

# Community Resource Guide



- Diabetes Education
- Medical Supplies
- Meals
- Healthcare

# Community Resource Guide for Individuals With Diabetes

Name and Address of Agency or Association	Phone Number	Funding	Services Available
<p>Ability Resources 823 So. Detroit, Suite 110 Tulsa, OK 74120</p>	<p>(918) 592-1235 9 a.m.- 5 p.m. Finds resources for people with physical &amp; mental disabilities (wheelchairs). <a href="http://www.ability-resources.org">www.ability-resources.org</a></p>	<p>Federal and State funding, donations, United Way Peer counseling information &amp; referral services.</p>	<p>Patients meet with counselors (Spanish speaking available) who provide assistance with employment readiness, information on housing, food, and where to obtain devices for the visually and hearing impaired (talking glucometer, BP cuff, thermometer, and insulin dosing equipment, etc.)</p>
<p>American Diabetes Association Warren Clinic Tower 6600 So. Yale, Suite 1310 Tulsa, OK 74136</p>	<p>1-800-342-2383 or 1-800-232-6733 or (918) 492-3839 (local number)</p>	<p>Donations</p>	<p><b>Free</b> education materials are available in both English and Spanish on over 200 topics related to diabetes. Cookbooks and other education materials for sale.</p>
<p>Center for Individual with Physical Challenges 815 So. Utica Tulsa, OK 47104</p>	<p>(918) 584-8607 Vickie Holler - Director of Member Services</p>	<p>United Way Donations</p>	<p>Therapeutic recreation facility. Includes rehabilitative fitness programs, fine arts &amp; education classes available to persons with physical disabilities and/or visual impairment. Requires a physician release and application to join. Annual fees are minimal. They offer various packages for membership. Open Mon - Fri. Pool open in summer.</p>

<p>Claremore Indian Hospital S. Moore &amp; Will Rogers Blvd Claremore, OK 74017</p>	<p>(918) 342-6200 Diabetes Center X451 Eileen Wall, MS, ARNP, CDE, Program Director</p>	<p>Public Health Service</p>	<p>Serves Native American population. ADA recognized diabetes program free to Native Americans with a referral from primary care physician. Podiatry Clinic available-requires referral. Medications, glucometers, and strips free of charge to those seen by staff physicians. Emergency care and medication for 2 weeks are available on a one-time basis only. There is a waiting list for ongoing care.</p>
<p>Cherokee Nation clinics</p>	<p><u>Jay:</u> Fonda Prine, RN,CDE (918) 253-4271 x282 <u>Muskogee:</u> Michelle Goss, RD, LD (918) 687-0201 x213 <u>Nowata:</u> Gayla Ruble, RN (918) 273-9960 x226 <u>Salina:</u> Louella Standingwater, RN (918) 434-8648 <u>Sallisaw:</u> Terri Long, RN (918) 775-9150 x333 <u>Stillwell:</u> Brenda Fowler, RN, CDE (918) 696-8872</p>		

<p>Community Action Project Clinic 2020 So. Maplewood Tulsa, OK 74112</p>	<p>(918) 382-3296 Judith Smith, Clinic Director Call 382-3297 to make appt.</p>		<p>No medical clinic. Free eye exams are available. Basic glasses are \$40. Service available for income qualified individuals. Entire family welcome.</p>
<p>C.O.P.E.S. (Community Outreach Psychiatric Emergency Services)</p>	<p>(918) 744-4800</p>	<p>State funded for Tulsa County ONLY!</p>	
<p>Couch Pharmacy 2602 So. Harvard Tulsa, OK 74114</p>	<p>(918) 743-6154 (918) 743-6157 Fax</p>		<p>They will bill Medicare or Medicaid for Elite or Freestyle monitors. Indigent patients are eligible for a <b>free</b> True Track monitor with the purchase of 50 strips. (\$24 + Tax)</p>
<p>CCS Medical</p>	<p>(800)726-9811</p>		<p>Supplies can be shipped to your home. The following supplies are available: Glucose Meters, Control solutions, Lancets &amp; Lancing Devices, Insulin Pumps &amp; Supplies, Test Strips, Insulin &amp; Syringes, and Medications. Call 800 to join.</p>
<p>Grace Diabetic 444 So. Sheridan Tulsa, OK 74112</p>	<p>(918) 835-9577 (918) 835-5569 Fax</p>		<p>They will bill Medicare or Medicaid for One-Touch Ultra or Elite monitors. Need prescription from primary care provider for medications, blood glucose strips and lancets. Grace Diabetic will do the paperwork for you. Free delivery or free mailing in Tulsa city limits.</p>

<p><b>Good Samaritan Van</b></p> <p>Mobile Healthcare Services staffed by <u>In His Image</u> Residents</p>	<p>If you are unable to find the Mobile Medical van site, please call Lynn Hersey at 493-7884 exts. 1 or 3.</p> <p>Call for specific times and places.</p>		<p><b>FREE Healthcare services:</b></p> <p><u>Mondays</u> 6-8pm Tulsa Christian Fellowship, 2121 E 3 Street.</p> <p><u>Tuesdays:</u> 6-8pm Fairmont Terrace Apartments, 1063 E 60 St., Apt 217.</p> <p><u>2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesdays:</u> 5-7pm Comanche Apartments, 36 N &amp; Peoria.</p> <p><u>1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays:</u> 6-8pm, Normandy Apartments, 6221 E 38 St.</p> <p><u>1<sup>st</sup> &amp; 3<sup>rd</sup> Saturdays:</u> 10am-noon, John 3:16 Mission, 506 N. Cheyenne.</p> <p><u>1<sup>st</sup> &amp; 3<sup>rd</sup> Saturdays:</u> 2-4pm, Indian Springs Apartments, 2177 W Jasper- SE corner 131 &amp; Aspen, Broken Arrow</p> <p><u>1<sup>st</sup> &amp; 3<sup>rd</sup> Saturdays:</u> 6-8pm, St Thomas Square Apartments, 1050 E 61 St. (Peoria &amp; 61 Street)</p>
<p><b>Helpline</b></p>	<p>(918)836-4357</p>		<p>Suicide/Crisis Intervention</p>
<p><b>Health Awareness</b> OU School of Medicine 2808 So. Sheridan Tulsa, OK 74129</p>	<p>(918) 619-4561 Christy</p>	<p>University of Oklahoma State of Oklahoma</p>	<p>Individual sessions. Open to community for fee for service. Accepts Sooner Care patients. Medicare patients need to be referred by OU physician.</p>
<p><b>Indian Health Care Resource Center</b> 550 So. Peoria (at 6<sup>th</sup> &amp; Peoria) Tulsa, OK 74120</p>	<p>(918) 588-1900 (918) 582-6405 Fax Karen Rodgers, RD, LD <a href="mailto:Krodgers@ihrc.org">Krodgers@ihrc.org</a></p>	<p>Indian Agency Supported Federal Funding</p>	<p>Serves Native American &amp; Native American head of household population. Hours: Monday, Tuesday, Wednesday and Friday from 8-5 p.m. Thursdays from 10-7 p.m. Call for appointment with physician, dietitian or nurse. No</p>

Cont'd			physician referral needed. Sliding fee scale based on ability to pay.
Larry Dillard Medical 708 West Main Jenks, OK 74037	(918) 299-6922 or 800-654-8867 ask for Helena or Larry	Free to Medicare/ Medicaid patients Available for private pay	Provides shoes with inserts for people with diabetes, if guidelines are met. Will make home visits to fit for shoes. Will facilitate getting an appointment with a podiatrist if indicated. Also available to patients with other insurance; but co-pay may be involved.
Lions Club	(918)742-5555 - (31 <sup>st</sup> & Jamestown - Downtown ) (918)355-3850 - (Bob Ewes) (918)455-6961 - (Dan Vargas - Spanish Member)		Assistance w/eye exams & glasses. Must complete application.
Meals on Wheels 12620 E. 31 <sup>st</sup> St. Tulsa, OK 74146	(918) 627-4103 (8 to 4 p.m. Monday through Friday)	Civic Groups, church volunteers, donations	Basic lunch service Mon - Fri. Some areas offer lunch service only on Mon, Wed & Fri. Modified diabetes and vegetarian meal plans available. When making application for service, give client's name, address, date of birth, living arrangements, financial status, doctor's name and phone number, major health problems, problems with vision, hearing or walking, and emergency contact name and number. Donations requested.

<p>Morton Health Center 603 East Pine Tulsa, OK 74106</p>	<p>Tiola Trent, RN (918) 587-2171 Extension 6125</p>	<p>State of Oklahoma</p>	<p>Ind. Diabetes and nutrition counseling w/Morton physician referral. Sliding fee scale based on financial needs. Medicare and all insurance accepted.</p>
<p>Neighbors Along the Line, Inc. 5000 W. Charles Page Tulsa, OK 74127 Neighbors Along the Line</p>	<p>(918) 582-3491</p>	<p>Private donations</p>	<p>Serves northwest Tulsa residents. Must bring SS card, proof of address, and income. Food pantry on Wednesday from 5:30-7:30p.m., Tuesday and Thursday from 1:30 - 3:30 p.m. Free medical clinic on Monday nights at 5:30. The first 16 people from anywhere will be seen at no charge. Medications provided at MD discretion. Free GED labs, WIC, and legal aid on 1<sup>st</sup> &amp; 3<sup>rd</sup> Fridays at 1:30pm.</p>
<p>Neighbor for Neighbor 505 E. 36<sup>th</sup> St. N. Tulsa, OK</p>	<p>(918) 425-5595 x121 Carol Foletti, Director</p>	<p>Donations</p>	<p>Limited medical, eyeglasses, and prescription assistance for adults and children. Dental care available by appointment only. Hours vary. Clinic - Monday 6pm, Tuesday 1pm &amp; 6pm, Wednesday 6pm, Thursday 6pm. Adults only. First come first served. Please call ahead. Current written prescription required for meds.</p>
<p>OU Bedlam Clinic 2815 S. Sheridan Tulsa, OK</p>	<p>John Gaudet, Coord. (918) 660-3617 Clinic (only during free clinic) 619-4555</p>	<p>Donations</p>	<p>Free clinic for anyone on Tues. and Thurs 6pm-10pm. Registration starts at 5:00pm, first come, first served.</p>

<p>OU Psychiatric Clinic at Schusterman Center 4502 E. 41<sup>st</sup> St. Tulsa, OK 74135</p>	<p>(918) 660-3130</p>		<p>Individuals can self-refer. Sliding scale payment system or insurance.</p>
<p>Tulsa City/County Health Dept. 4616 E. 15<sup>th</sup> Tulsa, OK 74112 Or 315 S. Utica Tulsa, OK 74104 Or 5051 S. 129<sup>th</sup> E. Ave Tulsa, OK 74134</p>	<p>Rebecca Grubb, Director (918) 582-9355</p>	<p>County</p>	<p>Adult Health Clinic at 3<sup>rd</sup> &amp; Utica and 51<sup>st</sup> &amp; 129<sup>th</sup> - by appt. only. Walk-In Adult Clinic for labs on Tuesday from 8 - 11 a.m. Costs: fasting blood glucose: \$3.00, or complete lipid panel: \$8.00 (no food intake from midnight the night before); Blood pressure: \$3.00. (Anemia) Iron testing. Counseling and referral made by Public Health Nurse. Chronic disease screening includes cancer screening, pap smear, breast exam &amp; referral for mammogram. \$15 includes breast exam and Pap smear. Smoking cessation counseling available</p>
<p>Tulsa County Pharmacy 2401 Charles Page Blvd. Tulsa, OK (Tulsa County Social Services) 8:30 am to 4:30 pm M-F Closed 12-12:30 for lunch</p>	<p>(918) 596-5560 Ask for Pharmacy</p>	<p>Tulsa County</p>	<p>Serves low income Tulsa County residents for 12 months. Requires re-certification every 6 months for eligibility. Must have ID, proof of income and prescription. Insulin, blood glucose strips and medications available on non-profit basis. Cash only (no checks, no insurance).</p>

<p>Tulsa Day Center for the Homeless 415 W. Archer Tulsa, OK 74103</p>	<p>(918) 583-5588 Laurie McMeen, Nurse Practitioner</p>	<p>United Way Grants and donations N.E. Diabetes Educators Assoc.</p>	<p>Free diabetes class on Wednesdays from 2:30 - 3:30 p.m. Limited diabetes supplies available (medications, glucometers, strips).</p>
<p>Tulsa Senior Nutrition Program 1244 So. Utica (in First Lutheran Church) Tulsa, OK 74104</p>	<p>(918) 584-1584 from 9 a.m. - 1 p.m. <u>Call Tulsa Area Agency on Aging at (918) 596-7688 or 1-800-211-2116 (toll free in Ok)</u> to get more Tulsa Senior Nutrition Program sites (30 sites in Tulsa, Creek &amp; Osage counties) and other services available.</p>	<p>U.S. Administration on Aging Oklahoma Special Unit on Aging City of Tulsa Private donations</p>	<p>Lunch served Monday through Friday at 11 a.m. at the First Lutheran Church. Can be delivered for home-bound persons. Donation of \$1.00 per lunch is requested. Minimum age: 60 (spouses welcome). Other services available such as transportation for shopping or medical services, filling out of medical forms, BP screenings, flu shots, and dietitian available to answer nutrition questions.</p>
<p>Tulsa Regional Medical Center Diabetes Wound Care Clinic 744 W 9<sup>th</sup> Tulsa, OK 74127</p>	<p>(918) 599-5874</p>	<p>With Medicare, self referrals are accepted. Dr. referral may be required with other insurance.</p>	<p>Call for more information.</p>

**Other Agencies or Associations for Help:**

Broken Arrow Neighbors 322 W. Broadway Broken Arrow, OK 74012	Must be a resident of Broken Arrow, Bixby, or Coweta. BA residents-minor illness clinic, food, clothing, and some meds. Bixby & Coweta – food & clothing only	918-251-7781
Catholic Charities 739 N. Denver Tulsa, OK 74106	Clothing, food, some meds M,T,Th,F 9-2pm. Wed. 9-12pm	918-585-8167
Evangelistic Temple 5345 S. Peoria Tulsa, OK 41005	Food, pantry, clothing 4 <sup>th</sup> Saturday of the month	918-749-9971
Food Stamps Tulsa Dept. of Human Services	Food stamps	918-581-2401
Good Samaritan Health Services	Mobile health clinic Call for clinic times and locations	918-493-7884
Loaves and Fishes 11321 E. 19 <sup>th</sup> St. (19 <sup>th</sup> & Garnett)	Grocery assistance hot lunch please do not bring children under 13.	918-234-8577
John 3:16 Mission 2027 N. Cincinatti Tulsa, OK 74106	Food, miscellaneous pantry, clothing, furniture M-F 10-11:30, 1:30-4	918-592-1186
Oklahoma Dental Association	Dental care Care Dent – reduced cost dentures Sr. Dent – over age 65, general dentistry	800-876-8890
Restore Hope Ministries 2960 Charles Page Blvd. Tulsa, OK 74127	Food , clothing, rental assistance M-TH 11:30-3pm rental assistance by appt. only	918-582-5766
Salvation Army	Food, shelter	918-582-7201

Tulsa County Social Services  
2401 Charles Page Blvd  
Tulsa, OK 74127

Minor Emergencies only  
M-F 10-12pm  
Must be a Tulsa Co. resident for 6mo.

918-596-5560

Tulsa Helpline and/or 211

Lily land works in communications for  
Tulsa Helpline  
(use the 7 digit # if calling from a cell phone)

918-836-4357

TCC Dental Hygiene Clinic  
909 S. Boston  
Tulsa, OK 74119

M-F 8-5  
Teeth cleaning only (\$5)

918-595-7022

TRMC Wound Care Clinic

918-599-5874

**Supplies:**

American Association of Diabetes Educators		800-832-6874 <a href="http://www.aadenet.org">www.aadenet.org</a>
American Dietetic Association <a href="http://www.eatright.org">www.eatright.org</a>		800-366-1655
American Pharmaceutical Association <a href="http://www.pharmacyandyou.org">www.pharmacyandyou.org</a>	M-F 8:30-5:00	202-628-4410
Becton Dickenson <a href="http://www.bectondickenson.com">www.bectondickenson.com</a>	Syringes, magni-guide, lancets, etc.	800-237-4554
Bristol-Meyers Squibb	Medication assistance	800-736-0003
CCM Productions (Armchair Fitness) <a href="http://www.ArmchairFitness.com">www.ArmchairFitness.com</a>	Videos	800-453-6280
Diabetes Self-Management <a href="http://www.diabetes-selfmgmt.com">www.diabetes-selfmgmt.com</a>		800-234-0923
Edgepark Surgical <a href="http://www.edgepark.com">www.edgepark.com</a>	Surgical Supplies	800-321-0591 330-963-6996
Eldercare <a href="http://www.atlashr.com">www.atlashr.com</a>	Information, resources, and financial assistance	918-810-5351
Eli Lilly <a href="http://www.lilly.com">www.lilly.com</a>	Insulin, insulin pens	800-545-5979
Exercise with the National Institute on Aging NIA, PO Box 8057, Gaithersburg, MD 80898-8057 <a href="http://www.nia.nih.gov">www.nia.nih.gov</a>	Free book, video - \$7.00	301-496-1752
Fifty 50 Pharmacy <a href="http://www.fifty50.com">www.fifty50.com</a>	ID, diabetes supplies M-F 7:30-4:30pm	800-746-7505

Lauren's Hope  
[www.laurenshope.com](http://www.laurenshope.com)

medical ID bracelets  
M-F 8:30-4:30pm

800-360-8680

Medic Alert Foundation  
[www.medicalert.org](http://www.medicalert.org)

medical ID

800-825-3785

Neuropathy Association  
[www.neuropathy.com](http://www.neuropathy.com)

212-692-0662

Novo Nordisk  
[www.novo-nordisk.com](http://www.novo-nordisk.com)

Insulin, insulin pens

800-727-6500

Safe Dose Pharmacy  
[www.safedose.com](http://www.safedose.com)

Pre-packaged medications

888-696-9595

## **Resources for Medication Assistance**

### **Abbott Laboratories**

Patient Assistance Program  
1420 Harbor Bay Pkwy  
Alameda, CA 94502  
866-972-7863  
Fax: 866-207-2786

### **ASC Medical Assistance**

2761 E. Skelly Dr. #700  
Tulsa, OK 74105  
918-746-3800  
877-546-3800  
Fax: 918-746-3801

### **Aventis Patient Assistance (For Lantus Insulin)**

P.O.Box 759  
Sumerville, NJ 08876  
800-221-4025  
Must meet minimum qualifications

### **Bristol-Myers Squibb Patient Assistance Foundation, Inc.**

PO Box 52112, Phoenix, AZ 85072-2112  
Call 1-800-736-0003 for application  
Acceptance for enrollment is based on reported monthly income.

### **Care Mark & Rx Savings Plus (Reps of the card)**

Call 1-800-511-1314 for enrollment or [www.advancerx.com](http://www.advancerx.com)  
Free enrollment for discount prices on 800 brand name drugs. Open to anyone. Receive free membership card by calling.

### **Integrity Medications**

800-861-3627

### **Life Senior Services**

Call 918-664-9000. Helps seniors deal with many different problems. Gives information regarding services available in the community, as well as, assistance if you can't pay for your medicines.

### **Lilly Care Temporary Prescription Assistance**

P.O.Box 230999  
Centerville, VA 20120  
800-LillyRX

**Together RX**

Call 1-800-865-7211 or visit website at [www.Together-Rx.com](http://www.Together-Rx.com).

Free prescription savings program for eligible Medicare enrollees on more than 150 widely prescribed medicines.

Qualifications: Be a Medicare enrollee with no prescription drug coverage with annual income less than \$28,000 for individuals and \$38,000 for couples.

**Tulsa County Pharmacy**

Tulsa County Social Services

2401 Charles Page Blvd., Tulsa, OK

Call 918-596-5560 and ask for Pharmacy. Open 8:30am-12:00pm and 12:30pm-4:30pm.

Requirements: Resident of Tulsa County for 12 months, proof of low income, I.D. and written prescriptions for medications and glucometer strips and Lancets.

**U-Share Prescription Drug Discount Card**

Call 800-344-3095 for information and application

TTY users 866-234-4138

[www.usharerx.com](http://www.usharerx.com)

Requirements: Must be over 65 and meet income guidelines

**[www.Diabetes-Meds.org](http://www.Diabetes-Meds.org)**

To qualify: Must be a U.S. Resident, be able to show proof of income AND have 'low income'.

General guidelines are annual income below \$18,000 for singles and below \$24,000 for couples.

**[www.needymeds.com](http://www.needymeds.com)**

An information source to learn about patient assistance programs and other programs designed to help those who can't afford their medicines.

# MEDICARE SUPPLIER DIRECTORY

([www.medicare.gov](http://www.medicare.gov))

## **CF Solutions, Inc.**

10404 E. 55<sup>th</sup> Place, Suite G  
Tulsa, OK 74146-0772  
Phone: (918) 610-0772  
Supplies: Durable medical equipment,  
Pharmacy/drug store.

## **Infusion Specialists, Inc.**

205 E. Main Street  
Jenks, OK 74037-3956  
Phone: (918) 296-0700  
Supplies: Durable medical equipment,  
Pharmacy/drug store.

## **Grace Diabetic**

444 S. Sheridan Road  
Tulsa, OK 74112  
Phone: (918) 8352796, (888) 422-9579  
Supplies: Specializes in diabetes supplies,  
Patient care and billing. Pharmacy/drug store.  
Free delivery or free mailing.

## **Couch Pharmacy**

2602 S. Harvard Avenue  
Tulsa, OK 74114-4603  
Phone: (918) 743-6154  
Supplies: Pharmacy/drug store.

## **Kristi Sue Presley**

1302 Commercial Avenue  
Mounds, OK 74047  
Phone: (918) 827-6301  
Supplies: Durable medical equipment,  
Pharmacy/drug store.

## **NCS Healthcare of Oklahoma, Inc.**

10838 E. Marshall Street, Suite 122  
Tulsa, OK 74116-5681  
Phone: (918) 438-4400  
Supplies: Pharmacy/drug store.

## **Plymouth Drug Company, Inc.**

25 S. Park Street  
Sapulpa, OK 74066-4219  
Phone: (918) 224-3883  
Supplies: Pharmacy/drug store.

## **Medicare Prescription Savings Program Together RX**

Call 1-800-865-7211 or visit website at [www.together-rx.com](http://www.together-rx.com)  
Free prescription savings program for eligible Medicare enrollees on more than 150 widely  
prescribed medicines. Qualifications: Be a Medicare enrollee with no prescription drug coverage  
and annual income less than \$28,000 for individuals of \$38,000 for couples.

## **Saffa Health Mart Pharmacy, Inc.**

8002 S. Sheridan Road  
Tulsa, OK 74133-8945  
Phone: (918) 492-4242  
Supplies: Pharmacy/drug store.

## **Sapulpa Drive In Pharmacy**

1029 E. Cleveland Avenue  
Sapulpa, OK 74066-6558  
Phone: (918) 224-6558  
Supplies: Pharmacy/drug store.

## **Spoon Drug**

540 E. Plaza Center  
Sand Springs, OK 74063  
Phone: (918) 245-9693  
Supplies: Pharmacy/drug store.

## **William H. Pittman Dooley Drug**

4120 S. 25<sup>th</sup> West Avenue  
Tulsa, OK 74107-6506  
Phone: (918) 446-4524  
Supplies: Pharmacy/drug store.

## **Medicap Pharmacy**

130 S. Main  
Owasso, OK 74055  
Phone: (918) 274-1737  
Supplies: Pharmacy/drug store.

## **Freeland-Brown Pharmacy**

4112 S. Peoria  
Tulsa, OK 74105  
Phone: (918) 743-4491  
Supplies: Pharmacy/drug store.

## **Walgreens**

Phone: 1-800-925-4733  
for a location near you.  
Supplies: Pharmacy/drug store.

# **RESOURCES FOR VISION PROBLEMS:**

## **American Council for the Blind**

1211 Connecticut Avenue, NW  
Washington, DC 20036  
1-800-424-8666

## **American Printing House for the Blind**

1839 Frankfort Avenue  
Louisville, KY 40206  
502-895-2405

## **Braille Exchange Lists**

Braille Institute  
741 N. Vermont Avenue  
Los Angeles, CA 90029  
323-663-1111

## **Guide Dog Foundation**

[www.guidedog.com](http://www.guidedog.com)  
1-800-548-4337

## **Hadley School for the Blind**

Offers correspondence course.  
700 Elm Street  
Winnetka, IL 60093  
847-446-8111

## **Lighthouse International – Visionary Solutions**

Aides for low vision.  
[www.lighthouse.org](http://www.lighthouse.org)  
1-800-829-0500

## **LIONS Club International**

Provide financial assistance with  
Dilated eye exams  
300 Twenty-Second Street  
Oakbrook, IL 20036  
[www.lionsclub.orgx](http://www.lionsclub.orgx)  
630-571-5466

## **Medicare**

Coverage of annual glaucoma screening and  
medical nutrition therapy.  
1-800-MEDICARE  
(1-800-633-4227)

## **National Eye Institute**

Information Officer  
Building 31, Room 6A32  
Bethesda, MD 20892  
301-496-5248

## **National Federation of the Blind**

[www.nfb.org](http://www.nfb.org)  
**1-410-659-9314**  
1800 Johnson Street  
Baltimore, MD 21230  
410-659-9314

## **National Library Service for the Blind and Physically Handicapped**

Library of Congress  
1291 Taylor Street, NW  
Washington, DC 20542  
202-707-5100

## **National Society to Prevent Blindness, Inc.**

106 E. 56<sup>th</sup> Street, 8<sup>th</sup> Floor  
New York, NY 10022  
212-980-2020

## **Older Blind Program**

Services and help for the blind/low vision.  
**918-742-8989**

## **Visual Services for the Blind**

3010 S Harvard, Suite 210  
Tulsa, OK 74114  
918-581-2360  
Fax 918-747-5348  
1-800-829-3255

## **Voice of the Diabetic**

[www.nfb.org/voice.htm](http://www.nfb.org/voice.htm)  
1-573-875-8911

# **RESOURCES FOR VISION PROBLEMS:**

# **RESOURCES FOR DIABETES COMPLICATIONS**

## **HEART DISEASE**

**American Heart Association**

7272 Greenville Avenue

Dallas, TX 75231

214-373-6300

**[www.amhrt.org](http://www.amhrt.org)**

## **NEUROPATHY**

The Neuropathy Association

60 East 42<sup>nd</sup> Street

New York, NY 10165

800-247-6968

**[www.neuropathy.org](http://www.neuropathy.org)**

## **KIDNEY DISEASE**

**National Kidney Foundation**

30 East 33 Street

New York, NY 10016

212-889-2210

**[www.kidney.org](http://www.kidney.org)**

**American Association of Kidney Patients**

100 South Ashley Drive, Suite 280

Tampa, FL 33602

800-749-2257

**[www.aakp.org](http://www.aakp.org)**

## **AMPUTATIONS**

**National Amputation Foundation, Inc**

3840 Church Street

Malverne, NY 11565

516-887-3600

**[www.nationalamputation.org](http://www.nationalamputation.org)**

# *Sexual Function Resources for Men*

## **Impotency Information Line**

800-227-5517

[www.smc1@usit.net](mailto:www.smc1@usit.net)

## **Impotence World Association**

Information on Impotence Anonymous  
and I-Anon chapters

800-669-1603

## **American Foundation for Urologic Disease Inc. (AFUD)**

800-242-2383 or 800-242-2384

[www.afud.org](http://www.afud.org)

## **American Cancer Society**

Man to Man

Resources for prostate patients

800-227-2345

## **ERECTION DEVICES**

Augusta Medical Systems

877-827-8382

[www.augustams.com](http://www.augustams.com)

MUSE: 888-367-6873

[www.vivus.com](http://www.vivus.com)

ErecAid: 800-344-9688

[www.endocare.com](http://www.endocare.com)

VED: 800-531-3333

Post-T-Vac: 800-627-7434

# *Sexual Function Resources for Women*

## **Book:**

For Women Only – A Revolutionary Guide to Reclaiming Your Sex Life

By Berman & Berman (paperback 2001)

Available from [www.Amazon.com](http://www.Amazon.com) for about \$15.00 or at your local bookstore

## **Internet Resources:**

### ***SEXUAL HEALTH***

[www.Discovery.com](http://www.Discovery.com), click on Discovery Health on left side of screen, then Sexual Health Center near bottom of screen, then All About Sex on the lower left or Berman & Berman on upper right.

<http://www.diabetes.org/main/uedocuments/Channel15-Women.pdf>

[www.womenssexualhealth.com](http://www.womenssexualhealth.com), click on Treatment and Therapy tab at very top

### ***URINARY INCONTINENCE***

[www.Timmmedical.com](http://www.Timmmedical.com), click on Urinary Incontinence

[www.4woman.gov/faq/urinary.htm](http://www.4woman.gov/faq/urinary.htm)

### ***PELVIC EXERCISES***

[www.niddk.nih.gov/health/urolog/uibcw/exerc/exerc.htm](http://www.niddk.nih.gov/health/urolog/uibcw/exerc/exerc.htm)

<http://obgyn.uihc.uiowa.edu/Patinfo/urogyn/kegel.htm>

## Community Resources and Support Groups and Medication Assistance

### ⇒ Community Resources

**American Diabetes Association:** 6600 South Yale Avenue, Suite 1310, Tulsa, OK 74136  
918-492-3839 Π 800-342-2383. Website: [www.diabetes.org](http://www.diabetes.org) Call 1-800-806-7801 or go to [www.diabetes.org/membership](http://www.diabetes.org/membership) to join or to inquire about Diabetes Forecast subscription.

**Juvenile Diabetes Research Foundation:** 7030 South Yale Avenue, Suite 109, Tulsa, OK 74136. Call 918-481-5807 or 800-533-2873 for more information.

**Arthritis Foundation:** 4520 South Harvard Avenue, Tulsa, OK 74136.  
Call 918-743-6970 or 800-400-4526 for more information.



### ⇒ Support Groups:

**Saint Francis Adult Diabetes Support Group:** 6655 South Yale Avenue, Tulsa, OK 74136  
Meets the 1<sup>st</sup> Monday of every other month except holidays, Laureate Conference Center, 2<sup>nd</sup> floor Banquet Room, 7:30 – 8:30 p.m. Contact Cathey Colburn at 491-3937 or 494-2165.

**Dr. Suzanne Thompson's Diabetes Support Group:** North Peoria Church of Christ Multi Purpose Building - 2247 N. Peoria, Tulsa. Contact Ree Kaplan 599-5218 or pager 643-6974.  
Meets the 3<sup>rd</sup> Thursday of every month, 7:00p.m.

**OU Physicians Support Group:** Contact Anna Belle Shores at 918-425-3265. Meets at Nathan Hale Library, 23<sup>rd</sup> & Sheridan, Tulsa, the 1<sup>st</sup> Tuesday of every month, 7:00 p.m.  
Meetings may stop in December 2005. Call first.

**Tulsa Regional Medical Center Support Group:** 4<sup>th</sup> Tues of each month, 12 noon.  
744 W. St., TRMC, 7-East Classroom. Call 599-5946.

**Rogers County Diabetes Support Group:** Health Department, 2664 North Hwy 88, Claremore, the 3<sup>rd</sup> Friday of each month @ 1:30 p.m. Contact Doris Butler 918-341-6964.

**Pump Support Group:** Call 918-744-2444. Meets quarterly, various locations.

**TAGS – Tulsa Amputee Group Support:** meets at 1819 East 19<sup>th</sup> Street, Tulsa, OK 74104 in the Annex Room of the Annex Room Health Plaza (affiliated with St. John Hospital). Call 918-744-0123 for information. Meets 1<sup>st</sup> Monday of every month except holidays, 7:00 p.m. Also log on to website [www.nationalamputation.org](http://www.nationalamputation.org) for more information.

### Resources for Medication Assistance

⇒ **Bristol-Myers Squibb Patient Assistance Foundation, Inc.**  
P.O. Box 52112, Phoenix, AZ 85072-2112. Call 1-800-736-0003 for an application. Acceptance for enrollment is based on reported monthly income.

