

# ACCESS MUSKOGEE

Fall 2025



## In this issue:

- Muskogee Rural Health Network
- Preventing Substance Abuse
- Telemedicine at Saint Francis
- Fighting the Flu
- Dementia Prevention
- Muskogee County Resources

Celebrating the people and places of Muskogee County



# MUSKOGEE CAN

## Community Anti-Drug Network

### Who is Muskogee CAN?

The Muskogee Community Anti-Drug Network (Muskogee CAN) Coalition is a program of Neighbors Building Neighborhoods, Inc.

The purpose of Muskogee CAN is to prevent substance abuse in Muskogee and Muskogee County before it ever begins. Muskogee CAN collaborates with many parts of our community—parents, schools, employers, community leaders, and media to help our community take a stand against substance abuse. We are dedicated to providing our members and the community with news, insight, and possibilities.

### What does Muskogee CAN Do?

### Why should I Join?

Muskogee CAN is looking for passionate parents and community members dedicated to building a safe, drug-free community through impactful prevention education. By participating in community outreach events and helping distribute valuable resources, you can make a real difference in the lives of others and create lasting positive change in your own community. Join us in the mission to protect and empower future generations!

### How can I get involved?

Muskogee CAN meets once per quarter at Neighbors Building Neighborhoods, 207 N. 2nd St., Muskogee, OK 74401. Please check website for the current meeting schedule.

### Where do I go for more info?

Website:



Facebook:



Email: [prevention@nbn-nrc.org](mailto:prevention@nbn-nrc.org)

Call: 918.683.4600





# A Few Ounces of Prevention

In the words of Benjamin Franklin, “An ounce of prevention is better than a pound of cure.” That wisdom is at the heart of this issue of Access Muskogee. Prevention isn’t only about avoiding illness—it’s about building stronger systems, healthier habits, and more connected communities before problems take root.

In these pages, you’ll find stories that show prevention in action across Muskogee County. From the work of the Muskogee Rural Health Network to ways we can reduce the risk of dementia, prevention is shaping the way we think about health and quality of life. You’ll also learn how telemedicine is expanding access to care, why flu shots and good hygiene matter more than ever, and how

Neighbors Building Neighborhoods is helping youth and families make positive choices.

What ties these stories together is a shared belief: prevention is not a single step but a community effort. It’s clinics embracing new technology, organizations strengthening families, and individuals taking small actions that add up to lasting change.

Our goal remains the same—to make it easier for Muskogee County residents to find, understand, and use the resources that can make a real difference in their lives. This magazine belongs to the community it represents, and we’re proud to highlight the work happening right here at home.

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## Celebrating the People and Places of Muskogee County

**Cover art: Kingfisher Mural at Neighbors Building Neighborhoods, a Muskogee community art project by local artist Leah Payne in 2024.**

### Access Muskogee Partners

- Saint Francis Health System Muskogee
- Neighbors Building Neighborhoods
- Muskogee County Health Department
- Muskogee Transit Authority
- City of Muskogee Foundation
- OSU Extension High Obesity Program
- Eastern Oklahoma Library Systems

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# A Coalition of Care: the Muskogee Rural Health Network

**By Daniel Ortiz**

You can see the spirit of the frontier permeate throughout the everyday lives of Oklahomans. The independence, self-reliance, and fearlessness that served their forefathers remain to this day. Coalitions reflect this same spirit of resilience. They are conceived because some challenges are systemic and require collective action.

One coalition making strides toward addressing the problems faced by rural Oklahomans is the Muskogee Rural Health Network (MRHN). Kim Walton, the Executive Director of Patient Care Services at St. Francis Hospital Muskogee, came up with the idea for a health network because she saw a need that wasn't being properly addressed, and she had partnerships with community organizations working to meet that need. The primary problem being targeted by the MRHN is

Muskogee residents' poor health outcomes. Muskogee County residents have shorter lifespans, higher rates of adult obesity and diabetes, and higher rates of food insecurity compared to Oklahoma and U.S. averages, according to CDC data.

Kim describes the way MRHN plans to address these factors: to improve the coordination of health care, to facilitate referrals among network members, to make it easier to share health data, and to coordinate community messaging. In addition to the hospital, other members of the Muskogee Rural Health Network include the Muskogee County Health Department, Neighbors Building Neighborhoods (NBN), DispatchHealth, the Eastern Oklahoma Development District (EODD), Muskogee County EMS, Muskogee County Transit, Green Country Behavioral Health, and the Kelly B. Todd Cerebral Palsy and Neuro-Muscular Foundation.

The Muskogee County Health Department's vision is to improve rural health by focusing on promoting good health practices, disease and injury prevention, and the fostering of a healthy environment. This aligns seamlessly with the focus of the Muskogee Rural Health Network. Similarly, Neighbors Building Neighborhoods supports the goals of the MRHN through organized support, substance abuse prevention, and the publication of Access Muskogee.

The 2025 Community Health Needs Assessment completed by St. Francis Hospital Muskogee revealed access to transportation to be a fundamental problem for those living in Muskogee. DispatchHealth brings "medical care to your house when you need it," thereby reducing the burden of travel and

expanding the number of residents who can receive urgent care services. The Eastern Oklahoma Development District is a "voluntary association comprised of local governments" which not only works to reduce transportation barriers through the Mobility Management program, but also addresses economic growth, resources for aging community members, and Rural Fire Defense. Muskogee County Emergency Medical Services strives "to be the leader in pre-hospital care through service and education" and provides life-saving care and transportation. Muskogee County Transit is yet another partner of the MRHN who addresses transportation barriers by providing affordable options for reliable transportation.

Facilitating access to health care was another priority identified by the most recent St. Francis Community Health Needs Assessment. Green Country Behavioral Health provides mental health services for many who otherwise wouldn't have access to those resources. It is clear Muskogee community members need behavioral health services, illustrated by the high number of poor mental health days in the previous month, compared to rates of Oklahoma or



**Members of the Muskogee Rural Health Network tour the new tower expansion at Saint Francis Hospital Muskogee, which is planned to open in December.**

the United States, according to CDC data. Kelly B. Todd is a nonprofit which has "helped thousands of special needs children throughout Eastern Oklahoma with challenges in motor, communication, and adaptive skills." By providing highly specialized therapeutic services to children at no cost, Kelly B. Todd expands health access and eliminates one of the most common challenges to obtaining health care: medical bills.

The efforts of the MRHN have led to several successes. Case managers at St. Francis Hospital Muskogee now refer patients to the Pregnancy Resource Navigator program at the Muskogee County Health Department. Grant funds were secured to support a substance abuse navigator employed by Green Country, who reviews hospital overdose data and classifies cases as intentional or unintentional. Muskogee County Transit has expanded routes, improved communication, and formed agreements to strengthen health care transportation. In addition, more events have been held in collaboration with partners to promote health education on stroke, cardiac care, blood pressure management, and prenatal care. Much has already been accomplished, but much more remains. The MRHN is prepared to meet that work head-on, just as Oklahomans always have.



By Jesse Thomas

Substance misuse is not just an individual problem—it's a community problem. From youth experimenting with alcohol or vaping to adults facing the risks of prescription drug misuse, these challenges touch families, schools, workplaces, and neighborhoods across Muskogee County. That's why Neighbors Building Neighborhoods (NBN) has made prevention a cornerstone of its mission. By combining local data, education, and grassroots action, NBN works to stop substance misuse before it starts. NBN partners with organizations like the Oklahoma Regional Epidemiology Outcomes Workgroup/Community Data Workgroup (REOW/CDW) and the Oklahoma State/Tribal Epidemiology Outcomes Workgroup (STEOW) to track and understand patterns of alcohol, tobacco, and drug use across our state.

## Programs with Impact

Through multiple programs, NBN reaches youth and families across Muskogee and surrounding counties. Together, these programs connect schools, law enforcement, nonprofits, and families in the fight against substance misuse:

- **Drug Free Communities (DFC)** – Serving Muskogee County by building capacity among coalitions to reduce youth substance use.
- **Strategic Prevention Partnerships for Prescription Drugs (SPFRx)** – Providing opioid-focused prevention education, resources, and support for communities, law enforcement, and healthcare providers in Muskogee, McIntosh, Pittsburg, and Haskell Counties.
- **Partnerships for Success (PFS) Communities** – Supporting schools in Muskogee and Wagoner Counties with targeted prevention strategies.
- **Community Based Prevention Services (CBPS)** – Expanding state-funded prevention programs in McIntosh, Muskogee, and Pittsburg Counties.

## Medication Safety: A Simple Step That Saves Lives

One key focus of NBN's prevention work is safe medication use. Prescription drugs, while essential for healing, can become dangerous if misused or left unsecured. NBN encourages

families to use, store, and dispose of medications responsibly.

- **Use Safely:** Always take prescriptions exactly as directed. Never save expired or unused pills “just in case.”
- **Store Securely:** Lock up medications to keep them out of reach of children, pets, and visitors. NBN provides free prescription lockboxes to make this easier.
- **Dispose Properly:** Drop off unused or expired medications at local medication drop boxes.

When prevention fails and overdose happens, quick action is critical. Naloxone is a medication that can reverse an opioid overdose in just minutes by restoring breathing. It's safe, non-addictive, and designed for anyone to use—even bystanders.

- Administered through a nasal spray, it can be given as soon as an overdose is suspected.
- If there's no response within one minute, a second dose can be administered, switching nostrils.
- After giving naloxone, it's important to place the person in the recovery position and call for emergency help.

As the local Naloxone hub, NBN provides overdose kits and training for anyone in the community. With nearly 40% of overdoses occurring when another person is present, equipping more people with naloxone means more lives can be saved.

## A Community Effort

Prevention is not the work of one organization alone. It takes schools that teach resilience, parents who set boundaries, doctors who screen patients, law enforcement that promotes safety, and coalitions that unite these voices. Neighbors Building Neighborhoods is proud to serve as a convener, trainer, and resource provider in this effort.

By locking up medications, learning to recognize the signs of overdose, keeping naloxone on hand, and talking openly with youth, each of us can play a role in building a healthier, safer Muskogee. For more information about prevention programs—or to request a free prescription lockbox or naloxone kit—contact Neighbors Building Neighborhoods today. Together, we can stop substance misuse before it starts.

## Medication Drop Box Locations

*Safely dispose of unused or expired prescriptions at these community sites:*

- Muskogee Police Department  
112 S. Third St., Muskogee
- Muskogee County Sheriff's Office  
220 State St., Muskogee
- Jack C. Montgomery VA Medical Center  
1011 Honor Heights Dr., Muskogee
- Fort Gibson Police Department  
200 W. Poplar St., Fort Gibson
- Economy Pharmacy (East)  
412 N. York St., Muskogee
- Economy Pharmacy (West)  
3414 W. Okmulgee Ave., Muskogee
- Valu-Med Pharmacy  
1201 S. Lee St., Fort Gibson



**Fort Gibson Medication Drop Box**

# TELEMEDICINE

## Bringing Care Closer to Home

By Jesse Thomas

For decades, the idea of seeing a doctor through a screen faced skepticism. Health care had always been in-person. How could a provider deliver quality care without being in the same room? That mindset shifted dramatically during the COVID-19 pandemic, when safety, access, and urgency collided on a global scale. Suddenly, telemedicine was not a convenience but a necessity.

Saint Francis Health System was ahead of the curve. With virtual systems already in place, its providers were able to transition more smoothly than many hospitals nationwide. What began as an emergency response quickly grew into a lasting part of modern health care. Today, every provider at Saint Francis and Warren Clinics has the capability to see patients virtually.

### How Virtual Visits Work

Patients can schedule a telehealth appointment online or by phone, provided their provider determines it is appropriate. While certain visits—such as initial consultations or appointments requiring specialized instruments—still require an in-person exam, many follow-up visits can be conducted virtually. This flexibility not only saves time but also makes it easier for patients to maintain consistent care.

### Telemedicine Inside the Hospital

The benefits of virtual care extend beyond the clinic. In emergency departments, Saint Francis providers connect with virtual neurologists who can evaluate stroke patients in real time. These remote specialists help guide immediate decisions—whether to run tests, begin treatments, or prepare a patient for surgery—thereby saving critical minutes.

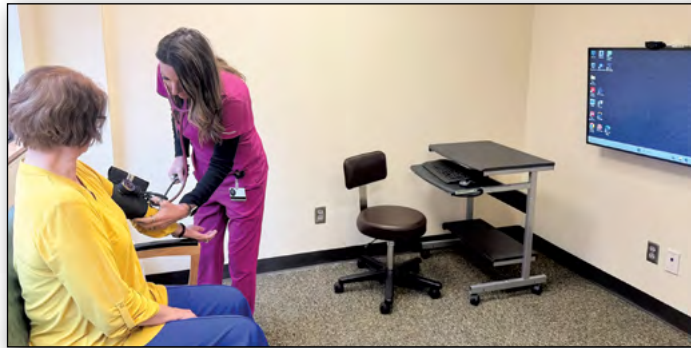
Virtual nursing is another innovation. Physical nurses remain on the floor to check vitals and provide hands-on care, while virtual nurses handle digital tasks such as updating patient records or ordering tests. This division of labor means physical nurses can focus more fully on patients at the bedside.

### Extending Access to Specialists

One of the most transformative impacts of telemedicine is access to specialists. In many parts of Oklahoma, patients must drive hours to see the nearest specialist. Now, telehealth makes it possible to meet with a diabetic specialist, psychiatrist, or primary care provider from the comfort of home. This is especially beneficial for patients in rural areas where specialist care has historically been limited.

### Rural Connections: Clinic-to-Clinic

Recognizing that not all patients have reliable internet or



**A patient in McAlester has their vitals taken before a Clinic-to-Clinic virtual visit.**

the skills to navigate telehealth platforms, Saint Francis launched a pilot Clinic-to-Clinic program for endocrinology patients in McAlester in 2025. Patients can visit their local Warren Clinic, where staff assist with the technology and downloading glucose monitors. This setup allows patients to have a thorough virtual visit with a distant specialist without leaving their community. Expansion of the Clinic-to-Clinic program for other specialties and other rural communities like Muskogee is being considered.

### Care Coordination and Chronic Conditions

Telemedicine also strengthens care for high-risk and managed populations. Care coordination teams can check in with Medicare patients or those with chronic conditions by phone or video. Providers can review medications, conduct basic assessments, and monitor progress without requiring patients to travel.

Virtual visits offer peace of mind for patients with contagious illnesses. Instead of risking exposure in a waiting room, patients can consult a provider from home. Through the MyChart platform, they can submit updates, request medication refills, or receive guidance on next steps. With many pharmacies now offering home delivery, patients may be able to complete their entire cycle of care without leaving home.

### 24/7 Virtual Urgent Care

For non-emergency needs, Saint Francis offers a virtual urgent care line available around the clock, every day of the year. Whether it's late-night guidance for a child's fever or advice for managing a known condition, patients can connect with a provider without visiting the ER. This service is available statewide, both to existing Saint Francis patients and the general public.

### The Future of Patient-Centered Care

What began as an emergency measure during COVID has become a cornerstone of patient-centered care. Telemedicine reduces barriers, extends access, and offers safe, efficient alternatives to in-person visits. For Saint Francis, it's not just about keeping up with technology—it's about ensuring that patients, whether in Tulsa or in rural Oklahoma, can get the right care at the right time.

Saint Francis isn't the only health care provider utilizing telemedicine and virtual care. Primary care physicians, psychiatrists and therapists, and clinicians across the country make use of telehealth services. Your own doctor's office may as well—if needed, ask your local clinic if virtual visits are an option for you.

# Fighting the Flu

## Prevention Begins with a Simple Shot

By Haley Frix

As cooler weather returns each fall, so does flu season. Influenza can spread quickly, disrupting daily life and placing serious strain on families, schools, and healthcare systems. Fortunately, one of the most effective tools against the flu is also one of the simplest: an annual flu shot. In Muskogee County, community partners have worked for decades to make vaccination accessible and convenient for everyone.

### A Community Tradition

Each October, Muskogee residents come together for **Boo on the Flu**, a drive-through vaccination event at Honor Heights Park. For more than 20 years, the Muskogee Medical Foundation has provided free flu shots with no appointment required. Since its launch in 1993, the event has protected tens of thousands of residents by addressing the barriers that often prevent people from getting vaccinated, such as cost and transportation.

This year's event will be held on October 31st.

*"One shot protects not only you, but your whole community."*

### Accessible Options across the County

Flu vaccination is available beyond this annual event. Many pharmacies and medical clinics throughout Muskogee County provide flu shots at little to no cost, and many accept most insurance providers. For individuals who are homebound or have limited transportation, Muskogee County EMS offers an in-home vaccination service. Medicare beneficiaries are covered, while others may pay the current seasonal rate.

### Why Vaccination Matters

#### ● *Protect Yourself and Loved Ones*

Young children, older adults, pregnant individuals, and those with chronic health conditions face the highest risk from flu-related complications. Vaccination lowers this risk significantly.

#### ● *Protect the Community*

Each vaccinated person helps limit the spread of flu, safeguarding those who cannot receive the vaccine themselves for reasons such as compromised immune systems or allergic reactions.

#### ● *Prevent Complications*

The vaccine reduces the likelihood of hospitalization, extended recovery, and missed work or school.

#### ● *Annual Protection*

Because flu strains change each year, annual vaccination is necessary. The CDC recommends receiving the vaccine by the end of October, though later vaccination still provides important protection.

### Prevention in Action

The Oklahoma State Department of Health emphasizes that prevention is the strongest defense against seasonal flu. In Muskogee County, community partners are committed to ensuring that every resident has access to vaccination, regardless of cost, transportation, or mobility challenges.

This fall, consider making flu vaccination part of your prevention plan. The shot is safe, quick, and often free. Most importantly, it protects not only you, but your family, neighbors, and the broader Muskogee community.

*"A few minutes today can prevent weeks of illness tomorrow."*

## Where to Get a Flu Shot in Muskogee County

#### ● *Boo on the Flu*

October at Honor Heights Park (drive-through event, free, no appointment required).

#### ● *Local Pharmacies and Clinics*

Many locations provide flu shots at little to no cost. Call ahead to confirm availability.

#### ● *Muskogee County EMS Homebound Service*

Flu shots delivered directly to residents unable to travel. Covered by Medicare; others may pay the seasonal rate. Call Muskogee County EMS for details.

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

U.S. Centers for Disease Control and Prevention

# HELPING OKLAHOMANS REDUCE DEMENTIA RISK

By Jacob Guinan

We know that as we get older, we experience many changes to our bodies and minds which are normal and expected. However, for some—including over 70,000 Oklahomans—cognitive changes go beyond normal aging and develop into Alzheimer's disease or another form of dementia.

Alzheimer's is devastating both for the individual suffering from it and their whole family, and we all want to keep our brains as healthy as possible as we age. While there is not yet a definitive way to prevent Alzheimer's disease, research is teaching us there are things we can all do to reduce our risk of developing dementia and improve our brain health.

## What We Can Do

Nearly half (45%) of dementia cases worldwide could be prevented or delayed by addressing modifiable risk factors. Research has shown that the health of our brain is strongly connected to the health of the rest of our bodies, particularly our hearts. The brain needs a lot of blood flow and oxygen to work properly. Avoiding and addressing conditions that affect our cardiovascular health, such as high blood pressure, high cholesterol, and diabetes, can help lower risk for cognitive decline.

Making healthy lifestyle changes, such as adopting a healthy diet, exercising, and avoiding smoking/excess alcohol, can help ensure our brains get everything they need to stay as healthy as possible. Taking care of ourselves in other ways, such as making sure we stay connected to our loved ones and the outside world, can help us lower our risk of cognitive decline as well.

## Health and Wellness Education Programs to Reduce Dementia Risk

### Diabetes Programs

- National Diabetes Prevention Program (DPP): An evidence-based lifestyle program for people with prediabetes or at risk for type 2 diabetes.

- Diabetes Self-Management Education (DSME): Helps people with diabetes live healthier, longer lives.

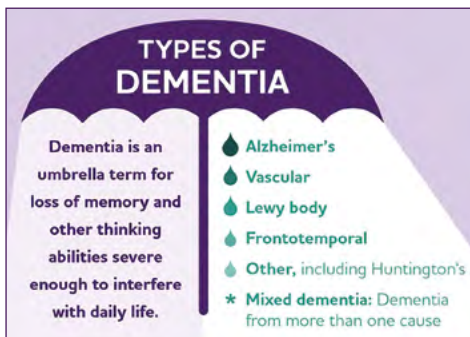
Both programs are available through the Oklahoma State Department of Health (OSDH) website. Visit [oklahoma.gov/health/diabetes](http://oklahoma.gov/health/diabetes) for more information.

### Heart Health

- Healthy Heart Ambassador: A four-month, community-based program for adults with high blood pressure or taking medication for it. Classes are available statewide through OSDH and its partners.

## Physical Activity for Older Adults

Programs such as Tai Chi, Staying Active and Independent



Alzheimer's Association

for Life (SAIL), and Walk With Ease support balance, overall wellbeing, and may reduce cognitive decline. These classes are offered through OSDH and OU Health's community education programs. Visit [www.ouhealth.com/events-calendar/](http://www.ouhealth.com/events-calendar/) for more information.

## Social Engagement & Cognitive Stimulation

*OLLI (Osher Lifelong Learning Institute)*

- At Oklahoma State University: Offered online and in person in Oklahoma City, Tulsa, Stillwater, and Bartlesville. Visit [education.okstate.edu/outreach/osher-lifelong-learning-institute](http://education.okstate.edu/outreach/osher-lifelong-learning-institute) for information.

- At the University of Oklahoma: In-person classes on the Norman campus. Visit [ou.edu/pacs/olli/olli-at-ou-programs](http://ou.edu/pacs/olli/olli-at-ou-programs) for information.

## Libraries

Local libraries across Oklahoma provide programs that encourage social connection, continuing education, and lifelong learning. Find your local library at [oklahoma.gov/libraries/librarians/library-systems-maps](http://oklahoma.gov/libraries/librarians/library-systems-maps).

## Learn More about Dementia Risk Reduction

### Oklahoma Healthy Brain Initiative

The Oklahoma Healthy Brain Program promotes brain health, addresses cognitive impairment, and addresses the needs of caregivers. We are focused on the improvement of early detection and diagnosis, increased awareness and education, risk reduction and prevention of comorbidities, and to prevent hospitalizations. If you have questions, you can contact us by email at [healthybrain@health.ok.gov](mailto:healthybrain@health.ok.gov).

To learn more about dementia risk reduction and support available for dementia caregivers in Oklahoma, visit the Oklahoma Healthy Brain Initiative website at:

[Oklahoma.gov/health/healthybrain](http://Oklahoma.gov/health/healthybrain).

## Alzheimer's Association

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia—by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

You can reach out to the Alzheimer's Association for support by calling their 24/7 Helpline at:

- 800-272-3900.

You can learn more about the association at [alz.org](http://alz.org).

Visit the links below for their webpages on brain health and dementia caregiving.

- [https://www.alz.org/help-support/brain\\_health/10-healthy-habits-for-your-brain](https://www.alz.org/help-support/brain_health/10-healthy-habits-for-your-brain)

- <https://www.alz.org/help-support/caregiving>

# Muskogee County Resources

## Recursos del Condado de Muskogee

### FOOD & NUTRITION (Alimentación y Nutrición)

#### FOOD PANTRIES (DESPENSAS DE ALIMENTOS)

**First Assembly of God.**

3100 Gulick St.,  
Mon-Fri 9 am-12 pm, Tues, Wed, Fri 1-4 pm.

**Faith Love Baptist Church.**

1208 Tamaroa St.,  
Wed 4-5:30 pm by request. Sun 12:30-1 pm.

**Muskogee Community Food Pantry.**

601 E Broadway St.,  
Mon-Wed 1-2 pm. Thurs 3-4 pm, 4-6 pm.

**Community First Center.**

8th & Boston, Tues 10 am-12 pm.

**Joseph's Storehouse.**

615 S Main, Sat 10 am-1 pm.

**Muskogee Catholic Charities.**

1220 W Broadway, Mon-Fri 9 am-12 pm.

**The Salvation Army.**

700 Independence Ave., Mon-Thurs 9 am-12 pm, 1-4 pm.

**Eastern Heights Baptist Church.**

2401 Haskell Blvd, Sat 11 am-2 pm.  
Closed first Saturday of the month

**Freedom Ministries.**

2411 W Okmulgee.  
2nd and 4th Thursday of the month, 6-8 pm

#### MEALS

(COMIDAS)

**Gospel Rescue Mission.**

326 S Second St., Sack lunches available  
Mon-Fri from 12-12:30 pm.

**Muskogee Creek Nation.**

111 S Virginia St., 55+ Tribal residents.

**EODD (Senior) Nutrition Sites in Muskogee County:**

*Fort Gibson Site*, 790 S Lee, Fort Gibson, 918-230-6683.

*Muskogee Site*, 2130 W. Okmulgee, 918-231-5297.

*Honor Heights Site*, 300 N 40th St., 918-687-5232.

#### OTHER FOOD RESOURCES

(OTROS RECURSOS ALIMENTARIOS)

**Community Gardens.**

To request information about plots:

*Chandler Road*, 1900 Chandler Rd. (at T Street)  
Parks & Recreation 918-684-6302 ext.1470.

*Civitan Park* 3301 Gibson St., Civitan Club, 918-682-4957.

*Grace Episcopal Church,*

Corner of North 7th and Court Streets, 918-687-5416.

*MLK Community Center*

300 W Martin Luther King St., 918-684-6314.

*Muskogee Teen Center*, 322 Callahan St., 918-684-6345.

*Spaulding Park*, corner of Spaulding & Cincinnati,  
Parks & Recreation, 918-684-6302 ext.1470.

**Double Up OK. EBT @ Farmers' Market.**

Tues 4-7 pm (May-Sept), Sat 8 am-12 pm (Apr-Oct).

### TRANSPORTATION (Transporte)

**Muskogee County Transit.**

[muskogeecountytransit.org](http://muskogeecountytransit.org), 918-682-1721.

**Sooner Ride.**

Scheduling 877-404-4500, TDD 800-722-0353.

**Angel Flight.** 12345 E. Skelly Dr., Tulsa, OK 74128

Phone: 918-749-8992.

### SHELTER & HOUSING (Refugio y Vivienda)

#### SHELTERS

(REFUGIOS)

**Gospel Rescue Mission.** 323 Callahan St.,  
Mon-Fri. Up to 2 weeks unless arrangement.

**Women in Safe Homes (WISH).**

Domestic violence emergencies, 918-682-7879.

#### HOUSING ASSISTANCE

(ASISTENCIA DE VIVIENDA)

**Muskogee Housing Authority.**

918-910-5489, [www.muskogeehousing.org/](http://www.muskogeehousing.org/).

**Habitat for Humanity.**

918-478-0074, <https://www.muskogeehabitat.org/>.

**KIBOIS Community Action.**

315 N 5th St, 918-967-3325., Once/year rent/utilities help.

**KIBOIS Community Action Emergency Housing Vouchers.**

315 N 5th St., 918-684-7258

**KIBOIS Support Services for Veteran Families.**

<https://www.kibois.org/ssvf>, 918-681-7525.

**Red Cross Disaster housing assistance.**

566 N 6th St, 918-682-1366.

**Eldercare Locator.**

1-800-677-1116, [www.eldercare.acl.gov](http://www.eldercare.acl.gov).

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# Muskogee County Resources

## Recursos del Condado de Muskogee

### HEALTHCARE & MEDICAL (Asistencia Sanitaria y Médica)

#### GENERAL (GENERAL)

**Arkansas Verdigris Valley Health Center.**  
East: 918-682-0222. West: 918-912-2333.

**Good Shepherd Free Health Clinic of Muskogee.**  
2130 W Okmulgee, 918-683-8080.

**NeoHealth – Muskogee.**  
922 N York St., 918-683-0470.

**Muskogee County Health Department.**  
530 S 34th St., 918-683-0321.

**Three Rivers Health Center (Tribal).**  
1001 S 41st, 918-781-6500.

**Kelly B. Todd Cerebral Palsy and Neuromuscular Center.**  
1111 N 36th, 918-683-4621.

### MENTAL HEALTH COUNSELING & CRISIS (Consejería y Crisis en Salud Mental)

#### COUNSELING (CONSEJERÍA EN SALUD MENTAL)

**Creoks Behavioral Health Services.**  
1139 N Main St., 918-687-7064.

**Green Country Behavioral Health Services.**  
619 N Main St., 918-682-8407.

**Integrity Pathways.**  
814 W Okmulgee Ave., 918-682-9292.

**MCCOYS.**  
4009 Eufaula Ave., 918-682-2841.

**Monarch Behavioral Health (Outpatient).**  
2400 W Broadway, 918-682-7210. monarchok.org/request-services

**Oklahoma Families First – Muskogee.**  
928 N. York, Suite 44, 918-686-5588.

#### CRISIS (CRISIS EN SALUD MENTAL)

**Green Country Crisis Stabilization.**  
24/hr. 918-682-8407.

**Saint Francis Geriatric Acute Crisis Stabilization/Inpatient Care.**  
918-488-6688. (Seniors)

**Willow Crest. 24/hr.**  
800-950-7577, ages 5-17. (Children)

**National Suicide Prevention Lifeline.**  
1-800-784-2333.

**National Suicide Prevention Hotline.**  
1-800-273-8255.

**Oklahoma Department of Mental Health Hotline.**  
1-800-522-9054.

**National Youth Crisis Hotline.**  
1-800-448-4663.

**National Youth Crisis Text Line.**  
Text TALK to 741741 24/7.

**National Native Youth Crisis Text Line.**  
Text NATIVE to 741741 24/7. (Tribal)

**TXT 4 HELP (Youth).**  
Text 'safe' w/ location to 4HELP (44357) to connect with a Safe Place.

**Student Assistance by Mercy (SAM).**  
Mental health for college students.  
1-855-225-2726.

**Reach Out Mental Health Hotline.**  
1-800-522-9054.

### EDUCATION (Educación)

**Bridges Out of Poverty.**  
1503 W Broadway, Muskogee. 918-840-5331.

**Muskogee Public Library.**  
891 W Okmulgee, 918-682-6657.  
GED, US citizenship, tutoring.

**Ark of Faith.**  
429 E Broadway, Classes: guitar, deaf signing, anger management.

### ABUSE & ADDICTION (Abuso y Adicción)

**24/7 Suicide & Crisis Lifeline.**  
9-8-8.

**24/7 Treatment Assistance Hotline**  
1-866-335-7377.

**Green Country Behavioral Health Services.**  
619 N Main St., 918-682-8407.

**Gospel Rescue Mission.**  
326 S Second St., Tues-Thurs 8 am-4 pm.

**Monarch Substance Abuse (Outpatient).**  
2400 W Broadway, 918-682-7210.  
monarchok.org/request-services

**Monarch Substance Abuse (Inpatient).**  
By referral.  
Visit monarchok.org/request-services.

**Rays House.**  
3991 Peak Blvd., 918-706-0883



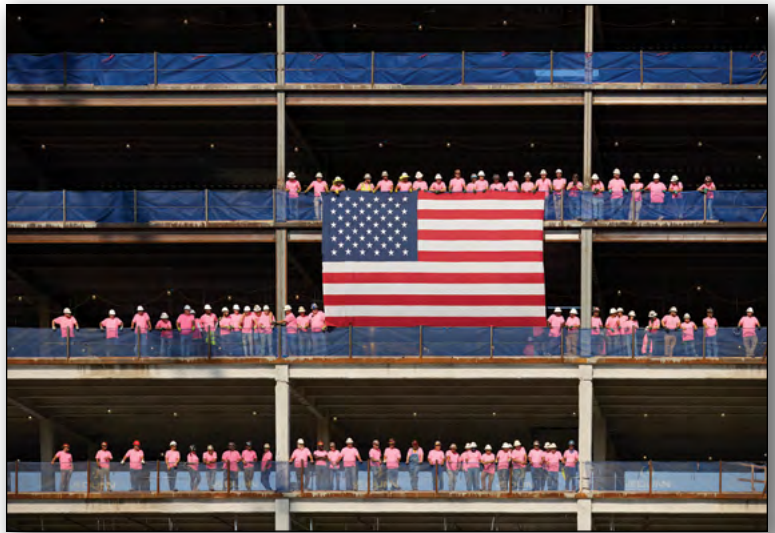
## Saint Francis Hospital Muskogee Expansion: **Making Health a Priority in Rural Oklahoma**

As part of the Saint Francis Hospital Muskogee commitment to putting health first in rural Oklahoma, we are thrilled that the expanded Saint Francis Hospital Muskogee will open in December.

With patient rooms up to 47% larger than existing rooms, this construction will help ensure Muskogee remains an excellent place to receive care and work in healthcare.

### The tower will feature:

- New critical care units
- Larger staff support area
- New ground floor entrance
- New expanded chapel
- Expanded admission testing and admitting area
- Surgery family waiting area with consult rooms
- Dedicated infection isolation rooms, with anterooms
- Designed for pandemic preparedness
- Additional space for future growth



For those who visited when the entrance was on a hill, one of the key features for patients and visitors will be a new entrance that will enable visitors to park closer to the door and have safer, easier access.

We look forward to serving our neighbors at this modern and expanded facility!



Neighbors Building Neighborhoods Nonprofit  
Resource Center  
207 North Second Street  
Muskogee, OK 74401

Non-Profit Org  
ECRWSS  
U.S. Postage  
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Tulsa, OK  
Permit No. 932

## Residential Customer

# CONGRATULATIONS, SAINT FRANCIS HOSPITAL MUSKOGEE!

Saint Francis Hospital Muskogee is honored to be named to the Premier 100 Top Hospitals® list for 2025 and as an Everest Award winner, recognizing the hospital's achieving a top rate of improvement over five years. These recognitions demonstrate our commitment to providing excellence in patient care and dedication to our Christ-centered mission of service.

[SAINTFRANCIS.COM](http://SAINTFRANCIS.COM)



 **Saint Francis**  
*Hospital Muskogee*