

Ardmore

Guide™

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AUGUST / SEPTEMBER



THE GODDARD CENTER
PRESENTS JOHN FULLBRIGHT
IN CONCERT

GIRLS ON THE RUN —
ABOUT SO MUCH MORE
THAN RUNNING

FALL CLASSES BEGIN
AT THE GODDARD CENTER

OIC OBSERVES SUICIDE
PREVENTION MONTH EACH
SEPTEMBER

COMMUNITY
RESOURCE
GUIDE

AREA CHURCH GUIDE

AROUND THE TOWN
CHECK OUT WHERE
WE'VE BEEN

CAMPAIGN FOR GODDARD

OUR VISION

- To be a community arts center that includes visual and performing arts for all in South-Central Oklahoma.
- To have an up-to-date art education facility that will be an incubator for arts activities in the multi-county area that enhances school performances and arts programming.
- To be a tourist destination along the I-35 corridor that aligns with the City of Ardmore's Comprehensive Plan to make a "vibrant downtown district."



NAMING OPPORTUNITIES

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HOSTING STORAGE	\$25,000
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ART STUDIO OFFICE	\$15,000



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The cicadas in Ardmore are still singing in full force as the magical time between school years comes to another end. Big yellow busses are back on the roads and school zone signs are flashing. It's time to slow down and add extra caution to the daily commute.

The monumental leap students take from the end of one grade to the beginning of the next is a big deal for pupils and parents alike. Schedules, agendas and bedtimes replace the long summer days full free time, late nights and sleeping in.

I always enjoyed the last few days before school started back up. It was a special bonding time. Shopping for back-to-school supplies and clothing was enjoyable. The last bit of the summer's mommy and me time was being soaked in, going out to a leisurely lunch, catching an early movie in the hot afternoon, or splashing carelessly in the pool. It was almost a thirsty effort to soak in the last bit of the summer, before the tight schedules of school and activates crowded in and the daylight hours grew short.

As we start navigating the approaching school year, parents and students alike are brimming with hope and eagerness, sprinkled with a bit of nervousness over what the fresh years holds in store. Before we know it, social media will be exploding with first day of school photos! As you scroll down your feed, it is easy to see how each kid carefully curated their first day of school attire. Screens are adorned with big smiles, glowing faces and perfectly coiffed hair. Empty notebooks and folders project a promise of a fresh start, a new year.

Looking back, what amazing memories were made during these formative years. These enchanted times, where personalities bloom and dreams are launched. Yes, mistakes can be made and insecurities can form, but largely this part of life is sweet and young people are soaking it all in. Overall, school years are fabulous. It's a time where we have the opportunity to use every crayon in the box, to see where we want to go, and open our passport for life.

Jodie & David Prickett
PUBLISHERS



ON THE COVER



Photo by Albina Yalunina

Long summer days in Ardmore roll to an end as the new school year kicks off.

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Fall Art Classes

Begin at The Goddard Center!

The Goddard Center is excited to announce its Fall Semester of Adult and Youth Art Classes for 2023. Enrollment is currently underway for a variety of classes including Acrylic Painting, Ceramics, Mixed Media, Youth Painting & Drawing, as well as Charcoal. Classes are taught by professional instructors with years of experience in working with beginners on up.

Classes will be offered on the same day of the week for six weeks. Our famous Chilly Chili Bowl Fundraiser will take place Mid-October, and our long running "Night of Fire," a raku pottery fundraiser, will be held Mid-ovember, their dates are still to be determined. Please check-in with the office, subscribe to our email lists, or follow us on Facebook for up-to-date details on events. Goddard Center Members receive a 10% discount on all art classes and workshops.

Space is limited in these classes, so enroll soon! To register please call the Goddard Center Office at (580)-226-0909. Information can be found online at www.goddardcenter.org and the Goddard Art Studios Facebook page. The Art Studios facility is located at 425 First Ave SW in Ardmore. Funding for Arts Studios is provided in part by the Oklahoma Arts Council and the National Endowment for the Arts.

Adult Classes

CLASS	DAY	DATES	TIME	AGES	COST
Acrylic Painting with Paul Walsh	Tuesday	9/26 - 10/31	6:30-8:30pm	16+	\$95
Charcoal Drawing with Keith Murray	Tuesday	9/26 - 10/31	6:30-8:30pm	16+	\$95
Dynamic Watercolor Painting with Diana Rogers	Wednesday	9/27 - 11/1	6:00-8:00pm	16+	\$95
Adult Ceramics with Joshua Tuaila	Thursday	9/28 - 11/2	6:00-8:00pm	16+	\$135

Children's Classes

All Materials Provided

CLASS	DAY	DATES	TIME	AGES	COST
First Steps Arts & Crafts with Sharon York	Tuesday	9/26 - 10/31	4:00-5:00pm	5 - 8	\$95
Youth Print & Painting Exploration with Jeannie Hand	Wednesday	9/27 - 11/1	4:30-5:30pm	9 - 12	\$95
Youth Wheel with Joshua Tuaila	Wednesday	9/27 - 11/1	5:00-6:00pm	10 - 13	\$95
Tween Expressionism with Kasey Davis	Thursday	9/28 - 11/2	4:00-5:30pm	10 - 13	\$95
Painting and Drawing with Tina Crabtree	Thursday	9/28 - 11/2	5:30-7:00pm	8-10	\$95



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- TODD OLIVER - 02-16-24
- JUSTIN ECHOLS - 05-03-24
- LESLIE MENDELSON - 06-07-24

FOR TICKETS CALL 580-226-0909,
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Girls on the Run



Heart & Sole

Inclusive. Empowering. Life-changing.

Girls on the Run is the only international physical activity-based positive youth development program for girls with compelling evidence of program impact.

Girls on the Run offers 3rd-8th graders a place to grow, make meaningful connections, and be their best selves.

Registration opens Aug 1st for 3rd-8th graders. Sign-up today!

register now





ABOUT SO MUCH MORE THAN RUNNING



Who We Are

Girls on the Run is a national 501 C3 nonprofit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Our 10-week program drives transformative, sustained change in the lives of 3rd to 8th grade girls across all 50 states. Underscoring the important connection between physical and emotional health, our program addresses the whole girl when she needs it the most. We inspire girls to be joyful, healthy and confident using a fun experience-based curriculum. Fortunately, in the spring of 2013 Girls on the Run of Southern Oklahoma was incorporated in Ardmore Oklahoma.

What We Do

We are the only national physical activity-based positive youth development program. With a research-based curriculum, trained coaches and evidence of impact and commitment that serves all girls. Our program has been proven to instill life skills that they can apply to every aspect of their lives.

Why It Matters

Girls on the Run takes a proactive approach to building confidence, self-esteem and making positive and intentional choices. Our program is designed for girls 3rd -8th grade to help them combat unhealthy perspectives and to teach them how to positively cope with normal struggles of adolescence.

The programs intentional curriculum places an emphasis on the development of competence, confidence, connection, caring and character. Each session the curriculum focuses on one or more of these life skills. By the end of the program we want the girls to have greater confidence in who they are, knowing that they can handle life as it comes and do it with a positive and joyful mind set. Our trained, caring and qualified coaches deliver the life skills lessons during a 10-week program (Fall or Spring Season.) The season ends with a celebratory "Fun Run" 5k. This is the moment that the girls really shine, showing their Star Power. We celebrate all of the physical and emotional stamina they have built over the past 10 weeks and cheer them to the finish line in a true GOTR fashion.

This year our Fall Season will start on September 11, 2023. All sessions will be held at the Ardmore YMCA from 5:30pm – 7:00pm, twice a week. The cost is \$90.00 for the

season with financial assistance available. We will have three Girls on the Run teams (3rd-5th) meeting Mon/Wed or Tue/Thurs. and one Heart and Soul (6th-8th) meeting on Tue/Thurs.

Learn how you can change the life of a girl

Visit us for more information and register <https://www.girlsontherunsook.org/>



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SATURDAY
AUGUST

19TH

Oklahoma singer-songwriter John Fullbright will kick-off the Goddard Center's 2023-24 Performance Season on Saturday, August 19th at 7:30p. Goddard Members can make reservations to this event for free. This concert will be held at the Washington Theatre - 221 North Washington Street in Ardmore.

"If you can't say it, you don't have to," sings John Fullbright on "Bearden 1645," the opening track to his new record "The Liar," out September 30.

The song details Fullbright finding refuge in playing the piano, starting as a child and still today. For fans, it may feel like a bit of a rebuttal to "Happy," the opener from 2014's "Songs," one of several in his repertoire that speak explicitly about mining one's angst in order to make music. In that way, "Bearden 1645" is also a firm nod to the fourth wall: Fullbright knows you're thinking about his songwriting. He is, too...but not quite the way he was before.

The public at-large hasn't heard much from him since the critically lauded "Songs," a chasm of eight years that seemed unthinkable for an artist with so much hype surrounding his early career. Why did it take so long?

"Honestly, I don't know, and that's been the scariest question to think about and the hardest one to answer," Fullbright said.

Maybe it was a tacit rejection of mounting industry pressure, mixed with a little fear. Or maybe it was

the adjustment to a massive upheaval of his way of life. Whether we bore witness or not, it's been a critical period of change for Fullbright, now in his 30s. Since his last release, he moved out of rural Oklahoma—the aforementioned Bearden has a population of about 130 people—to Tulsa. Once there, he worked to build a place for himself in the context of an established and vibrant musical coterie, performing often as both a bandleader and, more curiously, a sideman: storied loner John Fullbright lugging a piano from this small stage to that one with an uncharacteristic looseness.

"It's been a process of learning how to be in a community of musicians and less focusing on the lone, depressed songwriter...just playing something that has a beat and is really fun," Fullbright said. "That's not to say there are no songs on this record where I depart from that, because there are, but there's also a band with an opinion. And that part is new to me."

"The Liar" was recorded at Steve and Charlene Ripley's farm-to-studio compound in northeastern Oklahoma. After Steve's passing, Charlene flirted with the idea of selling the studio property, so Fullbright mobilized quickly to ensure he was able to record there before it changed hands. He threw together a band made up of, as Fullbright calls them, "the usual suspects." Anyone fleetingly familiar with Oklahoma music will recognize the roster, which includes Jesse Aycock, Aaron Boehler, Paul Wilkes, Stephen Lee, and Paddy Ryan, all of whom are in more bands than seems possible. Along with a few more friends stopping in to lay down takes, they finished the songs and tracked the album with engineer Jason Weinheimer in a whirlwind four days.

"It was such a collaborative thing with some really cool voices," Fullbright said, expressing surprise at the ease of the process. "It's just like playing music in Tulsa. Everybody kind of does whatever they do, and it works."

The grab-and-go momentum landed Fullbright in the studio with some old songs ("Unlocked Doors" also appeared on 2009's "Live at the Blue Door"), some new, and some unfinished, making his newfound trust in musical



THE GODDARD CENTER'S JOHN FULLBRIGHT *Concert*

collaboration essential to the arrangements and reflected fully on the final album. "The Liar," as a result, utilizes emotional and instrumental dynamics in ways Fullbright hasn't allowed himself to explore fully before. There's a noticeable slack here, an indulgent instrumental break there, and the general feeling that the tight-lipped John Fullbright who agonized over the writing process and then hesitated to talk about the meanings behind his songs in the past has eased up.

"What rules didn't I have?" Fullbright says about his former songwriting self. "Even like, how many syllables were in a line, I had arbitrary rules for. So much of that has gone out the door, and I'm so much happier. It's really just the idea that you don't have to do this by yourself. It's so much more fun to collaborate."

"Paranoid Heart" starts out as a plaintive little folk song and explodes into a memorable, Petty-esque rocker bolstered by drummer Paddy Ryan and Jesse Aycock's just-unhinged-enough slide guitar solo. The cutesy, resolute instrumentation "Social Skills" pairs deeply funny lyrics with a staccato distress in Fullbright's vocals that raises a confusion only masterful writers can employ: you can't tell if you're supposed to laugh.

Fullbright highlights the high-low of "Safe to Say" as a favorite album moment, where what starts as a bluesy love song stretches its crescendo over a full five minutes, ending with everyone in the studio singing as a choir over an increasingly desperate confession of love.

And then there's the title track. In "The Liar," we find Fullbright talking to God, again. It's the soft landing of his lifelong struggle with the concept of God, of accepting tenets of Christianity. "I don't pray, and I don't hang my philosophical hat on the idea of cosmic benevolence," Fullbright said. "But I was raised with it..."

He explored this notably in 2012's "Gawd Above," where the vengeful title character exacts terror and salvation in equal measure. "Give 'em wine and song, fire and lust / When it all goes wrong, I'm the man to trust," Fullbright sang.

In "The Liar," the power dynamic has shifted. "God, grant me whiskey," Fullbright sings, "and I promise I'll be good." It's all done with a wink and a nod, less like a prayer and more like a request of Billy Joel's "Piano Man."

The sentiment is real, but the words are false. He's still telling essential truths, which was always his gift, but this time they're a little more slant.

Maybe lying to tell the truth was always the songwriting target. Maybe throwing out some of the rules is what got him there. So is Fullbright, as a songwriter, a liar in his own estimation? "What I love about songwriting is you're the hero in your own story, most of the time, and I think that's very human," he said. "But short answer: yes."

Tickets for the John Fullbright performance for Adults are \$35 and \$15 for Students. Tickets can be purchased at www.goddardcenter.org, in-person or by calling the Goddard Center business office at 580-226-0909 during regular business hours, Tuesday through Fridays 10am to 5pm. The Goddard Center Offices are temporarily located at 425 1st Ave SW in Ardmore. Please consider becoming a Goddard Center Member to receive FREE tickets to all eight season performances. Memberships are approximately 45% of the cost to attend them all! This event is sponsored in part by the Oklahoma Arts Council and The National Endowment for the Arts. The Goddard Center is an Adventure Road Partner.



Fullbright live is a journey, a strong voice from an amazing storyteller.

—Jerry Wofford, *Tulsa World*



around the town



Bounce into Fall at the Camp Fire Hut!

Free event! Join the fun on Saturday, September 6th from 11:00 a.m. to 2:00 p.m. at 1710 West Main Street in downtown Ardmore. Come see what Camp Fire can offer you as you enjoy an event filled day. For more information call Margaret at 580.223.5889.



Colvert Mansion Estate Sale

A daily crowd of people from Ardmore and the surrounding areas attended the estate sale at the old Colvert Mansion. Some people were there to buy a piece of local memorabilia and some just to sneak a peek inside the doors of this Grand Old Dame located at 1329 12th Street NW.



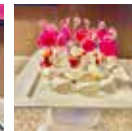
100th Donation

Vance Porter reached his 100th platelet donation at Our Blood Institute in Ardmore!



Leaders Luncheon

Southern Oklahoma Leaders Lunch was held at the Holiday Inn next to the Ardmore Convention Center. The speakers were from Good Shepherd Hospice of Ardmore, located at 1329 12th Street NW.



Business Showcase

The Courtyard Marriott located at 2025 Rockford Road, hosted a Business Showcase. They had a fun beach theme with delicious appetizers and desserts. The evening ended with a host of fabulous door prizes!



Epic Times Photo Booth Ribbon Cutting

The Ardmore Chamber of Commerce provided the ribbon cutting image and hosted the ribbon cutting for Epic Times Photo Booth. The next evening, Epic Times hosted a mixer at By the Lake RV Park to celebrate their new business.

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Ardmore Area Church Guide



ASSEMBLY OF GOD

Provence Assembly of God Church
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580.223.0129

CrystalRock Cathedral
2005 12th Ave. NW • Ardmore
580.226.2273

BAPTIST

Bethel Baptist Church
126 K St. NW • Ardmore
580.223.6488

Bible Baptist Church
1515 Easley Dr. • Ardmore
580.223.6629

Brock Baptist Church
3599 Brock Rd. • Ardmore
580.657.3965

Central Baptist Church
320 N. Washington St. • Ardmore

CenterPoint Baptist Church
971 F St. SE • Ardmore

Children of the King Baptist Church
800 D St. SE • Ardmore
580.226.4245

Corinth Baptist Church
1022 N Street NE • Ardmore
580-223-5026

Emmanuel Baptist Church
120 Highway 142 E. • Ardmore
580.223.4034

Faith Southern Baptist Church Dickson
7575 State Highway 199 • Ardmore
580.226.3722

First Baptist Ardmore
225 1st Ave. SW • Ardmore
580.223.1473

First Baptist Church
16 E. St. NE • Ardmore
580.223.8886

Hilltop Church
4635 W Broadway St. • Ardmore

Macedonia Baptist Church
1020 7th Ave. NE • Ardmore
580.223.6462

Maranatha Free Will Baptist
1906 Myall St. • Ardmore
580.226.0682

Mary Niblack Road Baptist Church
898 Mary Niblack Rd. • Ardmore
580.226.0931

Mt Pleasant Baptist Church
3089 Pleasant Rd. • Ardmore
580.294.3032

Mt Zion Baptist Church
101 F St. SE • Ardmore
580.223.6807

New Heights Missionary Baptist
1003 Lake Murray Dr. S • Ardmore
580.223.2823

New Hope Freewill Baptist Church
9003 Prairie Valley Rd
Lone Grove, Oklahoma
580.657.3465

Northwest Baptist Church
1609 Robison St. • Ardmore
580.223.1691

Rawhide Cowboy Church
1405 Gene Autry Road • Ardmore
580-920-5977

Southwest Baptist Church
2120 Myall St. • Ardmore
580.223.3609

Spanish Baptist Church
708 St. NW • Ardmore
580.223.5519

Stobtown Freewill Baptist
11001 Meridian Rd. • Ardmore
580.657.6295

WOW Church
100 N. Washington St. • Ardmore
580.222.1969

CATHOLIC

Saint Mary Catholic Church
125 E. St. SW • Ardmore
580.223.0231

CHURCH OF THE NAZARENE

Church of the Nazarene
621 Cottonwood St. • Ardmore
580.223.2826

EPISCOPAL

St Philip's Episcopal Church
516 McLish St • Ardmore
580.226.2191

FIRST CHRISTIAN CHURCH

First Christian Church
25 West Broadway • Ardmore
580 • 223 • 8462

LATTER-DAY SAINTS

The Church of Jesus Christ of
Latter-day Saints
4123 Prairie Valley Rd. • Ardmore
580.226.2134

LUTHERAN

Trinity Lutheran Church
1624 Harris St. NW • Ardmore
580.223.3048

NONDENOMINATIONAL

Anchored Soul Bible Church
7575 Sam Noble Pkwy. • Ardmore
(Faith So. Baptist Church building)

Calvary Christian Fellowship
2201 4th Ave. NW • Ardmore
580.226.4765

Christ Community Church
2620 Mt. Washington Rd. • Ardmore
580-226-0677

Church of Christ on Merrick Drive
1951 Merrick Dr. • Ardmore
580.223.9636

E Main Church of Christ
920 East Main St. • Ardmore
580.319.4457

Global Harvest Church
515 Maxwell NW • Ardmore
580.798.0282

H2Oardmore.tv
4420 W Broadway St. • Ardmore
580.223.4426

House of Prayer
2116 Harris St NW • Ardmore
580.226.3430

Lord's Church
928 Lake Murray Dr. S. • Ardmore
580.224.0777

Memorial Christian Church
1117 A St. NW • Ardmore
580.223.3868

McReynolds Ministries
911 Red Cedar Rd. • Ardmore
918.759.8274

New Hope Church of God
412 Lake Murray Dr E • Ardmore
580-223-9404

The Jar
HFV Wilson Community Center
625 E Main St • Ardmore

METHODIST

Asbury United Methodist Church
516 Maxwell St. NW • Ardmore
580.223.4837

Church First Methodist
120 Birch Rd. • Ardmore
580.657.4158

McLish Avenue Church of Christ
607 McLish St. • Ardmore
580.223.3289

First Methodist Church Ardmore
501 W. Main Street • Ardmore
580-223-5390

PENTECOSTAL

Amazing Grace Pentecostal
Church of God
1501 7th Ave. NW • Ardmore
580.226.1349

Baum Assembly of God
351 Baum Rd • Ardmore
580.389.5276

Full Gospel Lighthouse
1519 W Main St. • Ardmore
580.226.4034

Grace Place
1025 6th Ave. NW • Ardmore
580.223.5346

Southwest Pentecostal Church
1004 C St. SW • Ardmore
580.226.2153

The Sanctuary
905 N. Rockford Rd. • Ardmore
580-223-8119
Pastor: Allen Dorries

Victory Temple Church
536 E. Main St. • Ardmore
580.226.8018

PRESBYTERIAN

First Presbyterian Church
223 W. Broadway • 580-223-3800

RELIGIOUS ORGANIZATIONS

Salvation Army
123 A St. SW, Ardmore, OK •
580.223.6176

Salvation Army Family Store
1211 N. Washington St. • Ardmore
580.223.6279

Dial-A-Prayer,
501 W. Main St • Ardmore
580.223.1345

Baptist Home for Girls
225 W. Main St. • Ardmore
580.319.4301

Falls Creek Baptist
Conference Center
6714 Hwy 77D • Davis
580.369.2373

Westgate Christian Center
5509 W. Broadway St. • Ardmore
844.873.7390

Hickory Center Day Care
1408 4th Ave. NW • Ardmore
580.223.7111

SOUTHERN BAPTIST

Trinity Baptist Church
320 Washington St • Ardmore
580.223.8255

Please email us at info@ardmoreguide.com
to add your church, update listings or make
changes or corrections.



Community Resource Guide



CHILDREN & ADOLESCENT SERVICES

Ardmore Family Literacy
Early Childhood Literacy
223 W. Broadway, Ardmore
580.798.6176

Big Five Community Services
Ardmore Head Start
201 A. Street SW, Ardmore
580.226.0759

Boys & Girls Club
100 Broadlawn Park Plaza,
Ardmore
580.490.9084

Carter County CASA
Carter County Court House,
4th Floor, Ardmore
580.226.0009

Chickasaw Summer
EBT for Children
580.272.1178

COMMUNITY YOUTH SERVICES/YOUTH SHELTER & OUTPATIENT SERVICES

15 Monroe Street SW, Ardmore
580.226.1838

Hickory Creek Child Center
Child Care and Early Childhood
Literacy
1408 4th NW, Ardmore
580.223.7111

Hilltop Equine Therapy
9435 Meridian Road. Ardmore
580.220.7444

Sara's Project
816 16th Ave. NW, Ardmore
580.226.7283

S.O.A.R. Inc.
Southern Oklahoma
Adolescent Resources, Inc.
301 West Main Street, Suite 110,
Ardmore
580.798.5059

YMCA
920 15th Ave NW, Ardmore
580.223.3990

COMPREHENSIVE CRISIS RESPONSE- MENTAL HEALTH CRISIS

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It's From the Heart Charity
15125 US Highway 70, Ardmore
580.657.2531
Kourtney's Kloset
301 W Main St, Ardmore
580.224.0935

Salvation Army Thrift Store
1211 N Washington St, Ardmore
580.223.6279

DOMESTIC VIOLENCE ASSISTANCE & SHELTERS

Family Shelter of Southern OK
402 Pawnee St. NW, Ardmore
580-226-6424

Family Crisis Center
605 East 12th St, Ada
580.436.6648

DRUG & ALCOHOL PREVENTION

Wichita Mountains
Prevention Network
515 N. Washington, Ardmore
580.490.9197

FOOD PANTRIES

Big Five Community Services
201 A. Street SW, Ardmore
580.226.0759

House of Prayer
2116 Harris NW, Ardmore
580.226.3430

Salvation Army
123 A Street NW, Ardmore
580.223.6190

HOMELESS SHELTERS

Salvation Army
123 A Street NW, Ardmore
580.223.6190

The Grace Center
691 12th Ave. NW, Ardmore
580.223.2027

The Shepherd Shelter
for the Homeless
1917 Lawrence Road, Ardmore
580.277.2117

HOUSING ASSISTANCE

Habitat for Humanity
301 W Main St Ste 30, Ardmore
580.223.1540

MEDICAL ASSISTANCE

American Red Cross
1006 NW Boulevard, Ardmore
580.223.6313

Mercy Health Foundation
1011 14th Ave. NW
580.220.6712

Our Blood Institute in Ardmore
2235 Merrick Drive, Ardmore
580.226.2220

Southern Oklahoma
Blood Institute
1420 Veterans Blvd, Ardmore, OK
580.226.2220

United Way
P.O. Box 323, Ardmore
580.223.1401

MENTAL HEALTH & SUBSTANCE ABUSE TREATMENT CENTERS

Broadway House, Inc
Sober Living
221 2nd NW, Ardmore
580.226.3252

Lighthouse Behavioral
Wellness Center
2530 S. Commerce St., Ardmore
580.223.5636

Southern Oklahoma
Addiction Recovery
115 North Oak Street, Ada
580.310.9822

PREGNANCY CENTERS, COUNSELING & PREVENTION

Charities Ardmore Catholic
125 E St SW, Ardmore
580.798.2305

HOPE Pregnancy Center
Ardmore
580.223.7232

Sara's Project
816 16th Ave. NW, Ardmore
580.226.7283

S.O.A.R. Inc.
Southern Oklahoma Adolescent
Resources, Inc.
301 West Main Street, Suite 110,
Ardmore
580.798.5059

SOBER TRANSITIONA HOUSING CENTERS

Broadway House for Men
221 2nd Street NW, Ardmore
580.226.3252

Destiny Recovery Center, Inc
for Women
1004 Republic, Ardmore, OK 73401
580-798-4421

Joyce House for Women
15th Ave N.W., Ardmore
580.504.4617

Oxford House Broadlawn for Men
401 Campbell Drive, Ardmore
580.798.4389

Naomi House for Women
1105 E. St. NW, Ardmore
580.798.0397

SOUP KITCHEN

Ardmore Soup Kitchen
2207 Ridgeway Street, Ardmore
580.226.2870

One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals.

- Jean Vanier

Please email us at info@ardmoreguide.com to add your community resource, update listings or make changes or corrections.



ENROLL FOR FALL 2023 NOW!



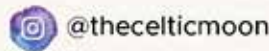
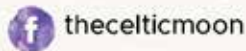
QUESTIONS? EMAIL AN ADVISOR
ADVISEMENT@MSCOK.EDU

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SEPTEMBER IS SUICIDE PREVENTION MONTH



Over
48,000
Died by
suicide in
2021

Every September, Oklahoma Integrated Care observes Suicide Prevention Month. They recognize that in order for Suicide Prevention Month to be a success, an appropriate message must be shared in order to raise awareness and spread preventive initiatives.

OIC understands how critical it is to emphasize the role that everyone and every community plays in preventing suicide. By raising awareness, people are better able to grasp that suicide is a severe public health issue, and that understanding is essential for prevention.

It is necessary to realize that anyone can be affected by suicidal thoughts regardless of their background, age, gender or race. Thoughts of suicide is often a result of an untreated physical or mental health condition. It should never be considered normal; they often indicate more serious issues that need to be systematically addressed.

After much work and years of advocacy, 988 is now a simple to remember number that can be called or texted from anywhere, at any time, seven days a week. Also, 988lifeline.org is also accessible if a person doesn't feel comfortable speaking on the phone.

While suicide is typically a taboo or stigmatized subject, September is a month dedicated to raising awareness. It is time to spread hope and vital information to individuals and loved ones affected by suicide. It is also critical that relatives and friends have easy access to much-needed venues and resources that give assistance.

OIC is a safe space where you may openly discuss subjects that would normally make you uncomfortable. They are available to assist you and your loved ones during difficult times.

OIC provides high-quality integrated care to the community. They raise the bar of success through their collaborative strategy of evaluating each individual patient's overall health care needs. All of OIC's services are conveniently housed in one location, allowing patients to obtain counseling, mental health care, and medical treatments all in one spot. As a result, they are able to deliver a one-of-a-kind complete strategy that treats the full individual.

As we all know, untreated mental or physical conditions—or perhaps a combination of both—are frequently the cause of suicide ideation. You'll discover that treating the full person improves overall welfare and is a highly effective method of providing comprehensive healthcare. Another benefit of thinking outside the traditional box is that OIC may help the entire family in addition to working with the whole person. You are not by yourself. OIC is ready to help. Call 580.504.1517 for additional details.

Many Adults Think About Suicide or Attempt Suicide

12.3
MILLION

Seriously
thought
about
suicide

3.5
MILLION

Made a
plan for
suicide

1.7
MILLION

Attempted
suicide



If you or someone you know
needs support now,
CALL OR TEXT: 988
CHAT: 988lifeline.org

Talk with us.



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 Rogers



TREATING
ALL AGES



REMOTE &
IN PERSON
APPOINTMENTS



ACCEPTING
NEW PATIENTS



MOST
INSURANCE
ACCEPTED



WALK-INS
WELCOME



CALL US
WE CAN HELP!



GET STARTED WITH OIC TODAY.

Primary Care Providers
Mary Stuard, APRN-CNP
Dawnita Sampson, ARON-CNP

1013 15th Ave NW
Ardmore, Oklahoma 73401
(580) 238-4277

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COMMUNITY

MTC Federal is actively involved in giving back to the communities we serve. In the best interest of our members, MTC Federal is committed to fund resources for education, disaster relief, and community charities that benefit our cooperative.

2001 12th Ave. NW, Ardmore, OK 73401

MTCFederal.com | 800-442-7792

Anyone who lives, works, worships or attends school in Carter County can join.



CHRIS PICKENS
VP of Market
Southern Oklahoma