

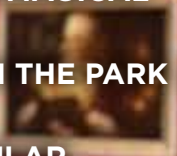
Ardmore

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WINTER 2024

Guide

MAKE ALL OF YOUR
HOLIDAYS MAGICAL



POTTER IN THE PARK

BOO-TACULAR

A VERY MERRY
CHRISTMAS IN ARDMORE

ARDMORE OBSCURA

LIGHT UP THE TOWN

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MAKE ALL OF YOUR *Holidays Magical*



Fall foliage and cooler weather have come. The summer heat is finally gone, and when we step out of our houses, we embrace the fall festivities, take leisurely strolls, and we enjoy our beautifully preserved downtown, parks, and common areas.

Even though the days are getting shorter, it's fun to pass the time with the brisk air, gentle rains, and changing foliage. Fortunately, the region in which we reside is rich in natural beauty. We love putting together the Ardmore Guide Holiday Magazine because it's always jam-packed with enjoyable activities and joyous occasions. There is always a lot going on. Simply put, you are only sitting around if you choose to.

Every weekend, there are a ton of options for entertainment! On weeknights, there are a lot of evening events to discover in the neighborhood. We hope that this issue will give you a wide range of options to think about in the coming months. The time leading up to the new year usually goes by quickly because of football games, fall events, and holidays!

It's time to cease the moment and live your best life! Try a novel approach. Create a new custom! There are interesting workshops being offered by Ardmore Parks and Recreation to get you in the holiday spirit. Try glassmaking or participate in the Chiger Chase! Take a carriage ride or hop on the Jolly Trolley. Write a letter to Santa or be in awe at the magical tree lighting ceremony! As you explore the area, take on the challenge of visiting all the fascinating sights in Ardmore Obscura! Be adventurous see if you can find all of the locations we highlighted and cross them off the list as you go! No matter whatever you do this season, we hope it is filled with love, friends, family, and joy.

For the Christmas season, we are wishing you an abundance of presence. A large, glittering tree surrounded by heaps of packages, stockings, and gifts is a lovely sight during the holiday season, I must admit. However, the greatest gift of all is the gift of presence, rather than presents wrapped in bows. We've learned an important but simple life lesson over the years: presence lasts longer, means more, and binds a family and friendships tighter than any gift ever will.

Presence is a gift that never fades, it never becomes too small or monotonous, it never wears out, or breaks. The best thing about presence is that it is always inexpensive and accessible to any family member or loved one at any time. We wish all of our readers an abundance of presence over the holidays!

We hope that through Ardmore Guide, you will learn more about all of the fantastic things to do right here in the area. We hope you find some places and events that will become meaningful to you and your family, where you can create traditions and grow together. Ardmore is full of unexpected gems, activities, and places where you can spend quality time with those you love and cherish.

While presence is ideal, we all know that the holidays would be incomplete without gifts. When shopping for gifts this holiday season, remember to support our advertisers and local small businesses.

Ardmore Guide wishes all of our readers safe travels, warm nights, and joyous holidays! Merry Christmas and a prosperous New Year!

Jodie & David Prickett
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Raises awareness on disease



ON THE COVER

Ardmore's real-life Elf on the Shelf at Santa's Workshop
- Photo by Ashley Dyer at Bosham Media



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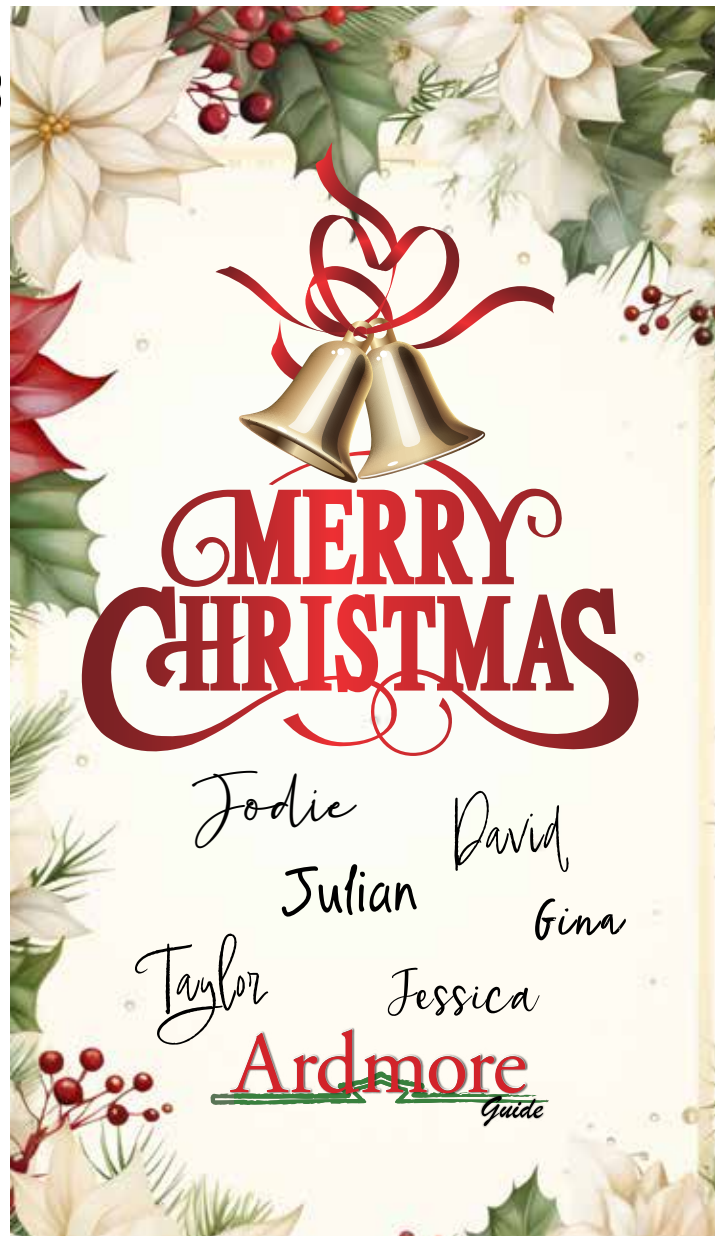
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Potter *in the* Park

A MAGICAL EVENING IN CENTRAL PARK



All are welcome to join the second annual magical Hogwarts experience at Central Park, located at 506 West Main Street, on October 19th from 4:00 to 10:00 p.m.

Food trucks, local merchants, and more will be present at the event. Potter in the Park includes a little enchantment

for everyone, regardless of your house preference—Hufflepuff, Ravenclaw, Slytherin, or Gryffindor!

This is the second annual Potter in the Park event, and all ages are excited to attend after the incredible participation and response from last year's festivity. Come out and try your hand and Dobby's Sock Toss while sipping on some frozen Butter Beer. To find out which house you are assigned to, feel free to bring your own sorting hat. Play your preferred position and show off your Quidditch talents in the wizarding realm! Bring your wand and cast some charms if you want to make the evening magical. While you are there, make sure to construct a wing key necklace and check if Professor Filius Flitwick is around to enchant it. You can also learn a bit about real-life herbology while you are there and how it relates to

the Potter experience. Shop until you drop at the Harry Potter themed and other vendor booths. For a fee, you can enhance any costume with face painting and airbrush tattoos while you are there. The artists are delightful and have enchanted skills.

This year's event schedule now includes Find the Golden Snitch! You'll win something if you manage to locate it!

Make sure you arrive in costume because there is a costume contest! Awards will be given for The Best Original Character, Most Creative Costume, Wizard with the Most House Spirit, and the Best Harry Potter Costume.

Around 7:30, just when it gets dark, grab a snack from one of the food trucks and find a place to be completely enchanted with a Harry Potter movie on the giant inflatable screen. This year they will be showing Harry Potter and the Chamber of Secrets. Bring a picnic blanket or a folding chair to enjoy the show from.

Your postmaster owls are welcome in the wizardry realm, as is your well-mannered, four-legged pet on a leash.

It's hard to believe that it was over a quarter of a century ago that the first Harry Potter book hit the shelves, and we have loved the stories ever since. Because of its fabulously relatable characters and the fantastical world they dwell in, we are captivated. The stories teach us about friendship, bravery, and humanity; it is a timeless franchise that every age can relate to. That is why Potter in the Park is such a fun, well-received, and timeless event for all ages here in Ardmore!



THIS YEAR'S BOO-TACULAR SO FUN - IT'S SCARY

Coolness nips at the air, bringing our imaginations to life. We can all enjoy the imagination and good times that Halloween brings once a year. A magical and carefree moment can be revisited by adults, and children can become the characters of their dreams.

Come celebrate a deliciously scary evening of fun on October 26 at The Club House, 2705 North Rockford Road, Ardmore, this year! Children of all ages and the young at heart are welcome to this event. One of the most anticipated nights of the year is BOO-TACULAR. This spooky event starts at 5:00 p.m., but you won't turn into a pumpkin until after 9:00 p.m.

Put on your spookiest or most amazing costume you can muster. Join in and play Bingo at BOO-TACULAR to win prizes during the evening. You are welcome to take part in the scheduled activities or freely explore the eerie event! This year's magic show will captivate you, so don't forget to practice your magician hands and put your abracadabra on.

There will be a thrilling costume competition in addition to characters arranged for photo ops. Get your face painted to give an already amazing costume some extra flair. Perhaps you didn't dress up; you can still look spook-tacular and invent a character there with some help from the creative face painters.

There will be some incredible food offerings, so don't worry if you're hungry. Arcade games will be available to play, with special BOO-TACULAR promotions on them as well! Don't miss this fun, free event with the whole family. Attending this engaging event is free, with a few tiny extras you can add on to enhance your fun. For further information, please call 580.221.2566.





Glass Ornament Workshop

Due to its popularity, extra workshops were added to the program! This holiday season, you can use this to make a one-of-a-kind keepsake or gift. You'll feel accomplished as you indulge your imagination in this amazing Christmas glass ornament class. Using colorful glass, cutters, molds, and stacking techniques, you will build your own ornament during this workshop. Classes are at 6:00 p.m. on November 14th, 15th, or 21st. There will also be December workshops on the 4th, 10th, or 11th. The cost per participant is \$60.00. Registration: Open now

Ages: 12 and older
 Dates: November 14, 15, or 21
 December 4th, 10th or 11th
 Time: 6:00 p.m.
 Location: GlassWorx, LLC, 1736 Harris Street NW
 Call 580-2234844 for more information
 Cost: \$60.00



Country Christmas Horse Carriage Rides

As we journey through Regional Park, we'll be surrounded by the festive sounds of wagon wheels, laughter, and the faint scent of pine. The pavilion awaits us with a winter wonderland, complete with Santa and Ms. Claus, delicious s'mores, and creative craft stations. Families come together to create memories and share in the magic of the season, making this outing an unforgettable experience. Let's embrace the joy and excitement of the holidays! This event will be held on December 21st from 6:00 p.m. to 10:00 p.m. The fee is \$20.00 per person. Must preregister online at funinardmore.org.



Santa's Mailbox

On Friday, November 15th, a special mailbox will appear at Central Park, located at 506 West Main Street, near Historic Downtown. Here, children can mail their letters straight to the North Pole to Santa's Workshop. Send a self-addressed, stamped envelope with your letter to Santa and he will personally answer each letter! The last day for Santa's Mailbox is December 15th.

Dates: Nov. 15th - Dec. 15th
 Cost: Free with a self-addressed, stamped envelope.

Black Friday Special at The Clubhouse

Spending the holidays with friends and family? Take them to The Clubhouse! Regional Park, located at 2705 North Rockford Road, is home to this wonderful family amusement complex. Inside arcade games, tree houses, and indoor dining provide entertainment for everybody. In addition, if you want some fresh air, you can eat outside while challenging your friends and family to a game of miniature golf, speed through the air on the Flight Line Zip, or put pedal to the metal in the go-karts, among many other activities.

On November 29th, enjoy the Black Friday event with amazing specials and events. You can watch football on the big screen and eat and snack until your stomach taps out! From 11:00 a.m. until 11:00 p.m., enjoy a hotdog, fries, and drink for \$4.50. You can also choose four wings, fries, and drink for \$5.00, or a \$6.00 hamburger with fries and drink. You can also enjoy two hours of unlimited fun for \$25.00. This pass includes mini golf, go-karts, and non-redemption arcade games.

Time: November 29th from 11:00 a.m. to 11:00 p.m.
 Cost: \$25.00 for two hours of unlimited go-karts, mini golf, and arcade games (no redemption).

Festival of Lights

Are you eager for a twinkling Christmas? Take a trip around Southern Oklahoma's largest Christmas light displays this holiday season. The 1.5-mile, fascinating exhibit is open throughout the holidays. This yearly event takes place at Regional Park's 2704 North Rockford Road. It begins on Saturday, November 16 and runs until Saturday, December 30.

This winter wonderland boasts more than 150 magnificent animated displays that dazzle the senses and put a smile on your face. Fill the car with loved ones and play some Christmas music as you wind through this year's glittering winter wonderland!

Time: Sunday-Thursday — 6:00pm-10:00pm
 Friday- Saturday — 6:00pm-11:00pm

Admission: Free

Donations to support maintenance and expansion of the event are accepted at the end of the Festival of Lights.



The 28th Annual Chigger Chase

It's that time of the year again to kick off the Christmas season and chill with the chigger. Dress is your favorite costume or festive attire as you run through the Festival of Lights with the Chigger. This has to be one of the best ways to see the lights all aglow. The 28th Annual Chigger Chase run will be held at Ardmore Regional Park, located at 2704 North Rockford Road. The meeting point is at the pavilion, and parking will be near the softball fields. There will be a 5K, One-Mile Fun Run, Children's 1/2 Mile Run, and Girls on the Run. The only timed run is the 5K. Children under the age of 12 will chase the chigger in the 1/2-mile run.

Registration is now open online and ends at 4:00 p.m. on November 16th. If you want a souvenir T-shirt, be sure to register by October 20th at 5:00 p.m.

Time: November 16th at 4:30 p.m.

One Mile/ 5K \$30.00

Kid's Race 1/2 mile \$15

One-Mile Fun Run \$30

Girls on the Run- Running Buddy \$30

All registration will be completed online.

Christmas Tree Lighting

Bring the family and join us at the Ardmore Parks and Recreation's Christmas Tree Lighting Celebration! Our Christmas Market is perfect for all your holiday shopping needs. Food trucks, entertainment, and much more all centered around the beautiful

Christmas Tree Lighting in Central Park. Tuesday, December 3rd, Christmas Market 11:00 a.m.-7:00 p.m. Entertainment 4:00 p.m. Horse Carriage Rides 5:30 p.m. Lighting of the tree approximately 6:00 p.m.

Santa's Workshop

Santa will be in town for one weekend only at his workshop at The Clubhouse. After the Festival of Lights, stop by to get a picture with Santa, make a couple of crafts, and enjoy some homemade goodies.

We will give away a family fun pack each night, so make sure you visit the registration table for a chance to win! Goodies and pictures will be available for purchase for a small fee. Santa's Workshop is also the perfect place to drop off a gift for Toys for Tots!

Time: Friday, December 6th and Saturday, December 7th from 6:00pm-10:00pm

Admission: Free

Location: The Clubhouse



Jolly Trolley

Climb aboard the private Jolly Trolley and step into the world of your favorite Christmas stories! The night begins with hot chocolate and cookies around Central Park's Christmas Tree as you patiently await the magical ride. Once aboard the Jolly Trolley, you will be whisked away to the Festival of Lights and enter the winter wonderland with over 150 displays of twinkling lights with storytelling along the way. The Jolly Trolley will return to Central Park. It is a very popular event, so be sure to purchase tickets in advance, they won't last long!

Dates: December 9th-12th

Times: 6:00pm, 7:00pm, 8:00pm

Cost: \$10 per person/ Everyone will need a ticket

Tickets: On sale November 1st

Location: Central Park to Festival of Lights

Christmas with the Crew

Join the crew at on December 14th from 6:00 p.m. to 8:00 p.m. at The Clubhouse for Christmas with the Crew. At this festive event, you can see Santa, have story time with Mrs. Claus, make a craft, write letters to Santa, and make reindeer food! The Clubhouse is located at 2705 North Rockford Road.

Date: December 14th

Time: 6:00 p.m. to 8:00 p.m.

Location: The Clubhouse,
2705 N. Rockford Road

Cost: FREE

Neighborhood Santa

On Sunday, December 22nd, starting at 4:00 p.m., Santa will be traveling around Ardmore and visiting area neighborhoods. Be on the lookout! Follow Ardmore Parks and Recreation's Facebook page to see Santa's map and for updates on his route!

Give the Gift of Volunteering!

Volunteers make a difference in the lives of other people and improve your mental and physical wellbeing. It reduces stress and depression while keeping you motivated and providing a sense of purpose. Please contact Ardmore Parks and Recreation if you are interested in volunteering at one of our many special events. interested in volunteering at one of our many special events.

ARDMORE GUIDE OBSCURA CURIOUS AND WONDEROUS PLACES

By Jodie-Linton Prickett

Every day, we see the obvious beauty and history that Ardmore and the surrounding areas have to offer, but if you look closely, there are some peculiar and intriguing curiosities waiting to be discovered.

It's almost always exciting to venture off the beaten path, but sometimes it's just as much fun to look right under your nose for something waiting to be discovered!

If you are new to the area or have lived here for a long time, we hope Ardmore Obscura inspires you to take a closer look at your surroundings. Ardmore Obscura was inspired by one of my favorite travel sites, Atlas Obscura, which celebrates the strange, obscure, and little-known.

Driving around our immediate area and finding little unexpected treasures is a great and inexpensive way to spend an afternoon with friends or family.

We hope that our readers will share their favorite hidden gems with us and get involved with expanding this section next year! If you would like to tell us about your favorite area of obscurity, please send us a photo and the location to Info@ArdmoreGuide.com. Please put Ardmore Obscura in the subject line.

Happy Hunting!



GHOST SIGNS IN THE DEPOT DISTRICT

Ghost signs are like a wistful snapshot into our past. These old hand-painted signs are hidden in plain sight. Their heyday was in the early 1900s, and they died off in the 1950s. This art is often left on the sides of old buildings, creating a window into bygone days before billboards and social media. We can't time-travel, but we can search and admire our area's ghost signs. One of the best preserved is located at the corner of Main Street and Washington Street on the side of Cook Paint.



DOWNTOWN ARDMORE TUNNEL SYSTEM

Bosham Media's Ashley Dyer sent Ardmore Guide a picture of her experience exploring Ardmore's subterranean. She wove the story of how, at one point, they passed through the heart of the city, but that, for security concerns, they were sealed off. An antique concrete safe from the defunct Bar 115 is seen in the picture. When you stroll through downtown Ardmore, you never know what is under your feet!



CUTLER MAILING SYSTEM MAIL CHUTE

Just inside the doors of the beautiful downtown Colston Building, you will see this nostalgic mailbox and chute. The chute goes all the way up to the top floor. As cities grew vertically, the U.S. Postal Service, as early as 1884, allowed mail chutes in buildings that met certain criteria. Culter was the only manufacturer of these and sold them until 1904. There were only 1600 made, and one of them is right here in our town.



ELIZA CRUCE HALL DOLL COLLECTION

ELIZA CRUCE HALL'S DOLL COLLECTION IS KEPT WITHIN THE ARDMORE PUBLIC LIBRARY LOCATED AT 320 E STREET NW. THE COLLECTION INCLUDES DOLLS MADE OF BISQUE, LEATHER, WOOD, AND WAX ON DISPLAY. MARIE ANTOINETTE'S CARVED WOOD FRENCH DOLLS ARE STANDOUT PIECES IN THE COLLECTION.



ELIZA CRUCE DOLL COLLECTION

When it comes to antique dolls, we all seem to fall into one of two categories: either we love them, or we fear them. In either case, you really must see this exquisite collection of dolls.

An outstanding collection of the best and rarest doll art is kept within the Ardmore Public Library located at 320 E Street NW.

When Ms. Hall, the niece of the state's second governor, Lee Cruce, bought a doll while traveling through Europe in 1936, the collection of some 300 rare and antique dolls began. Here you can view dolls made of bisque, leather, wood, and wax on display. Marie Antoinette's carved wood French dolls are standout pieces in the collection.

ROWDY THE RACCOON

This beloved mascot for Ardmore Parks and Recreation pops up around the town from time to time. If you are a Rowdy fan, look for this endearing carving next time you are at The Clubhouse, which is located at 2705 North Rockford Road. Hint: look around the miniature golf area. the United States and its territories."

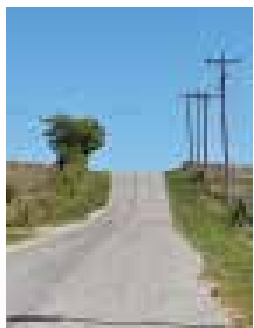


BENCHMARK ON RINGLING BUILDING

Look closer at the historic Ringling Building at 301 North Washington St.! Here you will find one of two known benchmarks in Ardmore. "The National Spatial Reference System provides a consistent coordinate system that defines latitude, longitude, height, scale, gravity, and orientation throughout the United States and its territories."

THERMAL BLISS

Look closer at the historic Ringling Building at 301 North Washington St.! Here you will find one of two known benchmarks in Ardmore. "The National Spatial Reference System provides a consistent coordinate system that defines latitude, longitude, height, scale, gravity, and orientation throughout the United States and its territories."



THRILL HILL

On Cisco Road, just south of town, is a place to lose your stomach without any added effort. By simply driving the speed limit, you will essentially get a free roller coaster ride! It looks like it goes straight to nowhere. There is a warning sign informing you of the danger that lies ahead. Be cautious but be adventurous.



RECLAIMED WOOD FROM THE 1915 EXPLOSION

Reclaimed wood from the buildings destroyed by the train explosion on September 26, 1915, can be found on the walls at the boutique located at 118 West Main Street in historic downtown Ardmore. Visit the shop and explore their lovely selection while you learn about history.



APPLE JACK AT ROSE HILL CEMETERY

For a peaceful stroll and an urban legend, visit Rose Hill Cemetery, located at 1604 C Street SE. This well-maintained cemetery is sprawling and nicely marked. The mausoleums are beautiful. While the urban legend is based on the story of Apple Jack, if you visit, please be respectful of the permanent residents.



THE 700 RANCH HOUSE

The 700 Ranch House is the remains of the Roff House. It is located across from one of Ardmore's best-kept secrets, the Greater Southwest Historical Museum. The house was built in 1870 and moved to its current location in 1991. Check it out at Sunset and West Main Street.



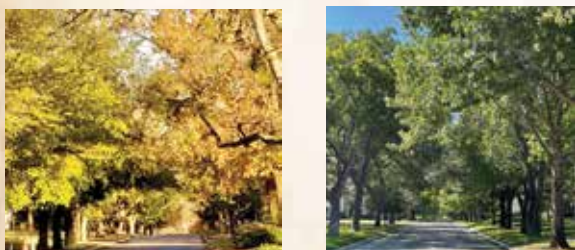
ARDMORE'S OUTLAW HUNTER AND LOCAL LEGEND

U.S. Marshall Selden T. Lindsey's final resting place is at Rose Hill Cemetery, which is located at 1604 C Street in Ardmore. His grave site is at Block 11-Lot 8. He served Eastern Texas and the Ardmore area in the southern Indian Territory from 1890 until the early part of the 1900's. On June 8, 1984, Lindey and his posse shot and killed notorious gangster Bill Dalton of the Dalton Gang.



WASHINGTON STREET UNDERPASS URBAN AIR ADVENTURE PARK

Just south of Baldwin's Restaurant on the Washington Street underpass, there is a delightful splash of color. Murals line both sides of the street, which is called Urban Air Adventure Park. Brighten up your day with some free public art that is a bit off the beaten path.



TREE CANOPIES IN THE SOUTHWEST DISTRICT

The Southwest District offers canopy-covered streets galore! It is an amazing place for a quiet walk, jog, or bike ride. Some of the best tree-lined streets are Bixby, Stanley, and McLish.





GHOST HILL

It seems that this little area off the beaten path is known by many names. They are all the same place, but it is also known as Magnetic Hill and Alien Hill. It is located north of town on the way to Springer on Pioneer/Pit Road. Drive to the second marker spray-painted in the middle of the road, identifiable by the smiley face. There, you will stop, put your car in neutral, and roll backwards up the hill behind you. There is an odd magnetic feeling about halfway between the two spray-painted lines. On the way out, notice the little stone, dilapidated building around the bend; it seems to have a black camera located on the outside of it. After that, enjoy the tree-covered road on the way back to the main road.



SEEK OUT THE RED BRICK ROAD

There are charming remnants of the historic red brick roads scattered throughout Ardmore. These add to our city's beauty, interest, and charm.



BREWER TREE

The Brewer Tree is a tribute to simpler times. It was planted in the 1950s and has a heartwarming placard with the story behind this much-loved tree. It is located on the Commerce Street service road heading south between Stanly Ave. and Bixby Ave.



HARGROVE COLLEGE MONUMENT

Quietly on an open lot located at 9th Ave. NW and D St. NW, there is a small stone with a placard in remembrance of Hargrove College, which filled this site between 1895 and 1914. The Oklahoma Methodist Historical Society placed the small monument here in 1964.





LIGHT UP THE TOWN It's a Christmastime in Central Park

Christmas traditions start at Central Park in the heart of Ardmore. This year's magical Christmas Tree Lighting, which happens on December 3rd, lights up the park and formally kicks off Ardmore's holiday season. Christmas in Central Park is located at 506 West Main Street in Ardmore's downtown. This wonderful event is the result of the incredible work of Ardmore Parks and Recreation personnel. Thus, don't forget to include the date on your bustling schedule of Christmas activities.

This is a very popular community event that the whole family will enjoy. There will be lots of food, shopping, and entertainment. Be prepared to run into friends, neighbors, and extended family and share the cheer as you sip on hot chocolate, nibble on cookies, and watch the tree light up!

This year's amazing Christmas market is a great place to start checking things off your list for holiday presents. Unique presents that are ready to be gifted will be available at booths owned by local entrepreneurs. The Christmas market is a fantastic chance to support neighborhood small businesses while purchasing gifts that your loved ones will appreciate. Some vendors will even offer gift boxes and wrapping. Throughout the entire event, the

Christmas market will be open from 11:00 a.m. to 7:00 p.m. There will be several vendors offering goods for purchase.

Your palate will also be tantalized this year, so come hungry. There will be a number of sweet and savory Christmas treats and plenty of food trucks on site serving you an array of mouthwatering options.

The horse-drawn carriage rides will start at 5:30 p.m., while entertainment will start at 4:00. The park's golden leaves are still falling, creating a lovely spectacle as the horses draw a carriage decked out in holiday cheer. The holiday lights will go up at 6:00 p.m., marking the official start of the Christmas season. Around the enormous tree, hundreds of lights gleefully dance as it comes to life.

The 17th Annual Parade of Lights will commence right after the tree is lit. As the procession proceeds down Main Street, the air will be filled with joy and enthusiasm. The parade begins west of Central Park and travels down Main Street to the Depot District. Santa will be present, so get there early to be sure to secure a good place to view the parade!

Raises Public Awareness of Disease Alzheimer and Type One Diabetes

Alzheimer's Awareness Month is observed in November, during which time efforts are made to increase public knowledge of the illness and demonstrate support for American citizens who are impacted by it.

Alzheimer's disease is a degenerative brain disease that impairs one's capacity for basic cognitive functions as well as thinking, language, and memory. Alzheimer's is the most frequent cause of dementia. Dementia is a word used to describe symptoms such as loss of memory, judgment, and other intellectual skills; it is not a disease in and of itself. Alzheimer's disease has the potential to induce dementia. Over 6.2 million Americans suffer from Alzheimer's disease today. At the moment, Alzheimer's disease is believed to be the most common type of dementia in the elderly. It is a brain illness that significantly affects a person's ability to carry out everyday duties. It's not the usual sign of aging.

Though each person is unique, experts have recognized typical warning symptoms of Alzheimer's disease, including confusion about time and location and memory loss, especially with regard to names, places, and other new knowledge. Additionally, they could find it challenging to perform basic tasks like brushing their teeth. They often struggle to find the correct words or complete sentences, making language use difficult for them. Making decisions on a daily basis can also be challenging. Even mood swings and personality changes could appear.

Warning signs of Alzheimer's disease usually develop gradually after age 60 and get worse with time. While there isn't a recognized treatment at this time, drugs are getting better at delaying the illness's course. It is a complex disorder, and a wide range of factors can influence its course. Though the specific cause is still unknown, a mix of genetic predisposition, environmental variables, changes in the brain associated with age, and lifestyle choices are thought to be responsible. Known risk factors include age, genetics, Down syndrome, family history, brain trauma, and head traumas.

The Alzheimer's Foundation of America uses teal as its Alzheimer's Awareness color, promoting its calming properties and effectiveness in creating welcoming environments and events for Alzheimer's patients through apparel, accessories, home decor, and awareness.

The number of Americans living with Alzheimer's is growing — and growing fast. Nearly 7 million Americans have Alzheimer's.

Unlike Type 2 diabetes, which can be influenced by factors like obesity and diet. Type 1 diabetes is not related to lifestyle choices and often occurs in individuals with no family history of the disease.

Thanks to November's National Diabetes Awareness Month, blue is the hue to show off. The goal of the Juvenile Diabetes Research Foundation, or JDRF, is to treat, cure, and prevent Type 1 Diabetes, or T1D, as well as its complications for those who have the disease and their loved ones.

November 14 is World Diabetes Day, marking the birth anniversary of Frederick Banting, the man who discovered insulin.

Previously referred to as juvenile diabetes or insulin-dependent diabetes, T1D is a chronic illness. In this state, the pancreas produces either very little or none at all. The hormone insulin helps sugar, or glucose, enter cells so that energy can be produced.

T1D can be brought on by a number of variables, including some viruses and genetics. Type 1 diabetes can strike adults even though it typically first manifests in childhood or adolescence.

There is still no cure for T1D, despite much research. In order to avoid problems, treatment focuses on controlling blood sugar levels using insulin, food, and lifestyle changes.

This November, make your town blue, raise awareness about T1D on social media, request World Diabetes Day to be observed by local government representatives, and dress in your best blue ensemble at work or school.

JDRF's chapters and international affiliates are making their own exciting plans for National Diabetes Awareness Month, and they can help you put your own creative ideas to work too, so be sure to check in with your local Breakthrough T1D team for more information. Together, we can shout our way to cures for this disease!

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If you or your family member need help, please don't hesitate to contact Oklahoma Integrated Care if you or someone you care about has concerns about Alzheimer's disease. They give our community top-notch integrated care. Through their collaborative approach to assessing each patient's individual needs for comprehensive medical care, OIC raises the bar for success. Patients can conveniently access counseling, mental health services, and medical treatments at OIC because all of its services are housed in one convenient location. Because of this, they are in a position to provide a distinctive, comprehensive strategy that treats the whole person.

Oklahoma Integrated Care

Improving Lives Together

WELCOME TO

Oklahoma Integrated Care

Mission Statement

Provide quality integrated care to our community through a collaborative approach to the patients' health care with therapy, mental health, and medical services conveniently available in one location for a unique comprehensive approach to healthcare.

Vision Statement

Our vision is to promote integrated care to become the standard of practice allowing for more access to comprehensive healthcare.

Goals

1. Meet the patient where they are.
2. Provide access to providers without barriers.
3. Encourage patients to be active participants in their care.

“Anything that’s human is mentionable, and anything mentionable can be more manageable. When we talk about our feelings, they becomes less overwhelming, less upsetting and less scary.”

~ Fred Rodgers



TREATING
ALL AGES



REMOTE &
IN PERSON
APPOINTMENTS



ACCEPTING
NEW PATIENTS



MOST
INSURANCE
ACCEPTED



WALK-INS
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GET STARTED WITH OIC TODAY.

Primary Care Providers
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