

Ardmore

Guide™

Dickson • Lone Grove • Springer • Gene Autry • Overbrook

DECEMBER/JANUARY

Gift Yourself

THIS HOLIDAY SEASON AT
ARDMORE AESTHETIC
SOLUTIONS

GET TO KNOW WICHITA
MOUNTAIN PREVENTION
NETWORK

MEET THE ARDMORE AMBUCS

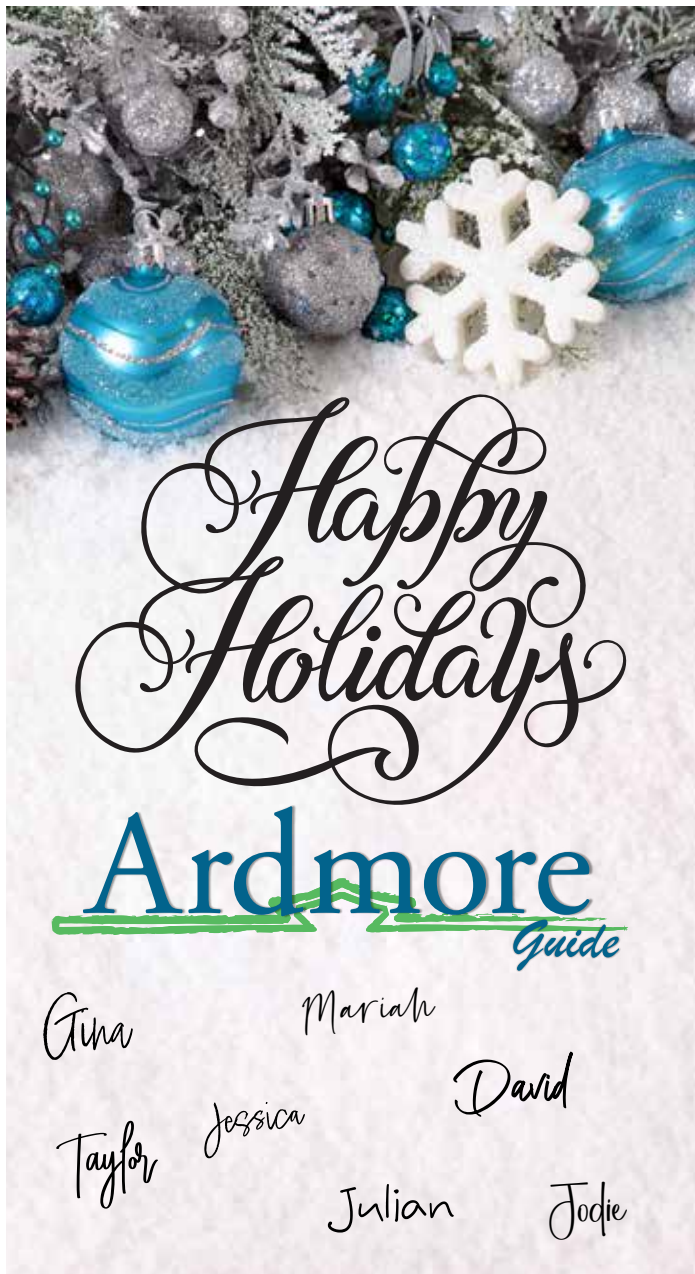
THE FAMILY SHELTER OF
SOUTHERN OKLAHOMA

YOU CAN TAKE IT WITH YOU

AROUND THE TOWN

MEET ARDMORE GUIDE'S
MARKETING CONSULTANT
JESSICA KINDT

The Gift Of
Special Holiday Edition



Happy
Holidays

Ardmore
Guide

Gina

Mariah

Taylor

Jessica

David

Julian

Jodie



WE WISH OUR COMMUNITY
Merry Christmas

&
A HAPPY NEW YEAR!

SOUTHERN
TECH

Where Education Empowers.

The Celtic Moon

(580) 447-1757

www.thecelticmoon.com

☞ Crystals, Minerals & Rocks

☞ Herbal Teas

☞ Meditation Supplies

☞ Salt Lamps

☞ Saining & Herbal Bundles

☞ Spiritual Tools

☞ Incense & Holders

☞ Books & Guides

thecelticmoon

@thecelticmoon

Ardmore

Guide

PUBLISHERS

Jodie Linton-Prickett
and David Prickett

EDITORIAL

EXECUTIVE EDITOR
Jodie Linton-Prickett

DIRECTOR OF BUSINESS
DEVELOPMENT
David Prickett

ART & PHOTOGRAPHY

ART & CREATIVE DIRECTOR
Gina Wiklund

GRAPHIC DESIGNER
Mariah Acevedo

CONTRIBUTING WRITERS

Ardmore Aesthetics Solutions,
Ardmore Ambucs,
Wichita Mountain Prevention Center,
Jodie Linton-Prickett, Jessica Kindt,
The Family Shelter of Southern
Oklahoma, Oklahoma Integrated Care

ART & PHOTOGRAPHY

Elisa Griffith, David Prickett, The Celtic
Moon, Ardmore Aesthetic Solutions,
Ardmore Ambucs, Dreamstime,
Wichita Mountain Prevention Center,
Jodie Linton-Prickett, Jessica Kindt, The
Family Shelter of Southern Oklahoma,
Oklahoma Integrated Care, In The Eyes
of Nature, Marvin's Place, Vibe Wellness,
Forever Euphoria

HOW TO REACH US

PHYSICAL ADDRESS
6 West Main Street
Ardmore, OK 73401

WEBSITE
www.ArdmoreGuide.com

GENERAL SALES
580-630-2272
info@ArdmoreGuide.com

Readership 36,000
Copyright 2023
Ardmore Guide™

.....

Ardmore Guide™ is a bimonthly publication reaching over 36,000 readers every issue. Opinions in Ardmore Guide™ do not necessarily reflect the viewpoint of the publisher. Ardmore Guide™ makes every attempt to ensure the accuracy of the information it publishes, but cannot be held accountable for any consequences arising from inaccuracies or omissions. Ardmore Guide™ is mailed free to the communities in the Carter County. All rights reserved. Reproduction in whole or in part is strictly prohibited without expressed written consent from the editor. Proud member of: Ardmore Chamber of Commerce and The Depot District.



LETTER FROM THE PUBLISHER



Wishing You an Abundance of Presence This Holiday Season

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, becomes too small or monotonous, 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. We are able to promote and share local events, information, and micro-local articles because of our wonderful advertisers.

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

Jodie & David Prickett
PUBLISHERS



Ardmore Aesthetic Solutions

MedSpa & Wellness Clinic located in Ardmore, OK

Personalized Care

Each patient is treated as a unique individual with a distinct set of treatment needs and goals.

The focus is always on enhancing each individual's natural attributes while creating natural-looking results.

Rest Your Body - Relax Your Mind

APPOINTMENTS:
580-633-6099

BOOK ONLINE:
www.ardmoreaestheticsok.com
2401 N. Commerce St., Ste. A • Ardmore, OK 73401





CONTENTS

DECEMBER / JANUARY 2024

- 3 Letter From the Publisher
Wishing You an Abundance of Presence
- 5 Wichita Mountains Prevention Network
Serving Southern Oklahoma for more than 30 years
- 7 Ardmore Ambucs
Enhancing the Lives of Individuals with Disabilities
- 8 Gift Yourself This Holiday Season at
Ardmore Aesthetic Solutions
- 11 Oklahoma Integrated Care Focuses On
Mental Health
- 12 Ardmore Area Church Guide
- 13 You Can Take It With You
- 15 Meet Ardmore Guide's New Marketing
Consultant - Jessica Kindt

MOBILE WOUND CARE TEAM




RESTORATIVE
WOUND CARE

Carter County Wound Care

Where Wound Care Comes to YOU!
Now Serving Oklahoma and Arkansas!

Unlike a traditional wound care clinic, which provides wound care services only in an office setting, we provide mobile wound care in addition to our in-office visits. This means your patients can receive the best services available, all from the comfort of their own homes.

Providing home visits allows patients greater flexibility in treating their acute and chronic wounds, and also provides an avenue for patients who are homebound or unable to receive services in a traditional office setting to receive the same level of care as if they were in office.

Bringing integrity to wound care, and wound care to you.

DOWNLOAD REFERRAL FORM
www.cartercountywoundcare.com



Office: **580-798-4122**
Mobile: **580-798-7056**
Fax: **580-319-7812**

Please email or fax our referral form to get started! | charlee@restorativewmc.com



ON THE COVER

Ardmore Aesthetic Solutions
Photo by: Jodie Linton-Prickett

The Gift Of



Healthy, Productive, Happy Living



For more than three decades, Southern Oklahoma has been served by the non-profit Wichita Mountains Prevention Network (WMPN). Establishing a community where people can live happy, healthy, and productive lives is the goal of WMPN. In order to create positive and sustainable environmental change, a variety of community-based programs, evidence-based tactics, and community support are used to achieve this.

With offices in Ardmore and Lawton, WMPN presently provides state and federal grant assistance to Carter, Comanche, Garvin, Jefferson, and Stephens Counties. Through community coalitions dedicated to advancing substance misuse prevention in Carter and Garvin Counties, WMPN-Ardmore oversees six grants. The Carter County Prevention Coalition collaborates with the Carter County Community Based Prevention Services grants to address alcohol, marijuana, and stimulants (CCPC). In order to combat opioids and marijuana, the Garvin County Community Based Prevention Services Grants collaborate with the PASS Coalition for a Drug-Free Community (PASS). The TSET Healthy Living Program, which serves Carter County and addresses tobacco cessation and promotes a healthy lifestyle, is also housed in the Ardmore office.

To stop the spread of drugs and their harmful effects in the community, WMPN and their coalitions collaborate with hospitals, businesses, schools, law enforcement, and other institutions. WMPN offers law enforcement, schools, and organizations prevention education. They cooperate with companies and local governments to create robust rules and regulations that will bring about long-lasting change.

WMPN prioritizes development, community involvement, and customized initiatives to encourage

Get to Know



drug-free living and lessen drug abuse. WMPN implements prevention initiatives that are tailored to the specific needs of the community by learning about the distinct trends and issues related to substance misuse that exist there.

In the area, WMPN has had amazing success advocating for healthy living and the avoidance of substance abuse. There has been a noticeable improvement in the area as a result of their efforts to prevent substance use and abuse, lower drug addiction, build stronger community ties, and inform youth about the risks associated with substance abuse.

From 2017 to the present, WMPN-Ardmore has gathered 465 pounds of pharmaceuticals for secure disposal and given out 1,505 lockboxes for medication storage. In an effort to lessen attempts to purchase marijuana without a medical license, WMPN-Ardmore created signs for medical marijuana dispensaries in 2023. ODMHSAS and OMMA recognized these signs, which were then dispersed throughout the state.

Many law enforcement agencies have received training from them on alcohol and drug enforcement initiatives. Six yearly Carter County Substance Abuse Conferences have been held by WMPN-Ardmore.



Benjamin Franklin wrote, "An ounce of prevention is worth a pound of cure." The key to prevention is education. Wichita Mountains Prevention Network has a long history of providing substance abuse prevention education to the community, law enforcement, medical first responders, and healthcare professionals.



MURRAY STATE COLLEGE
From Here, Go Anywhere!

\$10.1+ MILLION IN SCHOLARSHIPS AVAILABLE

100+ Years of Academic Excellence
54+ Degree Programs
14+ Certificate Programs
15+ Online Programs



APPLICATIONS ARE NOW OPEN



THIS IS AGGIE NATION!

INVEST IN ARDMORE

G3
Land and Home

Tim Longest
 (580) 220-5723

www.G3LandandHome.com

MARVIN'S PLACE

An amazing fine art gallery, featuring local and global artists

music lineup

DECEMBER 2023

- 1st Oliver White
- 8th Plaid Tidings - Ardmore Little Theatre show
- 15th Jonathan Ashley White and Mark Sullivan
- 22nd Andy Price
- 29th Closed

JANUARY 2024

- 5th John Crocker, Mark Osteen, and John Shelton
- 12th Adara Kay and Carly Nash
- 19th The Matthew Show
- 26th Ben McKenzie, Jayson Starkey, and Ben Brock

HOURS:
 WED - SAT - 12 - 7pm
 OR BY APPOINTMENT

LOCATED IN THE DEPOT DISTRICT OF DOWNTOWN ARDMORE
(580) 798-5046

marvinsplace.gallery

The Gift Of



Freedom Through Mobility

Meet the

The local branch of Ambucs, a nationwide nonprofit organization, is located in Ardmore. Their goal is to improve the quality of life for people with disabilities by giving them more freedom and mobility. Serving veterans and children in Ardmore and the surrounding areas is the main goal of Ardmore Ambucs.

Ardmore Ambucs specializes in providing children with mobility challenges with adaptive tricycles, or Amtrykes. These uniquely made tricycles are made to fit the specific requirements of every child, giving them the chance to enjoy the freedom and rush of riding a bike. Amtrykes give kids with limited mobility the chance to improve their strength, motor skills, and self-esteem. Ardmore Ambucs gives these kids a sense of empowerment and helps them get over their physical limitations by encouraging independence and inclusion.

In addition to acknowledging the sacrifices made by our veterans, Ardmore Ambucs works to assist them on their path to increased mobility and independence. Veterans who have been injured or disabled while serving are given Amtrykes by the organization. With the aid of these assistive devices, veterans can resume their daily activities, regain their mobility, and improve their general quality of life. Ardmore Ambucs makes sure that our veterans get the assistance they deserve for their unselfish commitment by providing these services.

With therapists, Ambucs has nurtured a unique relationship over the course of its 100-year history. Because



of their knowledge and commitment, the organization and its members have an exponentially greater impact on

more people. Ambucs has awarded nearly \$9 million in educational scholarships to students pursuing degrees in audiology, speech-language pathology, physical therapy, and occupational therapy. Additionally, a physical or occupational therapist recommends each of the roughly 3,500 Amtrykes that are given away philanthropically each year.

Ardmore Ambucs provides a variety of services and support, making it a beacon of hope for children and veterans with mobility impairments. By means of adaptive tricycles, adaptive equipment, and scholarships, they enable people to surmount physical constraints, restore their autonomy, and augment their mobility. Their commitment to enhancing the lives of veterans and children with mobility impairments is incredibly inspiring and amazing.

Loyalty in action

"I learn my customers' routines so they can rely on me day-in & day-out."

Heather Bourdon, Teller Supervisor

BancFirst
Loyal

To Oklahoma & You™

310 W Main St | 1915 N Commerce

MEMBER
FDIC

BANCFIRST.BANK



Gift Yourself this At Ardmore Aes

Medspa & Wellness Clinic



Many aspects of life are improved by having self-confidence and feeling good about one's appearance. You will find a wide variety of services and treatments at Ardmore Aesthetic Solutions, located at 2401 North Commerce Street, Suite A.

What distinguishes Ardmore Aesthetic Solutions from any other med-spa is that they have created a peaceful and relaxing atmosphere that is noticeable from the moment

you enter the door. Although they can provide all the relaxing and rejuvenating services of a day spa, they are often more focused on results and have the skills, knowledge, and experience to provide far more treatments. Also, Ardmore Aesthetic Solutions offers several of the same services as medical offices, but in a more relaxing setting.

This medical spa's highly qualified staff and licensed medical professionals will put you at ease, in addition to offering a tranquil setting. The staff at Ardmore Aesthetic Solutions is fully accredited and operate under the direction of a licensed medical doctor. They have the most recent technology and are designed with a serene atmosphere and convenience in mind.

Ardmore Aesthetic Solutions' talented and skilled team's goal is to assist every patient along their journey toward their idealized appearance.

Ardmore Aesthetic Solutions is renowned for providing personalized care. Every patient is considered

an individual with specific needs and objectives for their treatment regimen. The goal is always to produce results that appear natural and emphasize each person's unique qualities. Wellness care includes IV therapy, medically supervised weight loss, chemical peels, dermaplaning, neurotoxins such as Botox,[®] dermal fillers, and laser hair removal, in addition to medical-grade facials and other advanced treatments.

In addition to a range of certifications and titles, team members bring a wealth of experience to their positions. Everyone is dedicated to looking for ways to increase their knowledge and abilities, whether it be in relation to new tools or methods.

People living in Ardmore and the surrounding area who are interested in learning more about what contemporary aesthetics has to offer should schedule an appointment to visit the Ardmore Aesthetic Solutions staff. They can help guide you to find the services and treatments that are best for your needs and budget.

Services Offered

- Bioidentical Hormone Replacement Therapy
- Morpheus8 Face and Body
- Laser Hair Removal
- Botox and Fillers
- Weight Loss
- HydraFacial
- Sick Visits and Swabs
- IV Therapy
- Facials
- Chemical Peels
- DermaPlaning
- Microneedling
- Peptide Therapy



Holiday Season!

Aesthetic Solutions

Located in Ardmore, OK



Meet Scott Cooper, PA-C, DMSc

With over ten years of experience, Scott Cooper, PA-C, DMSc, is a physician assistant with expertise in family practice, emergency medicine, and aesthetics. He currently owns and operates Ardmore Aesthetic Solutions with his wife, Charlee Cooper, where they provide many services including IV therapy, skin tightening, dermal fillers, laser hair removal, and more.

Scott graduated with a master's degree in 2011 from the University of Washington. He received a doctorate degree in December 2022 from the University of Lynchburg.

Although Scott has worked in Oklahoma for the majority of his career, he has traveled throughout the nation to acquire experience in various states, including Alaska, Washington, and California. In 2020, when the COVID-19 pandemic struck, he made the decision to pursue his passion for the aesthetics industry as a career.

Since then, he has expanded his company and opened a full-service med-spa so that he can better assist his clients. To best serve his clients' needs, he is continuously searching out new learning opportunities to expand his knowledge in the medical aesthetics field. He has obtained advanced certifications in dermal fillers and neurotoxins, as well as attended specialized cadaver courses for medical aesthetics and other procedures. He is eager to establish relationships with his new clients and provide a wide range of services to his current clientele.

Scott has a large and blended family, including his wife Charlee, his two sons, two daughters, one cat, and one dog.

Meet Charlee Cooper, RN

With years of experience as a pediatric nurse, surgery nurse, and emergency department nurse, Charlee has more than ten years of experience in the medical field. She earned her license as a practical nurse from Arkansas State University-Searcy in 2014 and her registered nurse degree from the University of Arkansas Community College at Batesville in 2020.

When she discovered the advantages of aesthetic procedures and medical cosmetics in 2021, she set out on her journey into aesthetics. She is passionate about using a range of procedures, such as RF micro-needling, dermal fillers, neurotoxins, and many other services to help people reach their aesthetic goals.

Charlee ensures her patients are the priority at every appointment, taking the time at their initial consult to discuss individual treatment goals and create a plan to achieve those goals and reevaluating the progress toward those goals at each appointment.

In addition to her other aesthetic certifications, Charlee holds advanced certifications from AMET in dermal filler techniques and neurotoxins, and she is always eager to attend continuing education courses to give the patients of Ardmore Aesthetic Solutions the best treatments available.



Before and After >>>

The Gift Of



Peace & Rebuilding at FSSO

Understanding The Services of The Family Shelter of Southern Oklahoma

A variety of services are provided by the Family Shelter of Southern Oklahoma (FSSO) to individuals who are struggling with the damaging effects of sexual and domestic abuse. At FSSO, they offer 24/7 free and confidential support, advocacy, counseling, education, referrals, and more throughout the five counties that make up our service area (Carter, Love, Marshall, Murray, and Johnston).

Survivors of all ages can reach FSSO at any time of the day, on every day of the year, simply by calling their crisis line at 580-226-6424. Whether a person is just looking for information about their options, a non-judgmental ear to listen, or they have made the brave decision to say “no more” to abuse, FSSO will be there to take the call 24-hours a day.

The team at FSSO prides itself on meeting survivors where they are in their healing process and aims to focus on immediate safety needs first and foremost. The FSSO staff is highly trained and trauma-informed to assist clients with completing individualized safety plans, filing for and obtaining protective orders, and, if necessary, seeking respite in our state-of-the-art and newly completed shelter facility. It is here where survivors and their children can find peace and comfort while rebuilding their lives.

Clients at FSSO can expect empathy and encouragement from day one as they follow alongside them on whatever path they choose toward healing. At FSSO, they understand that recognizing the signs of abuse is hard, and



choosing to walk away from the abuser is even harder. They are ready to assist their clients in reaching these realizations while acting with kindness and patience. In the meantime, through their individual and group services, they will teach them safety precautions and impart useful new skills.

Survivors can benefit from routinely meeting with an advocate, who will help them navigate the difficulties of their particular circumstance and get prepared for any legal, financial, housing, job, safety, or other issues that may come up. In order to work toward healing the deeper trauma wounds that domestic and sexual violence frequently leave in their wake, survivors can also choose to meet with a licensed clinical social worker.

Additionally, FSSO provides a range of support groups where survivors can bond with others through their common experiences, thereby reducing feelings of isolation and guilt. Since abuse always aims to silence its victims, these settings are critical to the healing process. FSSO provides sacred spaces where clients can unapologetically break that silence and harness their strength with fellow survivors.

If you or someone you know would like to learn more about getting started with FSSO services, please reach out. It's never too late, and help is available.

THE FAMILY SHELTER OF SOUTHERN OKLAHOMA
Survivor Support Groups

24-Hour Crisis Line
580-226-6424

Adults Overcoming Domestic & Sexual Violence Meets Tuesdays 5:30- 6:30 PM	Domestic Violence Education Meets Thursdays 9:00- 10:00 AM & Wednesdays 2:00- 3:00 PM
Survivor Kids Club (Ages 5-) Meets Tuesdays 5:30- 6:30 PM	GOALsetters Life Skills Meets Mondays 10:00- 11:00 AM

 The Family Shelter of Southern Oklahoma

Oklahoma Integrated Care Focuses on Mental Health Awareness



Self-care is not selfish, it's necessary for good mental health.

With the coming of each new year, we often focus on resolutions. Every New Year's Resolution is admirable and attainable. What, then, accounts for only about a 20% success rate? A possible explanation is the lack of commitment to prioritizing mental health, despite the fact that it is necessary to accomplish all goals. Oklahoma Integrated Care focuses on mental health all year!

For long-lasting changes, mental preparation is essential because giving up on goals can be exhausting and frequently result in guilt and negativity. Instead of giving up, make your most important change-making goals your top priority. If you want to succeed, your first resolution needs to be to mentally support yourself. January is Mental Wellness Month, so this is the ideal time to get started.

When it comes to how you feel, think, and behave in day-to-day activities, mental wellness and mental health are not the same. Your ability to perform at work, school, home, and in social situations is referred to as your mental health. Calming one's emotions, seeking help, practicing coping mechanisms, and partaking in constructive activities are all signs of good mental health.

How you take care of your mental health is referred to as mental wellness. It is everything you do to make sure your needs for mental health are satisfied and upheld. It simply means you take the necessary steps to manage a mental health illness rather than cure it. Practicing self-care, encouraging mindfulness and lowering stress and anxiety, setting and following through on mental health goals, getting enough sleep, volunteering locally or giving back to the community, avoiding mental exhaustion, and scheduling an appointment with a mental health therapist are some ways to support mental wellness.



Honoring your mental health by raising awareness of the issue and engaging in activities that enhance general well-being is the definition of celebrating mental wellness. Here are some suggestions to get you going for January's Mental Wellness Month; feel free to alter this list to suit your preferences and requirements.

With the holidays in full swing there are excellent presents you can consider for yourself and others on your gift list.

Giving presents is a mentally stimulating activity. It causes the release of chemicals that are pleasurable.

Giving gifts that inspire others to invest in their mental health can make you feel even more satisfied. Make sure every wellness gift you give fits the hobbies and tastes of the recipient. Simple gestures like encouraging texts and cards can also be given as gifts, as can items that promote relaxation like candles, bath oils, lotions, and essential oils. They don't have to be expensive and make for more considerate gifts.

Rather than just one month, think of January as Mental Wellness Month as the start of a year of good mental health. To make it easier, assign a wellness theme to each month. You can live a lifetime of mental wellness. You deserve it!

Remember that you can always rely on Oklahoma Integrated Care. For all of your mental health requirements, we have therapists on hand. In times of need, they are here to support you and your loved ones. Please visit OICardmore.com or give them a call at 580.238.4277 for more information.

Mental and physical health are equally important components of overall health.

Ardmore Area Church Guide



ASSEMBLY OF GOD

Provence Assembly of God Church
2683 Red Cedar Rd. • Ardmore
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

12 ArdmoreGuide.com

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

H20Ardmore.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 Church
702 H St NE • Ardmore 73401

Asbury 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

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

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

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

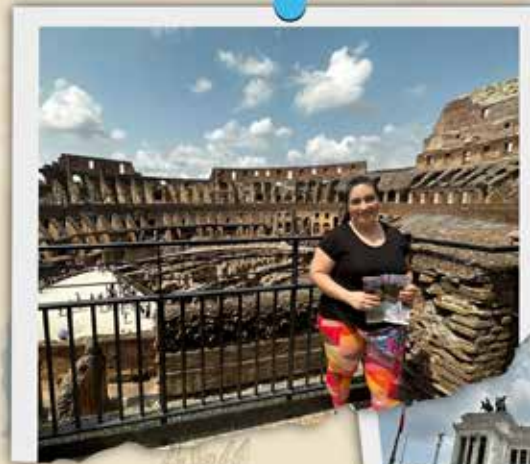
Hickory Center Day Care
1408 4th Ave. NW • Ardmore
580.223.7111

SOUTHERN BAPTIST

Trinity Baptist Church
320 Washington St • Ardmore
580.223.8255



~ From Ardmore to Amsterdam ... and From Zion to Zurich ~
You Can Take It With You



Rome, Italy

Elisa Griffith from Living Colors Studios, LLC took her daughter and her Ardmore Guide with her to Rome, Italy! You probably recognize her from all of the local events where she brings happiness and delight through face painting!



Your One-Stop Shop for Jewelry, Novelty Items & Unique Gifts

FOREVER

 EUPHORIA

📞 580-465-1509

🌐 forevereuphoria.com



We Offer Custom T's • BTS Items • KPOP • Clothing & More

Conveniently Located In Historic Downtown Ardmore | 6 West Main



around the town



To give the gift of power and manifestation at In The Eyes of Nature.



The Gift of Relaxation and Healing at Vibe Wellness



The Gift of a Magical Space The Celtic Moon.



The Gift of Whimsy and Customization to the beat of K-Pop at Forever Euphoria!



The Gift of Art, Music and Creativity at Marvin's Place



The Gift of Medical, Psychiatric and Therapy at Oklahoma Intergrated Care.

Meet Ardmore Guide's

Marketing consultant Jessica Kindt



We are pleased to announce that Jessica Kindt has joined Ardmore Guide Magazine as our specialized marketing consultant. She will assist local businesses reach out to the greater Ardmore area, as well as parts of Love and Murray Counties. Her experience in radio, television, and digital marketing strategies complements the time-tested print industry. Her extensive knowledge of branding techniques, as well as business and community connections, will assist companies in reaching new heights.

Her lifelong connection to the area provides her with a unique perspective and knowledge of what marketing tools work best for the area. She was born in Ardmore, Oklahoma, and now lives in Wilson, Oklahoma, with her family of eight. Her family enjoys staying active in local events and happenings. Don't be surprised if you see her out and about teaching her children about good stewardship.

Contact Jessica, and she will guide you through creative ways to reach your target market through branding packaging in the premier Ardmore magazine and project the image that your business deserves. Marketing through Jessica means you're

Her (Jessica's) extensive knowledge of branding techniques, as well as business and community connections, will assist companies in reaching new heights.

entrusting your business to capable hands. In addition, she coordinates community-based prevention efforts for the Wichita Mountain Prevention Network.

When Jessica isn't working, she volunteers in the community during her free time. She has carried out her numerous leadership responsibilities as the Vice President of the Family Shelter of Southern Oklahoma, the President of the United Way of South-Central Oklahoma in 2023, an ambassador for the Ardmore Chamber of Commerce, a member of the Carter County Prevention Coalition and the Pass Prevention Coalition, and an Ambucus member of the Ardmore Chapter.

She has selflessly dedicated the last seven years of her life to dressing up as Elsa for various children's organizations, bringing hope and joy to the children in her community. Jessica used her platform as Ms. Oklahoma in 2019 to raise awareness and support for victims of domestic violence in the community.

Jessica's outstanding contributions were widely recognized in 2023. Jessica was featured in Ardmore Guide Magazine for her incredible "Elsa" adventures; she received the "Community Service" award from the Family Shelter of Southern Oklahoma; and she was honored as an "Outstanding Woman" by Hope for Marshall County.

Contact
Information

Ardmore
Guide

Jessica Kindt

Sales Specialist and
Marketing Consultant

580-668-1135 | 580-630-2272
jessica@ardmoreguide.com

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
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

MOST INSURANCE PLANS ACCEPTED