



OUR MISSION

- Our mission at the Eastern Oklahoma VA Healthcare System (Jack C. Montgomery VAMC) Rehabilitation Unit is “Working daily to restore the body function, motivate the mind, and fill the spirit.”
- This booklet will provide further resources you may utilize should you need further assistance after your discharge from the Medical Center, or you may simply call the inpatient rehabilitative nurses station at **(918) 577-4001**

SERVICES & EMPLOYMENT FOR THE DISABLED

Goodwill Industries

2800 Southwest Boulevard
Tulsa, OK 74107
918-584-7291

- Career Development Center and Temporary Services placement for disabled persons
- Employment in janitorial, retail and packaging
- One of the largest employers of people with disabilities or special needs in the State of Oklahoma

Handicapped Vehicle Services Unlimited – www.hvsu.com

7215 East 46th Street
Tulsa, OK 74145
800-580-7311

- Offering side entry ramp minivans, rear entry ramp minivans, and traditional full size lift vans for sale or rent
- 3 year/36,000 mile warranty on all vehicles
- Vehicle modification service available for people wishing to use their own vehicle (inspection required – 6 to 8 week modification time)
- Tulsa's premier handicapped equipment vehicle van specialist
- Financing available for qualified buyers, call for details

Tulsa Community College Education Access Center (EAC)

TCC Metro Campus
Education Access Center Rm. 331B
909 S. Boston Avenue
Tulsa, Oklahoma 74119
Office / 918-595-7115
<http://www.tulsacc.edu/eac>

- Provides academic support services for individuals with documented disabilities at **all four (4) campuses** of Tulsa Community College

SOCIAL SECURITY ADMINISTRATION

Social Security Administration – www.ssa.gov

Toll-Free Number: 1-800-772-1213 (main national number)

Muskogee Location:

2401 W. Shawnee St
Muskogee, OK 74401
PH: 877-575-5195
TTY: 918-687-2394

Other Locations:

900 Leisure Lane
Bartlesville, OK 74006
PH: 877-836-1557
TTY: 800-325-0778

902 South George Nigh
McAlester, OK 74501
PH: 877-893-4665
TTY: 918-429-1510

308 Creek Place
Okmulgee, OK 74447
PH: 855-287-4791
TTY: 918-756-2286

909 East Federal Street
Shawnee, OK 74804
PH: 877-897-0604
TTY: 800-325-0778

518 East Lakeview Road
Stillwater, OK 74075
PH: 888-366-6143
TTY: 800-325-0778

4750 South Garnett Rd
Tulsa, OK 74146
PH: 866-931-7106
TTY: 800-325-0778

WORKFORCE OKLAHOMA

<http://oklahomaworks.gov/military-veterans/>

Oklahoma Employment Security Commission

Muskogee Location:

717 South 32nd
Muskogee, OK 74401
Phone (918) 682-3364

Other Locations:

210 NE Washington Blvd.
Bartlesville, OK 74006
Phone (918) 332-4800

1414 E. Wade Watts Avenue
McAlester, OK 74501
Phone (918) 423-6830

3006 E. 6th St. (HW51)
Stillwater, OK 74074
Phone (405) 624-1450

1295 Skills Center Circle
Tahlequah, OK 74464
Phone (918) 456-8846

Tulsa Skyline
6128 E. 38th St, Suite 405
Tulsa, OK 74135
Phone (918) 384-2300

Tulsa Eastgate
14002 E. 21st St, Suite 1030
Tulsa, OK 74134
Phone (918) 796-1200

DEPARTMENT OF HUMAN SERVICES

WWW.OKDHS.ORG

SERVICES FOR PERSONS WITH DISABILITIES

- Adult Protective Services (APS) - Information about the program that investigates reports of abuse, neglect or exploitation of vulnerable adults, including persons with developmental disabilities.
- ADvantage Waiver - Provides Medicaid services to help people (including older Oklahomans and adults who have physical disability) stay at home instead of going to a nursing home. The program does not cover children or persons with mental retardation.
- Child Support Services - Services designed to help children get the support they need, including locating the non-custodial parents' addresses and employers, establishing legal paternity, establishing child and medical support orders, enforcing support for married, separated or divorced parents and modifying support orders.
- Developmental Disabilities Services - Provides services to persons ages 3 and older who have a primary diagnosis of mental retardation (IQ of 70 or below). The persons served may also have other developmental or physical disabilities in addition to mental retardation.
- Early and Periodic Screening, Diagnosis and Treatment (EPSDT) - Services that have an established schedule of exams to ensure the continued health of Medicaid eligible individuals up to age 21.
- Food Stamps - Also known as the "nutrition safety net of the nation," these benefits help raise nutritional levels of low-income households.
- Refugee Assistance - Cash and medical assistance programs are available to eligible refugees for up to eight months after they arrive in the United States.
- Resource Centers - Public residential facilities that provide a full array of medical, therapeutic and vocational services as well as around-the-clock care for residents.
- Sooner Start - Oklahoma's early intervention program for infants and toddlers with disabilities and developmental delays.
- Supplemental Security Income – Disabled Child Program (SSI-DCP) - Services that assist children from birth to age 18, who receive a Supplemental Security Income Disability Payment, in getting needed equipment and services. This includes adaptive equipment and specialty formula from birth to age 18 and diapers from age 4 to age 18.
- Tax Equity and Fiscal Responsibility Act (TEFRA) - Program that allows children with physical or mental disabilities, who would not ordinarily be eligible for Supplemental Security Income benefits because of their parent's income or resources, to become eligible for Medicaid.
- Temporary Assistance for Needy Families (TANF)- provides temporary cash assistance in meeting basic needs, training leading to employment, employment services and child care assistance for qualified families
- Transportation - Provides funding for specialized public transportation services to the elderly and persons with disabilities. Grants are awarded in the form of vehicles to private, non-profit applicants in urban and rural areas.
- Utility Assistance – Get information about cash assistance to help low-income households to pay winter heating and summer cooling bill, and to provide help for families who have received utility cut-off notices.

VETERAN'S ORGANIZATIONS

All of these organizations are in the Federal Building, 125 S. Main Street,
Muskogee:

- Veterans Administration Regional Office /VA benefits 800-827-1000
- Amvets National Service Officer / 918-781-7762
- Disabled American Veterans (DAV) / 918-781-7764
- Paralyzed Veterans of America – 918-781-7768
- Veterans of Foreign Wars (VFW) Service Office – 918-781-7769

Located in the VA hospital: DAV 918-577-4135 & ODVA 918-577-3633

American Legion Post 15

4021 West Broadway St
Muskogee, OK 74401
(918) 687-6171

SUPPORT GROUPS

THESE SUPPORT GROUPS ARE NOT SPONSORED BY THE VA. IT IS YOUR RESPONSIBILITY TO CALL AND VERIFY THE ACCURACY OF THE INFORMATION PROVIDED
THERE MAY BE ADDITIONAL SUPPORT GROUPS LOCALLY THAT ARE NOT ON THIS LIST

Alzheimer's Support Group:

Brookdale Muskogee
3211 Chandler Rd.
Muskogee, Ok 74403
918-683-8388

3rd Tuesday of every month, 12PM, free lunch

Parkinson's Support Services:

1-800-457-6676 for local support groups near you

Diabetes Support Group

Meets: 3rd Thursday each month at 6:00 p.m.
Okapi Event Center, 2550 West Edison St, Tulsa, OK 74127
Contact number: (918) 587-5100

Muskogee Area

Diabetes Support Group

Meets: 1st Tuesday of each month (Sept. – May) 7:00 p.m. – 8:00 p.m.
Muskogee Public Library, 801 W. Okmulgee, Muskogee, OK 74401
Contact Person: Loretta Reed – (918) 348-4869

Grove Area

Diabetes Center Support Group

Call for dates and times
Phone (918) 786-2243
Tulsa Area
Laurete Conference Center Banquet Room-2nd Floor
6655 S. Yale
Tulsa, OK
Phone (918) 494-2165

Meets the first Monday each month 7:30pm-8:30pm. If the first Monday falls on a holiday, the meeting is held the following Monday (2nd Monday).

Tulsa Brain Injury Alliance of Oklahoma Support Group

Sponsored by Comprehensive Community Rehabilitation Services Meets on the 4th Thursday of the month (except for Holidays) at 6:30 PM at 7146 S. Braden Ave., Suite 500, Tulsa 74136. Please call Mary Dobbs at (918)488-6165 or mhdobbsrn@sbcglobal.net for questions or to be added to the mailing list.

Enid/Northwest Oklahoma Brain Injury Alliance of Oklahoma Support Group

Meets 3rd Tuesday of the month at 6:30 PM at
St. Mary's RehabCare Unit (5 South)
305 S. 5th Enid OK 73701
Contact Jeff Chace at (580)548-5081 or jeff.chace@uhsinc.com

McAlester Head Injury Support Group

Meets on the 2nd and 4th Monday of each month at 1:00 PM
Oklahomans for Independent Living
601 E. Carl Albert Parkway
McAlester, OK 74501
Contact: Terry Yates or Pam Pulchny at 918-426-6220 or terryy@oilok.org

Muskogee Brain Injury Alliance of Oklahoma Support Group

Meets on the 3rd Tuesday of the month at 6:30 PM at
Conference Room of Muskogee Regional Rehab
300 Rockefeller Dr.
Muskogee, OK 74401
Contact Trina Jones at 918-913-5537 or Trina.Flowers@yahoo.com

Norman Brain Injury Alliance of Oklahoma Support Group

No regular meeting date at this time.
Contact Janice Oak at Progressive Independence
121 N. Porter Ave.
(800)801-3203 or joak@progind.org

Oklahoma City Head Injury Support Group

MEETS TWICE MONTHLY
Meets on the **First and Third Tuesday** of the month from 6:00 – 7:30 PM

Valir Rehabilitation Hospital
721 NW 6th St
Oklahoma City, OK 73102
(Near St Anthony Hospital)
3 blocks E of Classen on NW 6th St
Park in lot south of the building from 6th Street.

Gary Bulmer at (405)721-8453 or garybulmer@flash.net -or-
Rod Davidson at (405)517-1608 or rodavidson@msn.com -or-
write P.O. Box 60912, OKC, OK 73146-0912.

Tulsa Brain Injury Alliance of Oklahoma Support Group

Sponsored by Comprehensive Community Rehabilitation Services
Meets on the 4th Thursday of the month (except for Holidays) at 6:30 PM
7146 S. Braden Ave., Suite 500
Tulsa, OK 74136

Please call Mary Dobbs at (918)488-6165 or mhdobbsrn@sbcglobal.net for questions or to be added to the mailing list.

Oklahoma City Educational Series and Support

Educational series and support for survivors of traumatic brain injury. Christmas and summer reunions for former TBI patients and therapists are held each year. Call to be included on the mailing list for current information.

Meets on the 4th Thursday of the month at 6:00 PM- 7:30 PM

Integris Health Jim Thorpe Rehabilitation Hospital – Jones Education Classroom, 1st Floor

4219 S Western, Oklahoma City

Contact Karen Bryan at (405) 644-5381 or Karen.Bryan@integrisok.com

Jim Thorpe Rehab Caregiver Support Group

Meets **3rd Thursday** of the month

6 p.m.

INTEGRIS Jim Thorpe Rehabilitation Hospital,
Jones Education Classroom

4219 S. Western Ave., OKC, OK 73109

Contact: Allie Weaver, CRC 405-636-7883

Brain Injury Support Group

Meets the **4th Thursday** of Every Month

6 -7:30 p.m.

INTEGRIS Jim Thorpe Rehabilitation Hospital
Jones Education Classroom

4219 South Western Avenue

OKC, OK 73109

Contact Karen Bryan, OTR/L – 405-644-5381

MDJUNCTION.COM:

Support group blog for the disabled.

St. John Stroke Support Group

Meets: 4th Thursday of every month 4pm-5pm

The Center for Individuals with Challenges Classroom

815 S. Utica Ave

Tulsa, OK 74104

Phone (918) 584-8607

Alt Phone (918) 744-3093

Contact: April Cash R.N. acash@sjmc.org

Citywide Stroke Support Group - Oklahoma City, OK

Meets on the 4th Monday of the month from 6:30-8:30 PM at

American Heart Association
5700 N Portland, Room 110, Oklahoma City.
Call Janet Spradlin, Ph.D. at 405-272-6554 to be included on the mailing list or find other groups in OKC area.

Mercy Hospital OKC Stroke Support Group

Meets 2nd Tuesday of every month 6pm-8pm
Mercy Hospital
Neuroscience Institute Suite 102
4120 W Memorial Rd
Oklahoma City, OK 73120
Phone (405) 486-8737
Contact: Amber Elliot amberlea.elliott@mercy.net

NRHS Stroke Support Group

Meets: Wednesdays 2pm-3pm
Norman Regional Hospital Education Center
901 N. Porter Ave
Norman, OK 73071
Phone (405) 307-1722
Contact: Lisa Robertson lrobertson@nrh-ok.com

Duncan Regional Stroke Support Group

Meets the **last Tuesday** of Every Month
Noon - 1 p.m.
Duncan Regional Hospital
Contact: Autumn Hawkins 580-251-8136

Aphasia: Life Link

Oklahoma State University, 030 Murray Hall, **Stillwater, OK** 74078
*Groups both meet Thursdays from 1:30-3:00PM. Groups for caregivers/family members and persons with aphasia.
Contact: For meeting information, call (405) 744-6021.
Kaye Aulgur, Ph.D. (405) 744-8942 kaye.aulgur@okstate.edu
Larry Fulgenzi, Ph.D. (405) 372-2468 fulgenzi@aol.com.
www.aphasialifelink.com

Tulsa Aphasia Support Group

Center for Individuals with Physical Challenges, 815 S. Utica Ave, **Tulsa, OK** 74104

Meets 2nd Wednesday of the month, 9:30-11:00am.
Contact: Dr. Lori Davis (918) 631-2915 lori-davis@utulsa.edu or Dr. Suzanne Stanton (918) 631-2909 Suzanne-stanton@utulsa.edu

The Bob McVay Aphasia Support Group

Contact for dates, times and location.

Contacts: Mary Pinzon, RN, (405) 664-5200

Email: mary.pinzon@integrisok.com

TAGS – Tulsa Amputee Group Support

815 S. Utica Ave

Tulsa, OK 74104

918-584-8607

Meetings are at 6:30PM the first Monday of each month unless that falls on a holiday, then it's the second Monday. Meetings are held at The Center for Individuals with Physical Challenges at 8th and Utica. For more information or to get on our mailing list, call Vicki Holler at 918-584-8607 vholler@tulsacenter.org

WEBSITES & SERVICES

American Stroke Association – www.strokeassociation.org

Dedicated to decreasing disability and death from stroke through educational programs, products and services, and advocacy.

Local services:

**3401 NW 63rd St, STE 200
Oklahoma City, Ok 73116
405-415-3030**

**2227 E. Skelly Dr.
Tulsa, Ok 74105
918-877-8359**

www.integrisk.com/stroke

Amputee Coalition of America – www.amputee-coalition.org

Mission - To reach out to people with limb loss and to empower them through education, support and advocacy. Offers support groups.

Amputee Resource Foundation of America, Inc. – www.amputeerresource.org

Includes a comprehensive list of informational webpages for amputees and their families.

MTB Amputee - www.mtb-amputee.com

An informal organization of amputee mountain biking and cycling enthusiasts. Also includes information on ATV and snowmobile modifications.

www.CareGiver.com

For, about and by caregivers of the elderly, heart attack/stroke survivors, and people with Diabetes. Includes links to local support groups.

MyHealthVet – www.myhealth.va.gov

VA health information at your fingertips! Refill and check the status of your prescriptions, research conditions in the Medical Library, track your vital signs with the online medical record service. Also includes links to most requested VA forms.

Rehability! Stores - www.rehabilitystores.com

Offers rehabilitation products that are specially selected by internationally recognized healthcare professionals. 10% discount for VA patients, enter code **VA10** at checkout.

United States National Library of Medicine - www.nlm.nih.gov

National Aphasia Association:

www.Aphasia.org



SOUTHEASTERN GUIDE DOGS, INC.

www.guidedogs.org

4210 77th Street East

Palmetto, FL 34221

(800) 944-DOGS (3647)

The Paws For Patriots™ and Gifted Canine® Programs

Southeastern Guide Dogs offers the Paws for Patriots™ program to assist veterans who have been blinded and/or otherwise wounded during their service in Iraq and Afghanistan wars.

Since our founding in 1982, Southeastern Guide Dogs has been a proud supporter of American veterans. Over the past 25 years, our expertise in training guide dogs to work with people who have multiple disabilities has led many disabled veterans to seek our services.

Professionally and humanely trained guide dogs are given at no charge to visually impaired veterans. Soldiers who have endured other injuries are provided with therapy and companion dogs, at no charge, through our Gifted Canines™ program.

The process of training and preparing a successful guide dog team takes almost two years and approximately \$40,000. Paws For Patriots™, like all programs at Southeastern Guide Dogs, Inc. receives no governmental funding. We rely solely on the generosity of people like you.



