

Ardmore

Guide

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WELCOME SPRING

FT. SO WORTH IT

OUT WITH THE OLD -
IN WITH THE NEW

TEXAS-TULIPS

ON TRACK WITH AMTRAK

MAGNIFICENT METEORA —
THE MIRACLE OF GREECE

ARDMORE - CITY BY
THE LAKE

DISPELLING THE STIGMA —
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LETTER FROM THE PUBLISHERS



The majority of us embrace the warmer climate that spring promises. The cold winters in our region appear to have made room for a resurgence of the natural world. Trees bud, vibrant flowers bloom, and wildlife such as ducks and turtles start to emerge during this season.

We are fortunate to have a wealth of cost-effective springtime events, activities, and places to visit in and around Ardmore. Ardmore's downtown is alive with dining and shopping. Simply perusing the stores on Historic Main Street is a great way to pass a beautiful spring afternoon. You'll undoubtedly find a small item for yourself or a thoughtful present for a friend.

Leisure and nature are great ways to connect with friends and family in our local area. Ardmore Parks and Recreation offers a vast amount of exciting and free or affordable events all spring. We are fortunate to have access to such a comprehensive program.

Join friends at The Goddard Center for a range of entertaining events to round off your week. Enjoy the renovated, cutting-edge facility that has revolutionized our community. For a more personal experience, check out the amazing music lineup at Marvin's Place on Friday nights. The art gallery on Main Street offers good vibes for music lovers to kick off your weekend.

How lucky we are to have the immaculate Lake Murray just in our backyard, which makes it the ideal weekend getaway spot. Take a leisurely kayak ride, go boating, or just relax in the sun while floating on the crystal-clear water.

Take a short journey north for a day adventure out of town. The family can hike and bike in the stunning Arbuckle Mountains or go on the wild side to Arbuckle Wilderness Park to see and feed a variety of animals. Gainesville, a short drive to the south, is home to the Frank Buck Zoo.

We sincerely hope that every one of our readers finds Ardmore's lifestyle as enjoyable as we do. Please remember to support your small businesses in Ardmore and the surrounding areas, because they are the first to support your area's organizations.

As always, we thank our advertisers. Without them, we would not be able to share all of the area events and activities with our readers. May a spring be in your step and happiness in your heart!

Jodie & David Prickett
PUBLISHERS

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OIC Raises Mental Health
and Counseling Awareness

ON THE COVER

Texas-Tulips in Pilot Point is a charming, family-owned flower farm that brings a touch of Holland to North Texas. Known for its vibrant, sprawling fields of tulips in a variety of colors, this seasonal attraction is perfect for a peaceful stroll or capturing stunning photos.

- Photo by Texas-Tulips

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- 28 Rex "Tex Rex" Emerson



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MARCH

- 6 First Thursdays with Jonathan Ashley White
- 7 Jeff Hobbs
- 14 John Stevens & Darrin Kobetich
- 21 John Walker, Glenda Walker, Jeff Gibbons & Karen Mason
- 28 John Crocker and Mark Osteen

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Spring Cleaning Checklist



Spring is here, and it's time to kick clutter to the curb and give your home a fresh start! Sure, cleaning might not sound thrilling, but with the right attitude (and maybe some loud music), you'll be conquering dust and chaos like a pro in no time.

First things first—make a game plan. Whether you tackle the kitchen first or dive into the bedroom, having a strategy keeps you focused and stops that "Where do I even start?" feeling. And don't forget the power of music—blast your favorite playlist, grab a mop mic, and turn cleaning into your own personal dance party!

Next, declutter like a boss. If you haven't used it in a year, it's time to let it go. Say goodbye to those expired soup cans and that sweater from high school—trust us, you won't miss them. Less clutter means less mess, and that's a win!

Now, let's talk about dust. It's sneaky, settling in places you forgot existed. So, grab a duster and wave it like a magic wand—poof! Cobwebs, gone. Dust bunnies, defeated. Your home will thank you.

And for the ultimate cleaning hack, meet your new best friend: vinegar. This natural powerhouse cleans everything from windows to countertops without the harsh chemicals—or the hefty price tag. Who needs fancy cleaners when you've got this multitasking miracle?

Finally, make it fun! Get the family involved, turn chores into silly challenges, or race to see who can clean the fastest. A little competition makes the whole process way less boring.

With these quick tips, your home will be sparkling in no time. And who knows? You might even find that missing sock or long-lost remote along the way. Happy cleaning!



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FT. SO-WORTH-IT

by Jodie Linton-Prickett

If your plans are behind schedule, don't worry; spring break and long weekends are coming up. You are well-served in Fort Worth. A short drive away can provide you with a romantic retreat, a long weekend for the kids, a quick day trip, or simply a little alone time.

Despite being one of the biggest cities in the US, Fort Worth has a welcoming and approachable vibe. It strikes a powerful balance between culture and fun, history and modernity, and affordability and luxury.

The vicinity surrounding Sundance Square is one of my favorite places to stay. It's simple to park your car, reserve a room at one of the many hotels, and travel around by foot or public transportation. They provide Molly the Trolley, which is enjoyable, practical, and cost-free. It brings you to the majority of the square's attractions and stops in front of the majority of the local hotels. For just \$4.00 per day or \$2.00 one way, you can take the inexpensive Trinity Metro's Orange Line bus to the Stockyards, the Historic Northside, and other attractions. Ride share companies are plentiful, fast and affordable as well.

The Ft. Worth Cattle Drive, Trinity Trails, the Water Garden, Heritage Trails, the Molly Trolley, and numerous other green areas, parks, and activities are all free, so vacations don't have to be costly.

Over the years we have enjoyed several attractions with our friends and family, including the Ft. Worth Zoo, where my youngest son developed a lifelong adoration for elephants. There are over 500 other species of animals to fall in love with there and hands-on learning experiences as well.

The Ft. Worth Stockyards are a must-see and a great place to bring your out-of-state guests that really want to have a truly Texas experience. Once home to cowboys, cattle barons, and, of course, outlaws, today this historic district still celebrates its heritage, and you can still watch the Fort Worth Herd Cattle Drive twice a day, every day, at 11:30 a.m. and 4:00 p.m. for free.

One of my favorite areas in Ft. Worth is the Cultural District home to the Kimbell Art Museum. Its permanent collection boasts some of the greats: Rembrandt, Goya, Monet, Cezanne, Picasso, Velazquez, Bernini, and Matisse, as well as art from all over the world. They have several exhibits each year and events for people of all ages. Throughout the city, there are more than 15 museums covering everything from modern art to aviation, as well as galleries to satisfy every taste.

If you are looking for a romantic weekend, there are several interesting restaurants, clubs, performances, bars, cigar lounges, and my favorite, speakeasies.

Whatever your age, interest, or budget, you can find it in this vibrant city. Although it's only a short drive, the experiences will last a lifetime.





TEXAS-

Enjoy a daycation with a visit to the tulip field at Texas-Tulips, located at 10656 FM 2931 in Pilot Point, Texas. Depending on the weather, you can begin picking tulips in the middle or end of February and continue picking until the end of March or the beginning of April. Follow Texas-Tulips on social media or visit their website for up-to-date information.

There are roughly 100 different types of tulips available overall (early, mid, and late-flowering varieties). Throughout the picking season, varieties become available at different times. Texas-Tulips has an enormous selection of hues and forms, so there is something for everyone. Plan to fall head over heels in love with these gorgeous tulips because they are just too good to resist!



HERE'S HOW IT WORKS:

- On the field, there is a picking basket that you can use to gather your tulips to purchase.
- Create your own gorgeous bouquet of tulips by selecting the ones you wish to buy.
- Bring your tulips to the stand, and they will wrap them up for you in lovely tissue paper and apply a special gel to the stems to keep them fresh until you can bring them home or take them to your next appointment.
- The gel will keep your tulips fresh for the duration of the day, so take them home or enjoy the rest!



STYLING ADVICE

The tulips remain fresh throughout the day, thanks to the gel. After relocating your tulips, give them a quick rinse and submerge them in water. When decorating your home, use your favorite vase. Alternatively, use a bucket to arrange your tulip flowers to display outside on your porch or terrace. Just make sure it's somewhere you can enjoy them!

Fresh tulips, which are available in an array of colors, have an unparalleled springtime feel. Texas-Tulips offer an amazing selection of tulip varieties, some of which are as follows: fringed, parrot-shaped, striped tulips, Texas Gold, Texas Flame, and American Dream.

PICKING TULIPS

What could be better than walking in a field with thousands of tulips and the people you love?

Imagine your children picking tulips for you and your partner, or for their grandparents. Come visit Texas-Tulips and make memories that will last a lifetime! Or perhaps you just want to treat yourself to a bouquet of tulips and enjoy the beautiful surroundings.

Nothing expresses "I love you" more than a stunning bouquet of tulips from Texas-Tulips! They're thoughtful and wonderful gifts for all the people you care about. All your beautiful tulips will be wrapped with love and covered with a special gel to preserve them for as long as possible.

TULIPS



CREATE BEAUTIFUL PICTURES AND WELCOME IN THE SPRING SEASON!

Our expansive property offers a wealth of chances for stunning landscape and portrait photography. It's time to visit Texas-Tulips as soon as spring arrives! Capture stunning, one-of-a-kind photos amid our magnificent tulip varieties. It would be hard to find better pictures anywhere in Texas. The tulips dance in the sunlight as the sun rises over the undulating hills of Texas; row by row, they open up to reflect the brilliant rays of the early morning sun. Many different types of unusual tulips change dramatically in color as the sun rises to its zenith, offering new photo opportunities. You can use the natural illumination angle to hone your photography skills. Alternatively, take some beautiful and treasured pictures to share these fleeting moments with loved ones. Feel free to share these happy memories on Instagram, Twitter, or Facebook, #Texas-Tulips!

HAY MAZE FOR THE KIDS

Texas-Tulips even offers a hay maze set up for your little ones, who might not be quite ready to pick tulips. Children can explore and learn through play in this maze while taking in the fresh air. This allows you some time to enjoy some tranquility while you explore the tulips.



KNOW BEFORE YOU GO

Operating hours / Entrance Fee

- Entrance fee: \$7/person,
- Veterans discount entrance fee: \$10.00/person (includes three tulips) (only during the week on business days)
- Seniors discount entrance+tulips fee: \$10.00/person (includes three tulips) (only during the week on business days)
- Field trips/ large group pricing entrance fee: \$10.00/person (includes three tulips) (only during the week on business days)
- Free entrance for children 12 months and under
- Operating hours: Monday – Sunday, 7 days a week, 10.00am – 8.00pm
- Free parking
- Concessions available (snacks, chips, candy and sodas)
- Professional photographers do not need to make appointments. A day pass will be provided for you when you pay the 25 dollar entrance fee.
- We hold the right to change entrance fees at all times
- Enter at your own risk

U-Pick

- U-pick, \$3.00/stem (tulip flowers will be wrapped in pretty paper and stems will be put in flower gel)
- Picking baskets available on the field

The Field

- There are picnic tables and restrooms
- Dogs are not allowed in our field or in the parking lot/car (for service dogs, please call us)
- Wear appropriate clothing and footwear for the field conditions
- Wheelchairs are only possible when the weather conditions are good. And always under guidance of someone.
- No drones allowed
- Enter at your own risk

On Track With Amtrak

ALL ABOARD THE HEARTLAND FLYER

For a few years I watched the Amtrak passenger train stop in Ardmore and pull away tooting its horn. I thought about going on a train excursion, but I had so many questions. Where did it go? How much would it cost? Was it okay to leave my car in the parking lot for a day or two? Could I bring food on board? I asked around and got a few answers, and then I decided to just go for it. I will try my best to provide answers to these inquiries in this article so you may jump on board with confidence.

Start by downloading the app. The app provided me with a lot of information and the method to buy my tickets because I never happened to notice an Amtrak employee at the station. One thing I've found is that the train, especially on the weekends, is quite popular, so purchasing a ticket at the last minute might not always work out. To ensure that you can travel, make your plans a few days in advance.

When you purchase your ticket, if you have mobility issues, book your seat on the first floor. If you need assistance, check the box when you purchase your ticket. They will ask you to let them know your needs so they can best assist you. They have a wheelchair ramp available to connect the gap between the train and the platform. Anyone who

has physical limitations can get assistance from the very kind and helpful staff.

It is necessary to make bookings if you intend to travel with a dog or cat. The combined weight of the pet plus the carrier is 20 pounds, which is their weight limit.

The cost of tickets appears to be around \$20 for each direction from Ardmore to OKC or Ardmore to Fort Worth. Seniors, members of the armed forces, AAA members, and students do, nevertheless, qualify for discounts. Bicycles are permitted with certain reservations, so make plans ahead of time. You can bring one carry-on and one personal item on the train with you included in your ticket price. When booking your tickets, there are not very many seats on the first floor, while closer to the bathrooms, the upstairs has a better view.

Once onboard, the train is kept very tidy, and the seats are surprisingly spacious with plenty of legroom. They have footrests and fold-down trays and nice-sized windows to look out of. Each seat has an electrical socket available in case you need to charge your phone or laptop. Some seats are facing in the line of travel, and some are facing in the opposite direction. When you board the train, make sure you take note of the direction you are traveling if you have a



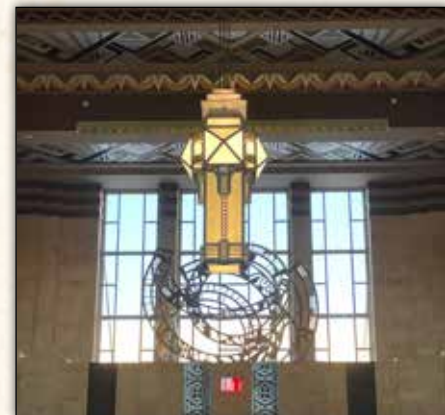
preference of which way to sit.

Onboard, don't worry if you get hungry. A café car serves a variety of food and drink, including snacks and quick meals. You are allowed to bring your own nonalcoholic drinks and snacks on board if you would like.

There is parking available at the Ardmore Amtrak Station for both pickup and drop-off, as well as for leaving your car while traveling by train. I had no trouble leaving my car when I was away for the weekend.

The Heartland Flyer routes run from Oklahoma City, departing daily at 8:25 a.m., calling in Norman, Purcell, Paul's Valley, Ardmore, and Gainesville, and arriving in Ft. Worth at 12:27 p.m.

Going from Ardmore to OKC, plan to depart at 7:11 p.m. and arrive in Oklahoma City at 9:27 p.m. This schedule does rule out a day trip and even a quick overnight visit.





Going to OKC, I recommend a two-night stay. When you arrive at the Oklahoma City Santa Fe Depot, make sure to take note of the beautiful Art Deco design and the stunning chandeliers.

From the Oklahoma City train station, there are several hotels in all price ranges and eateries just steps away. Bricktown is directly behind the station and offers a nice canal walk, miniature golf, boat rides, restaurants, and bars. Once you arrive, there is no need for a car; just check in and walk to your destination. While visiting, make sure to take a short walk to visit the Oklahoma Memorial.

If you are looking for a day trip, go to Ft. Worth. The train departs at 10:17 from Ardmore and arrives downtown Ft. Worth at 12:27, just in time for lunch. You get off the train near Sundance Square and can easily walk throughout downtown or hop on the free Molly Trolley that

stops right in front of the station. The return train to Ardmore departs at 5:25 p.m., and you are back home by 7:11. If you are looking for more than a day trip, you could easily spend one night at one of the several nearby hotels near the station.

The Ft. Worth Central Station has a nice waiting area and connects to several other easily accessible destinations. I recently took the train to the airport to catch a flight. It was incredibly easy to do, and it took the stress off of the drive and dealing with parking.

When checking out of a hotel in the downtown area, it's a good idea to look over your hotel receipt. Some locations, I discovered, tacked on a parking fee. They took it off right away when I explained that I had come by train.

The train provides an enjoyable and nostalgic experience regardless of the direction you wish to take from Ardmore. You're headed in the correct direction for a relaxed vacation.



MAGNIFICENT ETEORA

MONASTERIES SUSPENDED IN THE CLOUDS

by Jodie Linton-Prickett

I was enthralled with the beauty and felt thankful for everything as I gazed out over Meteora's magnificent landscape. Somehow, I felt like I was suspended between two realms, gazing at the otherworldly landscape while surrounded by a serene, peaceful atmosphere. Like a youngster witnessing something for the first time, drinking in the energy and digesting the feeling of awe and wonder, it was truly a memorable experience.

The word *Meteoro* in the Greek vocabulary translates into something that remains suspended in midair or a thing that floats in the sky. Perhaps that is what drew the hermits originally to the area. Solitude, closeness to God, and safety.

Meteora is a magnificent fusion of spirituality and the natural world. On my visit, the air was filled with a fine mist, and the enchanted, needle-like rock formations erupting out of the ground were contrasted by the soft fog partially obscuring them. Undoubtedly, I had entered a magnificent snow globe environment, enhanced by rocks covered in long-growing lichens and lush green moss, which was a fascinating juxtaposition to the glistening snow that continued to blanket the area.

The extraordinarily perched monasteries scattered across the peaks of the vertical rock formations enhanced the already wonderful environment and created an incredibly stunning sight. Without divine assistance, it is nearly hard to believe that ordinary people could have created such marvels.

Monks and hermits built the monasteries to be closer to God. The first small chapel was constructed in 1160 AD by hermits that lived in naturally formed caves. On Sundays they would come down to worship, enjoy fellowship, and gather supplies. Then retreat back to their solitary caves. It wasn't until the 14th century that the first monks arrived and built 24 Eastern Orthodox monasteries between the 14th and 16th centuries.

Today six of them are still in use and can be visited, including the Monastery of Great Meteoron, Roussanou/St. Barbara, Varlaam, St. Stephens, St. Nicholas Anapausas, and the Monastery of the Holy Trinity. During our visit we viewed all six of them but entered Roussanou/St. Barbara, St. Nicholas Anapausas, and St. Stephens. The monasteries are all part of the UNESCO World Heritage Site, and the region is part of the Natura 2000 Ecological Zone.

The monasteries were relatively unknown until the area was featured in the 1981 James Bond movie "For Your Eyes Only" and then in the 2014 hit "300: Rise of an Empire. But if you think it looks recently familiar, it was featured in "The Game of Thrones" as the kingdom of Dorne.

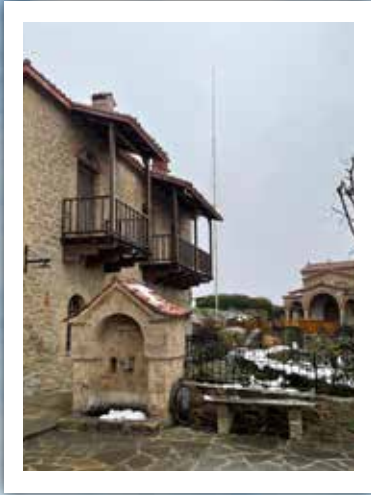
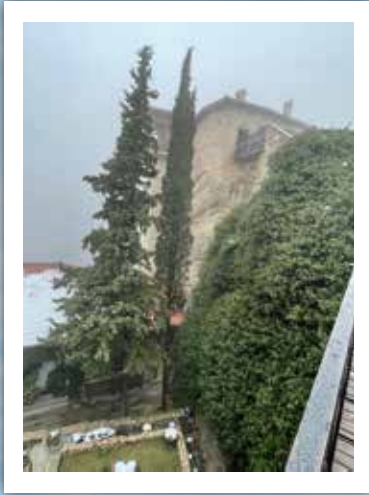
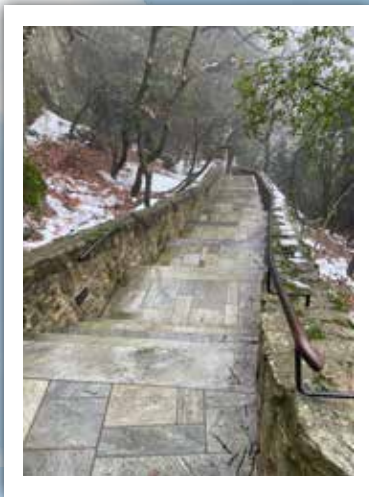
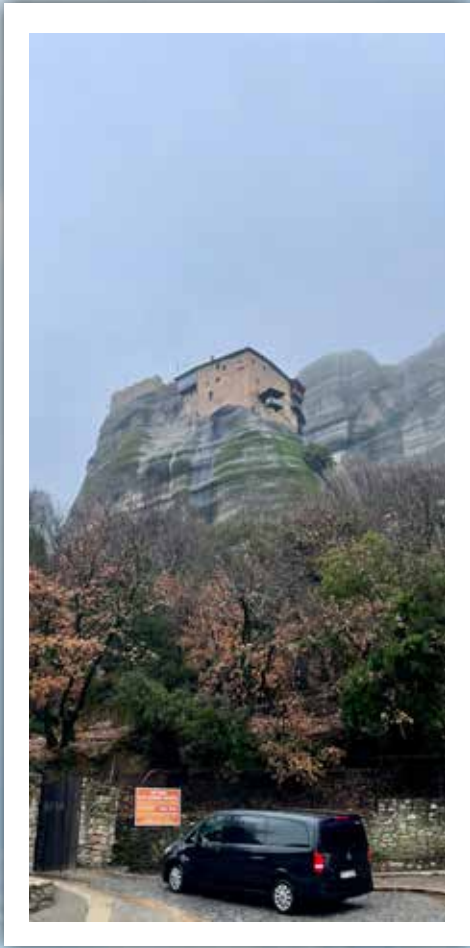
Prepare to be amazed by the vibrant frescoes that adorn the churches' interior walls as you enter. Spend some time appreciating the beautiful intricacies, some of which are the finest examples of Greek post-Byzantine art.

When you visit, wear sturdy walking shoes, and be prepared to climb between 150 and 300 steps per monastery. There are several inclines along the way as well. Once you enter the monastery, be prepared for even more stairs. There are no elevators or any type of easy access for disabled people or people with limited mobility.

The weather can vary due to the altitude, so layers are recommended. Women must wear skirts and cover their shoulders. I wore a skirt, but it was easy to borrow or rent skirts before entering. Men are not allowed to enter wearing shorts or exposing their calves or sleeveless shirts, so dress appropriately. Each monastery cost €5.00 to enter and needed to be paid for in cash. They do not allow photography inside the monasteries, but you can purchase books with images in the small gift shops.

While there are several ways to get to Meteora, we chose a tour from Athens. It was the most straightforward way for us and met our needs the best. Be prepared for a long day. The bus ride is four hours in each direction. We left around 7:00 in the morning and arrived back at our drop-off point around 10:30 that evening. A rustic but delicious lunch was included, as well as all transportation. Our tour guide was very knowledgeable and was able to answer all of our questions.

You should consider visiting Meteora if you want to experience adventure, spiritual awakening, a return to nature, a demonstration of human perseverance, architectural wonder, or any combination of these. It is enthralling, fulfilling, and breathtaking. Meteora itself is a place that insists that we remain enthralled and alive with everything we look at and appreciate.



The miracle of Greece

ARDMORE

THE CITY BY THE LAKE

Springtime at Lake Murray

Good things happen in the spring! Springtime brings with it blooming flowers, fluttering butterflies, spring break, lakeside get-togethers, scrumptious barbecues, fences covered in honeysuckle, and longer days that end with fireflies greeting us throughout the evening!

Having Lake Murray in our backyards is a blessing for those of us who live in Ardmore and the neighboring areas. Not only is Lake Murray Oklahoma's first state park, but it's also the largest. There are about 12,500 acres in this picturesque location, including nearly half of that being lake!

Ardmore is in a prime location that makes it simple to escape the bustle of the city and head to the serene lake. Spending time in peaceful, attractive environments, such as Lake Murray, helps us to re-energize our senses.

Living close to the water's edge allows us to enjoy a variety of lovely pleasures. Nature is close by in Ardmore; there are plenty of hiking and riding routes, verdant green spaces, and tree-canopied roadways. You can also relax on the well-maintained beaches, get a rush at the ATV and motorcycle area, enjoy the 18-hole golf course, and of course take your boat out on the water.

Ardmore itself provides a range of activities at its historic downtown, numerous lovely parks, and various local amenities, all of which contribute to the city's uniqueness.

There is an incredible diversity of natural beauty all around us when we live in a lakeside community like Ardmore. Many towns lack the pleasure of easily camping on a lake and waking up to the sound of the water gently lapping at the shore. With easy access to the park from dawn to dusk and with a bit of planning, even overnight, it is all at our fingertips.

Start your day with a leisurely morning gazing at the clear water and take a healthy hike up to the most identifiable building in any of Oklahoma's state parks. This beautiful nature center has an interesting history and offers a great vantage point to take photos of the lake.

The sparkling reflections from Lake Murray create a calm and peaceful ambiance. The breathtaking views that come with gazing out over a body of water are an effective method to create mental peace and quiet.

Watching the sunset over the lake is a great way to round off your day. As you absorb it all, you might even find that your attitude improves and that you develop inner peace.

Living next to a lake fosters a unique sense of community. Unlike the ephemeral nature of urban neighborhoods, lakeside towns often have more intimate relationships among their residents. A strong sense of community and social contact is fostered by the dwellings' interconnection. It's common to see neighbors and friends getting together for impromptu picnics or water sports on spring days. For families, a lakefront neighborhood is a genuinely remarkable location.



Dispelling the Stigma

Oklahoma Integrated Care Raises Mental Illness Awareness



APRIL IS COUNSELING AWARENESS MONTH

As counselors educate their clients, coworkers, and the general public about the value of counseling and self-care, Teal Day is observed on the second Friday of April, which falls on April 11 this year. It acknowledges the role that counselors play in the national dialogue on mental health and the significance of dispelling the stigma associated with mental illness. Additionally, it pushes people to learn more about counseling's role in managing and preventing mental health issues.

Professional counselors assist clients in gaining personal understanding, formulating plans, and devising practical answers to the issues and difficulties they encounter in many facets of life. Supported by the American Counseling Association, which has over 58,000 members, Counseling Awareness Month offers a chance to honor the counseling profession and those who carry out this vital work.

PROFESSIONAL COUNSELORS: WHAT ARE THEY?

They assist individuals in gaining personal insights, formulating plans, and brainstorming practical answers to the issues and challenges they encounter in all facets of life. In order to do this, they operate as certified and competent specialists: they get to know their clients, build safe, positive relationships, and provide tools and techniques that they believe would be beneficial.

GAIN MORE KNOWLEDGE ABOUT COUNSELING FOR AWARENESS MONTH

Enhancing public awareness of the benefits of therapy and its definition is one of the objectives of Counseling Awareness Month.

Take some time to learn about some of the foundations of counseling during National Awareness Month.

Talking to a counselor can help practically everyone with life transitions, loss, marital challenges, job ambitions, and more. It's not just for those with mental

health concerns or major problems. Counseling is a process of growth and development that takes time and involves emotional effort; it is not a quick remedy for any issue. Counselors assist their clients in determining what is most suitable for their own wants and desires rather than necessarily offering advice. The code of ethics established by the American Counseling Association must be followed by licensed counselors.

THE TAKEAWAY

Therapy can be helpful for anyone at any stage of life. The benefit may surprise you. In a therapeutic relationship, working with a counselor allows you to examine your feelings, ideas, and behavioral patterns. Additionally, it can teach you fresh coping mechanisms and strategies to better handle everyday pressures and symptoms.

ABOUT OIC

If you or your family member need counseling, please don't hesitate to contact Oklahoma Integrated Care. They give our community top-notch integrated care. Through their collaborative approach to assessing each patient's individual needs for comprehensive medical care, OIC raises the bar for success. Patients can conveniently access counseling, mental health services, and medical treatments at OIC because all of its services are housed in one convenient location. Because of this, they are in a position to provide a distinctive, comprehensive strategy that treats the whole person.

Discover the many benefits of counseling. From relationships to life advice, counseling offers more than just help with serious mental health issues.

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 / Pediatrics

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Ardmore, Oklahoma 73401
(580) 226-5120 Phone
(833) 972-4772 Fax
oicfrontdesk@oicardmore.com

Mental Health

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MOST INSURANCE PLANS ACCEPTED