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*SENIORS, it's no secret that life is very complicated today, so for your safety, security and overall well-being, you **must stay informed** and know **where to go to get assistance**. Oklahoma and Oklahoma City have an outstanding senior support network and below is a list of organizations with which you should get involved and a few other resources you may find helpful. Basic contact info is listed with several other options available in most cases – see respective organizations' websites for complete information.*

## **KEEP IN TOUCH WITH WHAT'S GOING ON IN THE SENIOR COMMUNITY, UPCOMING EVENTS, SEMINARS, ETC.:**

### **Oklahoma County Sheriff's and Oklahoma City Police's TRIAD Program**

This is the #1 program with which you **MUST** be involved! They work with all the organizations listed here and dozens of other community partners to bring you the latest and greatest senior-related info through their monthly public meetings at 19 different, convenient metro locations and other annual public seminars and events throughout the year. It is all 100% free and without any obligation whatsoever.

- [OCSO TRIAD Brochure](#)<sup>1</sup>
- [OCPD TRIAD Brochure](#)<sup>2</sup>
- <https://www.oklahomacounty.org/Elected-Offices/Sheriff> (scroll down and expand TRIAD tab)
- <https://www.okc.gov/departments/police/community-programs/triad>
- <https://www.magnusomnicorps.com/oklahoma-county-triad.html>

<sup>1</sup> <https://nebula.wsimg.com/02a83997d861d7c746d15dd4a58b7656?AccessKeyId=602ED0BF003FFC4E99AF&disposition=0&alloworigin=1>

<sup>2</sup> <https://nebula.wsimg.com/a3d77d6ea4e14c7cbe0029cfa429a948?AccessKeyId=602ED0BF003FFC4E99AF&disposition=0&alloworigin=1>

## Magnus Omnicorps, LLC

A diversified, professional service company that also works closely with seniors, especially on security, real estate, and long-term care issues. Be sure to get these free reports, which are revised and updated frequently, on the **Publications** page of their website:

- *Long Term Care from the Inside Out*
- *Apartment Living: Selection Guide (with a special section for senior living communities)*
- *Identity Theft, Financial Fraud & Cyber Crime: Problems, Solutions & Mitigation Strategies*

<https://www.magnusomnicorps.com/publications.html>

## OKC Mature Moves Senior Living Truth Series Seminars

Outstanding free, informative and without any obligation whatsoever, the monthly [Senior Living Truth Series seminars](#)<sup>3</sup> (online and in-person) are conducted by senior real estate experts, Dr. Nikki and Chris Buckelew, Realtors, of [OKC Mature Moves](#)<sup>4</sup> and the [Buckelew Realty Group](#)<sup>5</sup>. Dr. Nikki and her panel of industry experts discuss a variety of senior life-related topics such as, housing, downsizing, legal issues, long term care, government benefits, dementia & Alzheimer's, aging in place, senior home selling, healthcare, and a host of other subjects of interest to the senior community. You can see videos of their seminars on their [YouTube channel here](#)<sup>6</sup> or their [website here](#)<sup>7</sup> – Highly recommended!! [Click here for upcoming seminar schedules](#)<sup>8</sup> or call 405-563-7501 to register.

## Oklahoma Senior Journal Radio Program with Robin Gunn

The Oklahoma Senior Journal is the original senior-focused Oklahoma publication....the original and longest-running 50-Plus publication in the metro. Be sure to tune in every Saturday at 9:00 am on KZLS 1640 AM and 96.9 FM to hear Robin and her great, informative guests on her "Rise and Thrive" radio program and get all the latest and greatest info for seniors. You can also listen live on their [website](#)<sup>9</sup> or download the companion app for your smart devices (links on website). You can also hear past shows on the [OSJ website](#)<sup>10</sup> or on the app. You can get a PDF copy of the latest Oklahoma Senior Journal and find out about the **OSJ app** for your smart device on the [OSJ's website's homepage](#)<sup>11</sup>. Also see their [Facebook](#)<sup>12</sup> and [Instagram](#)<sup>13</sup> pages.

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<sup>3</sup> <https://seniorlivingtruthseries.com>

<sup>4</sup> <https://www.okcmaturemoves.com/>

<sup>5</sup> <https://www.buckelewrealtygroup.com>

<sup>6</sup> <https://www.youtube.com/c/SeniorsrealestateinstituteUSA/videos>

<sup>7</sup> <https://seniorlivingtruthseries.com/senior-living-truth-series-video-replays/>

<sup>8</sup> <https://seniorlivingtruthseries.com/>

<sup>9</sup> <https://1640theeagle.com/>

<sup>10</sup> <https://okseniorjournal.com/contact/>

<sup>11</sup> <http://okseniorjournal.com/>

<sup>12</sup> <https://www.facebook.com/OklahomaSeniorJournal/>

<sup>13</sup> <https://www.instagram.com/oklahomaseniorjournal/?hl=en>

## Well Preserved Radio Program with Eunice Khoury

Be sure to tune in to KTOK AM 1000 ([or on their website](#)<sup>14</sup>) at 9:06 am every Saturday to listen to Eunice - she and her special weekly guests are a wealth of information for seniors on a variety of issues, but especially Medicare and other insurance issues. You can also listen on your computer ([live](#)<sup>15</sup> or [archived podcasts](#)<sup>16</sup>) or smart device through [iHeart Radio app here](#)<sup>17</sup>. Also check the Eunice Khoury's Well Preserved Advisory Group's Events page for other functions that may be of interest to you and sign up for her free e-newsletter!!  
405-848-5790

<https://wellpreserved.info/>

## NEED HELP? TRY THESE RESOURCES:

### KFOR Oklahoma's News 4

#### 4 Seniors

<https://kfor.com/4-seniors/>

#### In Your Corner

405-759-6985

<https://kfor.com/news/in-your-corner/>

<https://kfor.com/news/in-your-corner/send-a-complaint-to-in-your-corner/>

### Gatekeeper Program of Oklahoma County

The Gatekeeper Program is part of Oklahoma County Social Services and is a community-wide effort to identify and assist vulnerable older residents in need of help. Many of them are healthy, active people involved with family and friends, church or community groups. But many others are not so fortunate. They may live alone and have little contact with others. If they become ill, or unable to function independently, they can easily go unnoticed and unattended. "Gatekeepers" serve as the eyes and ears of the community.

405-713-1893

[https://www.oklahomacounty.org/Portals/0/gatekeeperProgram\\_1.pdf](https://www.oklahomacounty.org/Portals/0/gatekeeperProgram_1.pdf)

### Legal Aid Services of Oklahoma, Inc.

Need a lawyer? We're here to give you help. And hope. Legal Aid Services of Oklahoma is a non-profit law firm. We're here for you because we believe access to the legal system is as important as food, shelter and clothing.

888-534-5243

<https://www.legalaidok.org/>

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<sup>14</sup> <http://www.ktok.com/>

<sup>15</sup> [http://www.iheart.com/live/1909/?autoplay=true&pname=697&campid=play\\_bar&cid=/articles/broadcast-schedule-257466/ktok-broadcast-schedule-568902/](http://www.iheart.com/live/1909/?autoplay=true&pname=697&campid=play_bar&cid=/articles/broadcast-schedule-257466/ktok-broadcast-schedule-568902/)

<sup>16</sup> <https://wellpreserved.info/radio/>

<sup>17</sup> <https://www.iheart.com/>

**OK-SPLASH** provides free legal advice, counseling, and community education for American citizens who are 60 years of age or older. The goal of this project is to increase free legal services and representation of senior Oklahomans in greatest social or economic need in order to preserve Oklahoma seniors' independence, choice, and financial security. Through special funding from Area Agencies on Aging, under provisions of the Older Americans Act, each law office is able to provide this service to older Americans.

855-488-6814

<https://www.legalaidok.org/senior-legal-help/>

**OK Legal Connect** helps find legal help for eligible low-income people with civil legal problems.

<https://oklegalconnect.org/#/login>

### **Neighborhood Alliance of Central Oklahoma**

For over 35 years Neighborhood Alliance has been successful at helping residents create sustainable change through our educational and support programs. Our training and connections allow neighborhood leaders to work alongside Police, Fire, School Administrators, City Officials, Corporations, other Non-Profits and Foundations in order to improve their neighborhood. We are building a better Central Oklahoma by empowering and educating citizens to become neighborhood leaders.

<https://nacok.org/>

405-528-6322

### **Nextdoor**

It's where communities come together to greet newcomers, exchange recommendations, and read the latest local news. Where neighbors support local businesses and get updates from public agencies. Where neighbors borrow tools and sell couches. It's how to get the most out of everything nearby. Welcome, neighbor.

No phone number – an Internet-based social media hub for neighborhoods.

<https://nextdoor.com/>

### **Oklahoma Adult Protective Services (APS)**

Each year, thousands of Oklahoma's vulnerable adults suffer abuse, neglect, and exploitation by family members and other caregivers. Many victims are frail and vulnerable and cannot help themselves and depend on others to meet their basic needs.

Abuse & Neglect Hotline: 800-522-3511 or 911

<https://oklahoma.gov/okdhs/services/cap/adult-protective-services.html>

### **Oklahoma Areawide Aging Agency**

Areawide Aging Agency is dedicated to advancing the dignity and independence of older adults in our community. We serve Canadian, Cleveland, Logan and Oklahoma Counties in Oklahoma. Anyone over the age of 60 is eligible for our services; however, those living below the poverty line are the ones who depend upon these services the most to help make ends meet. For over 40 years, our efforts involve funding, coordinating and monitoring programs authorized by the Older Americans Act.

405-942-8500

**Survival Kit for Seniors**<sup>18</sup> (online only 58-page resource guide for all senior-related services, crisis hotlines, etc. – EXCELLENT!)

<https://www.areawideaging.org/>

### **Oklahoma Attorney General’s Office – Consumer Protection Unit**

Through its Consumer Protection Unit (CPU), the Office of the Attorney General is committed to ensuring a safe and fair marketplace in Oklahoma. To achieve this goal, the Consumer Protection Unit assists Oklahoma consumers through community outreach and education programs, mediation of consumer complaints and taking legal action when necessary, against individuals or businesses engaged in deceptive, fraudulent or unfair advertising or sales practices. You can also file complaints online.

405-521-2029

<https://www.oag.ok.gov/consumer-protection-unit>

### **Oklahoma City Action Center**

Whether it’s issues with city services, code violations, landlord problems, etc., the great folks at the Action Center can help or at least point you in the right direction. Be sure to get [their OKC Connect app](#)<sup>19</sup> for your smart device. See their webpage for several other contact options.

405-297-2535

<https://www.okc.gov/residents/action-center>

### **Oklahoma Insurance Department**

If you have problems with any insurance company or insurance product, contact the OID for assistance!! You can also file complaints online.

405-521-2828

<https://www.oid.ok.gov/consumers/>

### **Oklahoma Ombudsman Program (Dept. of Health and Human Services)**

The Ombudsman Program serves residents in Oklahoma's long-term care facilities, including nursing homes, assisted living and similar adult care homes. An ombudsman helps improve the quality of life and the quality of care available to long-term care facility residents. A long-term care ombudsman is a person who receives complaints from residents of long-term care facilities, their friends or relative and attempts to resolve those complaints within the facility. The Ombudsman has the authority to explore problems and recommend corrective action to the facility.

405-521-2281

<https://oklahoma.gov/okdhs/services/cap/ombudsman.html>

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<sup>18</sup> <https://www.areawideaging.org/survival-kit>

<sup>19</sup> <https://www.okc.gov/residents/action-center/okc-connect-app>

## **Sunbeam Family Services**

When you absolutely don't know where or who to turn to for help, contact Sunbeam. If they don't have a specific program for you, they probably can get you in touch with someone who does. Established in 1907, Sunbeam Family Services is Oklahoma's longest-serving social service agency. Founded as a children's home for dependent and neglected children, we have evolved to meet the growing needs of the community, today serving vulnerable children, seniors, caregivers and families throughout central Oklahoma. Sunbeam has been a proud United Way Partner Agency since 1924.

405-528-7721

<https://sunbeamfamilyservices.org/>

## **United Way of Central Oklahoma**

United Way of Central Oklahoma is committed to improve the health, safety, education and economic well-being of individual families in need in central Oklahoma by connecting community resources with responsive and accountable health and human services agencies. Get connected to the help you need, such as:

- rental assistance
- food pantries
- affordable housing
- health resources
- child care
- after-school programs
- caregiver support
- financial programs
- literacy
- job programs

405-236-8441

<https://www.unitedwayokc.org/>

**United Way 2-1-1 Immediate Help** If you're thinking of hurting yourself or if someone else is hurting you, call 2-1-1. Help is here when you need it, day and night.

## **Dale K. Graham Veterans Foundation**

Serving veterans and their families:

At the Dale K. Graham Veterans Foundation, we assist veterans with filing pension and other benefits claims through the U.S. Department of Veterans Affairs and provide any other necessary assistance at no charge. We are committed to making sure every veteran and their families get the benefits they need and deserve to protect their future.

405-550-8806

<https://dalekgrahamveteransfoundation.org/>

## **Oklahoma Department of Veterans Affairs (this is the Oklahoma State Dept., not federal)**

Serving Oklahoma veterans and their families:

<https://oklahoma.gov/veterans.html>