



**CREOKS  
is your  
partner in  
healing,  
hope, and  
living well.**

**Contact Us:**

Broken Arrow Clinic  
(918) 355-0993

Catoosa Clinic  
(918) 340-5503

Okemah Clinic  
(918) 623-2922

Okmulgee Clinic  
(918) 756-9250

Sallisaw Clinic  
(918) 775-5513

Sapulpa Clinic  
(918) 227-2016

Stilwell Clinic  
(918) 696-6212

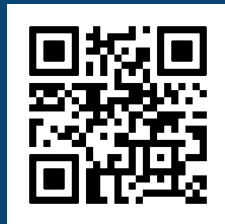
Tahlequah Clinic  
(918) 207-0078

Tulsa-Admin Clinic  
(918) 382-7300

Tulsa-West Clinic  
(918) 347-2003

Wagoner Clinic  
(918) 485-0242

Learn More



CREOKS Health Services promotes and improves lives of the individuals and families we serve through our commitment to provide comprehensive health, wellness, and social services.



**Living Better, Longer**  
AGING SERVICES

**Aging brings changes, both physical and emotional. At CREOKS, we believe you shouldn't have to navigate those changes alone. We are here to provide a helping hand and professional care through:**

**In-Clinic:** Visit us at one of our multiple welcoming locations in Oklahoma.

**At Home:** When possible, we can bring our services directly to your front door.

**Virtually:** If you have a smartphone, iPad or computer, you can speak with us from the comfort of your favorite armchair.

**Family Medical & Pharmacy:** In Tulsa, we provide primary care and medication delivery.

## For Adults 50 & Over

There are common challenges and achievable goals related to aging. We are here to help you in the following areas:

Regain strength and physical abilities

Learn strategies to optimize health

Improve concentration and memory

Reconnect with others and rebuild a sense of community

Increase joy and overall well-being

Find meaning after loss, role changes, or retirement

Reduce worry about current circumstances and the future

Find alternatives to alcohol or substance use

Work through any difficult childhood memories

Adjust to changing family needs, such as care giving or needing care



**A simple conversation can be a great place to start.**

### CREOKS Services

**Someone To Listen:** One-on-one therapeutic support to help with worries or life changes.

**Join a Group:** Meet people, share ideas, and learn something new in person or on your smartphone, iPad, or computer.

**Medicine Reviews:** A professional check-up to see if medication might help you feel better.

**Help With Local Services:** We connect you with community programs and resources.

**Nursing Support:** Nurse care management for medical support options.

**Caregiver Support:** Emotional help & a listening ear for those caring for loved ones.



**87% of older adults feel comfortable discussing feelings and well-being.**