORT Caregiver	Sunbeam Family Services	(405) 528 7721	1100 NW 14th	OKC		https://sunbeamfamilyservices.org
SUPPORT Caregiver	VA Caregiver Support	(855) 260 3274				www.caregiver.va.gov
SUPPORT Child abuse	Bethesda	(405) 364 0333	1181 E Main	Norman		www.bethesdaok.org child abuse recovery
SUPPORT Childcare	Grandparents Raising Grandchildren	(405) 609 6551	1433 W Boyd	Norman		
SUPPORT Grief	Compassionate Friends	(405) 630 7546	1177 E Main	Norman		www.compassionatefriends.org/ support after a child's death
SUPPORT Grief	Grief Share Group	(405) 321 0788	801 East Alameda	Norman		Alameda Church of Christ

SUPPORT Grief	Heartland Hospice	(405) 579-8565	1100 N Porter	Norman	Heartland Hospice sponsored
SUPPORT Grief	Kaleidoscope Grief Support	(405) 306 0052			
SUPPORT Grief	L.I.F.T.	(405) 321 6000	1109 N Porter	Norman	for Widows & Widowers

(L) INCOME RESOURCES

7/5/2024

100's of options available

FREE CASH WORK from or out of HOME EMPLOYMENT JOBS NON-TECHNICAL & TECHNICAL

Updates are in progress Send any suggested additions & changes to LLR Email resources@funtime.org

INCOME	Work Type	Location	Phone / Email	Other	Links	Notes
FREE CASH	Begging Money	Anywhere			www.beggingmoney.com	financial & emergency assistance advice on money & debt management
FREE CASH	Fund My Travel	Anywhere			www.fundmytravel.com	start your travel fundraising page
FREE CASH	Fundly	Anywhere			www.fundly.com	for Individuals and charities
FREE CASH	Go Fund Me	Anywhere			www.gofundme.com	Fundraise what you care about - individual, group, or organization
FREE CASH	Go Get Funding	Anywhere			www.gogetfunding.com	powerful, personal fundraising
FREE CASH	Just Giving	Anywhere			www.justgiving.com	Online fundraising for people & charities you love
MORE CASH	USA sends you money	Anywhere	(800) 772 1213		www.ssa.gov	includes retirement & disability
Work out of Home	Deliver Food	Anywhere			www.doordash.com	often \$20-\$30/hour for door dashers best if you live near an active store
Work out of Home	Temporary Friendship	Anywhere			www.rentafriend.com	\$30 / hour
Employment Jobs	AARP	Various			www.aarp.org/jobs	includes Seniors friendly jobs
Employment Jobs	Experience Works	Various	(405) 589 9488			includes Seniors friendly jobs Customer Service

Employment Jobs	Flex Jobs	Various		www.flexjobs.com	includes Seniors friendly jobs
Employment Jobs	Job Hat	Various		www.jobhat.com	includes Seniors friendly jobs
Employment Jobs	Jobs 2 Careers	Various		www.jobs2careers.com	includes Seniors friendly jobs
Employment Jobs	Oklahoma Job Match	Various	(405) 701 2681	www.okjobmatch.com	includes Seniors friendly jobs
Employment Jobs	Senior Community Service Employment Program	Various	(800) 658 1466		
Employment Jobs	Workforce	Various	(405) 701 2000		

(M) HELPFUL DOCUMENTS

7/5/2024

DOCUMENTS

LEGAL

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DOCUMENT

Notes

Advance Health Care Directive	https://en.wikipedia.org/wiki/Advance_health_care_directive	Person specifies what actions should be taken for their health if they are no longer able to make decisions
Beneficiary	https://en.wikipedia.org/wiki/Beneficiary	Financial assets (bank accounts, life insurance, etc.) can be paid to a named beneficiary upon death
DNR	https://en.wikipedia.org/wiki/Do_not_resuscitate	Do Not Resuscitate is a medical document often used because of religious or philosophical beliefs
Durable Power of Attorney for Finances	https://en.wikipedia.org/wiki/Power_of_attorney	Authorizes someone to act in a wide range of legal & business matters
Final Arrangements	https://en.wikipedia.org/wiki/Funeral#Self-planned_funerals	The planning or scheduling of funeral services and burial or cremation
Five Wishes	https://en.wikipedia.org/wiki/Five_Wishes	An advance directive created by non-profit organization Aging with Dignity "living will with a heart & soul"
Living Will	https://en.wikipedia.org/wiki/Advance_health_care_directive	An AHCD that leaves instructions for treatment
Passport	www.travel.state.gov/content/travel/en/passports.html/	Facilitates travels between countries
POLST	https://en.wikipedia.org/wiki/Physician_Orders_for_Life-Sustaining_Treatment	Physicians Order for Life Sustaining Treatment is a medical order that specifies medical treatments wanted
Power of Attorney	https://en.wikipedia.org/wiki/Power_of_attorney	a written authorization to act on another's behalf in their affairs (e.g. financial & health & welfare)
Health Care Proxy	https://en.wikipedia.org/wiki/Healthcare_proxy	An AHCD in which a person authorizes someone to make decisions on their behalf when incapacitated
Trust	https://en.wikipedia.org/wiki/Trust_law	Holds your possessions & property which do not have to go through probate when you die

Will	https://en.wikipedia.org/wiki/Will and testament	A written document used to define how possessions & property will be distributed upon a person's death				
Other	www.wikipedia.org	Use this web page & its magnifying glass to search for more information on above subjects and millions more				
LEGAL	Legal Aid Services of OK	(405) 360 6631	2227 W Lindsay	Norman	www.legalaidok.org	civil issues e.g. Eviction Bankruptcy Custody
LEGAL	Legal Aid Services of OK - Seniors	(918) 308 5295			www.legalaidok.org	60+
LEGAL	National Academy of Elder Law Attorneys				www.naela.com	
LEGAL	OK Bureau of Narcotics	(855) 617 2288				
LEGAL	Oklahoma State Courts Network				www.oscn.net	Choose COURT RECORDS then use search options
LEGAL	OU Legal Clinic	(405) 325 3702	300 Timberdell Rd	Norman	www.law.ou.edu/academics/experiential-learning/clinics	for eligible low income individuals civil & criminal misdemeanors & felonies
OTHER	Cleveland County cemeteries				www.okcemeteries.net	

(N) CONVENIENT CONVERSIONS

7/5/2024

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Type	Start	=
Liquid	1 Gallon	16 Cups
Liquid	1 Cup	8 Fluid Ounces
Liquid	1/4 Cup	2 Fluid Ounces
Liquid	1 Fluid Ounce	2 Tablespoons
Liquid	1 Tablespoon	3 teaspoons
Liquid	1 Jigger	9 teaspoons
Liquid	1 Jigger	3 Tablespoons
Liquid	1 Jigger	1.5 Fluid Ounces
TEMP	XY degrees measured in the shade by weather bureaus to be consistent	XY degrees plus ~ 10 to 15 degrees when in the bright sun
WEIGHT to MASS	1 Pound water	453.6 Grams at sea level
MASS to VOLUME	1 Kilogram water	33.814 Fluid Ounces at sea level
VOLUME TO MASS	1 Liter water	1 Kilogram at sea level
VOLUME TO WEIGHT	1 Gallon water	8.3454 Pounds at sea level

WEIGHT	1 Pound	16 weight Ounces
FLOUR	16 weight Ounces	21.9 Fluid Ounces
BUTTER	16 weight Ounces	17.0 Fluid Ounces
WATER	16 weight Ounces	15.3 Fluid Ounces
SUGAR	16 weight Ounces	12.8 Fluid Ounces
SALT	16 weight Ounces	12.8 Fluid Ounces
Volume	1 Bushel	8 Gallons
Volume	1 Peck	2 Gallons
Volume	a Bushel & a Peck & a Hug Around the Neck	10 Gallons & a Hug Around the Neck
Volume	1 Oil Barrel	42 Gallons
Volume	1 Oil Drum	55 Gallons
Volume	1 Liter	33.814 Fluid Ounces
Length	1 Meter	39.37 Inches