

# CUSHING, OK FOOD & OTHER NEED-BASED RESOURCES

## Cushing Marketplace

324 E. Moses St.

Open every Wednesday from 3:30 PM – 5:30 PM for grocery distribution. Individuals can receive groceries once every 28 days. Please bring identification. Check out their FACEBOOK page for more information or call (918) 248-6190.

## Love Inc.

321 E. Broadway St. Hours: Tuesday – Friday | 12 PM – 4 PM  
Food; fuel vouchers; clothing & houseware items vouchers; Adult education. (918) 225-1125

## Cushing Community Food Bank

802 N. Maitland Dr.

*2nd Tuesday of each month with distribution from 8:30 AM - 10:00 AM*

*Newcomers are required to complete a form & provide a Cushing address with utility bill and ID. Emergency food needs can be met by calling the contact person at (918) 223-6062*

or

The First Baptist Church for Food Bank info at (918) 225-4790

## St. Peter and Paul Catholic Church

401 E. Oak

Food Pantry (Food Sacks): Mon – Fri, 9 AM – 12 PM & 1 - 4 PM

*Obtain \$25-\$30 worth of food once every 30 days. Please bring an ID.*

(918) 225-0644

## Kinetic Church

116 E. Maple St.

Infant Care and Diaper Closet open every Wednesday from 11:30 AM - 1:30 PM.

If you need emergency assistance, please text Co-Pastor Alycia at 918-873-0123 to schedule a time to collect the items you may need, or call Angela Potter at (225) 614-4876.

## 1st United Methodist Church

930 S. Little St. | Office is closed on Fridays

*Once per month free community meal on the 3rd Saturday of the month 5 PM - 7 PM.*

Food Box outside

(918) 225-5683

## FOOD BOXES IN CUSHING (for Immediate Food Needs)

Food boxes are outside of these businesses/churches. They can be filled with donations at any time and any items can be taken from them at any time. They are available 24/7.

Crossway Church

1214 E. North St.

Lauri's Tips & Toes

111 E. Broadway St.

Park Place Baptist

321 N. Hartman

Cushing Senior Center

203 E. Cherry St.

## Our Daily Bread Stillwater

701 E. 12<sup>th</sup> Ave. Stillwater, OK 74074

[Ourdailybreadstillwater.org](http://Ourdailybreadstillwater.org)

(405) 533-2555

Free Grocery Store – Our shopping hours change occasionally, please check website to find most up to date hours and dates open.

Eligibility: Live in Payne Co. – Meet USDA income guidelines (guidelines found on our website)

What to bring: Identification for person receiving grocery assistance each visit – Identification for all household members – Proof of residence, if listed different than ID.

**2-1-1** is a free, 24-hour, confidential help hotline people can call for health and human services, including bill payment assistance, food pantries, and health resources through United Way.

# Resources serving Cushing, OK Residents

\*\*\*The following list has been compiled by Our Daily Bread food and Resource Center. If you have any questions or comments, please email [assistance@ourdailybreadstillwater.org](mailto:assistance@ourdailybreadstillwater.org)\*\*\*

## Hotline Numbers:

Emergency: 911  
Child Abuse: 1-800-522-3511  
Domestic Violence: 1-800-799-7233  
National Suicide Prevention: 988  
Youth Crisis: 833-885-2273

## Local First Responders:

### **Cushing Police Department**

211 W. Main Pl. Cushing, OK 74023  
(918) 225-1212

### **Cushing Fire Department**

211 W. Main Pl. Cushing, OK 74023  
(918) 225-3361

## Substance Abuse:

### **Payne County Drug Court Inc.**

608 W. Highpoint Dr. Stillwater, OK 74075  
(405) 743-1968

### Hours:

M-W 8:30 AM – 4:30 PM  
Th-F 8:30 AM – 2:00 PM  
-Assistance for court ordered individuals/ residents of Payne County  
-Provides drug screening, alcohol screening, anger management services, and education for sentencing and probation requirements.

### **Alcoholics Anonymous Meetings**

#### Sleepy Hollow

2106 W. 12<sup>th</sup> Ave. Stillwater, OK  
-Monday-Saturday 12:00 PM  
-Mon, Tues, Fri, Sat 8:00 PM  
-Sunday 2 :00 PM

#### First Christian Church

410 W. Matthews Ave. Stillwater, OK  
-Monday & Thursday 7:30 PM

#### First Presbyterian Church

524 S. Duncan St. Stillwater, OK  
-Thursday & Sunday 6:00 PM

#### First United Methodist Church

400 W. 7<sup>th</sup> Ave. Stillwater, OK  
-Saturday 8:00 AM

#### **Narcotics Anonymous Meetings**

#### Highland Park United Methodist Church

524 N. Stallard St. Stillwater, OK  
-Mon, Tues, Thurs, Fri, Sun 7:00 PM

#### New Hope Group

516 W. 3<sup>rd</sup> Ave. Stillwater, OK  
-Wed & Sat 7:00 PM

#### Cushing, OK

109 W. Moses St. Cushing, OK 74023  
-Monday & Saturday 7:00 PM

## Shelter:

### **Payne County Youth Services**

2224 W. 12<sup>th</sup> Ave. Stillwater, OK 74074  
(405) 372-8200

\*Text "Safe" with location to 4HELP (44357) for a safe place\*

### Hours:

M-F 8:00 AM – 8 PM  
-Assistance for children, youth, and young adults ages 4-22 years old.  
-Emergency Youth Shelter  
-Counseling  
-Safe Place

## Disability:

### **Oklahoma ABLE Tech**

1514 W. Hall of Fame Ave. Stillwater, OK 74078  
(405) 744-9748

### Hours:

M-F 8:00 AM – 5:30 PM  
-Assistance for individuals of all ages with disabilities across Oklahoma in need of Assistive Technology devices and services  
-Visit <https://www.okabletech.org/> to apply

### **Cushing Housing Authority (Cherry Ln Apartments)**

1713 Cherry Ln. Cushing, OK 74023  
(918) 225-7205

**Cushing Public Library**

215 N. Steele Ave. Cushing, OK 74023

(918) 225-4188

Hours:

M-TH 9:00 AM – 6:00 PM

F 9:00 AM - 5:00 PM

Sat. 9:00 AM – 1:00 PM

**Miscellaneous:****Baby Mobile**

Locations Vary

(405) 528-3663

-Assists families with children 0-3 years old with a week's worth of formula/food, diapers, and wipes.

-Services may be used up to four times per year.

**Central Oklahoma Community Action Agency**

410 S. Lewis St. Stillwater, OK 74074

(405) 624-2533

Hours:

T-F 8: AM – 4:30 PM

-Assistance for residents of Payne County who meet agency's income requirements

-Utility &amp; rent assistance

-Clothing &amp; gasoline vouchers

-Free Laundry Program

**Salvation Army**

1101 S. Main St. Stillwater, OK 74074

(405) 372-1554

Hours:

M-F 9:30 AM – 4:00 PM (call to make an appointment)

-Assistance for residents of Payne County who meet USDA Guidelines

-Food Bank

-Rent and utility assistance

-Clothing vouchers

**Payne County Dept. of human Services (DHS)**

711 E. Krayler Ave. Stillwater, OK

(405) 707-3700

-SNAP sign-ups, childcare assistance, child support services, TANF, medical assistance for those receiving Social Security Benefits.

**Social Security Administration**

406 E Hall of Fame Ave. Stillwater, OK

(800) 772-1213

-Assists with new or replacement Social Security cards, apply for Social Security retirement benefits, apply for Supplemental Security Income (SSI), or Social Security Disability Insurance (SSDI).

**Medical Care:****Payne County Health Department (Cushing)**

1026 N. Linwood Ave, Cushing, OK 74023

(918) 225-3377

Hours:

M-F 8:00 AM – 5:00 PM

Closed for lunch 12:00 PM – 1:00 PM

-Assistance applying for WIC

-Immunizations

-Nutrition counseling by appt.

-Family Planning

-Child guidance

-Adult behavioral health

**Payne County Health Department (Stillwater)**1321 W. 7<sup>th</sup> Ave. Stillwater, Ok 74074

(405) 372-8200

Hours:

M-F 8:00 AM – 5:00 PM

-Assistance applying for WIC

-Immunizations

-Nutrition counseling by appt.

-Family Planning

-Child guidance

-Adult behavioral health

**Stillwater Community Health Center**

821 S. Pine St. Stillwater, OK 74074

(405) 743-3171

Hours:

Call for Appt.

-Assistance for 200% of poverty level, uninsured, residents of Payne County

-Free health care and medications

**Grand Lake Mental Health Center Children Services**

604 S. Walnut St. Stillwater, OK 74074

(405) 372-2202 <https://www.glmhc.net/>**Grand Lake Mental Health Center Adult Services**

1624 Cimarron Plaza Stillwater, OK 74075

(405) 372-2237 <https://www.glmhc.net/>

# **Keeping You Informed**

## **from Summit Utilities**

Dear Valued Customer,

At Summit Utilities, we understand just how important it is to give our customers the best possible rates. That is why we do our best to ensure our rates are stable, giving the families and communities we serve the peace of mind they need.

As a natural gas public utility, Summit is required to adjust the cost of gas rate each fall and spring. The price of natural gas is passed through to customers at cost and appears on your bill as the “Gas Supply Rate” or GSR.

Please visit the link below to get the most up-to-date GSR at Summit Utilities. Don't forget to select your state in the drop-down menu at the top of the page to see the rates where you live.

<https://summitutilities.com/residential/residential-rates>

## **Need Assistance? We're here to help.**

There are several payment and energy assistance programs offered in Oklahoma and by Summit to support our customers and help reduce energy costs.

If you are having trouble paying your bill, we will work with you to set up a payment plan and help find possible energy assistance options. Please call our service center at [866-275-5265](tel:866-275-5265) or visit our Payment Assistance page at <https://summitutilities.com/my-account/assistance-programs> for more information.

We also offer the Average Monthly Billing plan that allows you to pay a fixed amount each month based on your energy usage history. Many customers find it easier to budget for a regular bill amount than to accommodate the cost of fluctuations that go with higher energy usage periods. AMP is available year-round and will begin with the next bill following sign-up. Enroll online by logging into your Summit account, or by calling our customer service center at 866-275-5265.

## **Simple Steps to Reduce Energy Usage!**

Using less energy is the best way for our customers to manage their natural gas bills. Even simple, inexpensive efforts can add up to big savings to help reduce your energy usage, save money, and stay comfortable.

- Clear space around your registers so warm air can flow freely.
- Close dampers on unused fireplaces and keep garage doors closed to prevent warm air from escaping.
- Insulate around windows and doors to prevent air leaks and keep warm air inside.
- Soak up the sun by opening curtains on your south-facing windows during the day and let the sunlight heat your home. Then, close them at night to reduce the incoming cold from any drafty windows.
- Turn down the temperature of your water heater to the warm setting (120°F).
- Have your furnace checked annually by a trained professional to ensure your heating system is working at peak performance and efficiency.

We're working hard to keep energy prices low and to provide the best possible service to you. It's important to note that Summit Utilities does not make a profit on the cost of natural gas delivered to your home or business – You pay what we pay.

**Thank you for being a valued Summit Utilities customer!**

# OK ENERGY ASSISTANCE

Energy assistance helps income eligible families with their utility bills.

Households may apply for and receive help with their primary source of energy during these three scheduled applications periods.

Anticipated open enrollment dates for (federal fiscal year) FFY2026 are listed below.

Please be aware that several factors could result in delayed open enrollment. Each program will remain open until funds are expended.

- Winter Heating – Tuesday, January 6, 2026
- Energy Crisis Assistance Program (ECAP) – Tuesday, April 14, 2026
- Summer Cooling – Tuesday, July 14, 2026

During open enrollment households can apply for assistance at [OKDHSLive.org](https://www.okdhslive.org).

## Oklahoma Low-Income Energy Assistance Program (LIHEAP)

Oklahoma LIHEAP is a federally funded program that helps eligible hard-working families, seniors, and individuals pay a portion of their winter home heating costs. To learn more and see if you qualify, please visit <https://www.okdhslive.org/>

### **Low-income Home Energy Assistance Program (LIHEAP)**

#### **What is LIHEAP?**

The Low-Income Home Energy Assistance Program (LIHEAP) is a federally funded program that provides financial assistance to income eligible Oklahoma households to help meet the cost of home energy.

#### **How do I apply for LIHEAP benefits?**

We have three open enrollment periods:

3. Non-emergency winter heating program – Tuesday, January 6, 2026
2. Non-emergency summer cooling program – Tuesday, July 14, 2026
3. Energy Crisis Assistance Program (ECAP) – Tuesday, April 14, 2026

During open enrollment, you may apply using [www.okdhslive.org](https://www.okdhslive.org).

Visit OKDHS.gov for anticipated open enrollment dates. Please be aware that several factors could result in a delayed open enrollment.

To qualify for ECAP, the household must meet one of the energy crisis criteria listed below.

An energy crisis exists when the energy provider:

- Refuses to start, continue or restore service without payment;
  - Plans to cut off the household's service unless the provider receives payment;
  - Declines to provide additional fuel without payment and the household's fuel tank is at or below 10% for ECAP and at or below 25% for life threatening;
  - Verifies a cash only, cash advance, or pre-paid account has less than a \$25 minimum balance in the account;
  - Has depleted an alternative fuel source (i.e. Wood, Corn Pellets, Kerosene, etc.)
  - Requires a new connection or reconnection fee and the security deposit;
  - Enters into a payment plan with the household to prevent the service cut off.

### **What if I have a life-threatening situation?**

Life-threatening energy assistance is available throughout the year if funding allows. Life threatening households must meet LIHEAP eligibility, and the criteria listed below for medical equipment or medical condition.

To be eligible for **medical equipment**, life-threatening energy assistance, you must provide:

- A statement or records from a licensed health care professional dated within the last 60 days verifying the medical equipment is prescribed, no battery backup is available, and the situation is life threatening without the medical equipment. **And**
- A verified active cutoff order for the provider that operates the medical equipment.

To be eligible for **medical condition** life threatening energy assistance, you must provide:

- A statement or records from a licensed health care professional dated within the last 60 days verifying the household member has a pre-existing medical condition that requires heating or cooling, and the situation is life threatening without the utility service. **And**
- A verified active cutoff order for the utility that operates the heat in the winter or the cooling in the summer. **And**
- The day of cutoff the temperature will be verified and must be:
  - in summer the temperature is predicted to be a heat index of at least 101 degrees, **or**
  - in winter the temperature is predicted to be 32 degrees or lower during day-time hours and/or 20 degrees or lower during night-time hours.

**You can submit a life-threatening referral for medical equipment and medical condition by calling 405-522-5050.**

### **Eligibility Requirements**

When you apply for LIHEAP, you will need to include everyone who uses the same utility meter or utility source.

### **What LIHEAP verification documents will I need to provide?**

When you apply for LIHEAP, you will need to provide a utility account number and your utility provider's information. The chart below shows the type of documents you may need to provide.

<b><u>Category</u></b>	<b><u>Documents</u></b>
Identity of applicant	<ul style="list-style-type: none"> <li>■ birth certificate;</li> <li>■ driver's license;</li> <li>■ paycheck;</li> <li>■ voter registration card;</li> <li>■ school records; or</li> <li>■ U.S. passport</li> </ul>
Earned income	<ul style="list-style-type: none"> <li>■ check stubs for the last 30 days that show your name or Social Security number, date of pay, and income before deductions;</li> <li>■ statement from your employer; or</li> <li>■ copy of last year's tax return only if self-employed</li> </ul>
Other income	<ul style="list-style-type: none"> <li>■ a current benefit check or award letter;</li> <li>■ copies of child support or alimony checks; or</li> <li>■ court order showing benefit amount</li> </ul>
Medical Expenses (optional)  Medical Expenses (optional) (continued)	<ul style="list-style-type: none"> <li>■ only needed for household members who are 60 years of age or older or permanently disabled if you want to receive a medical deduction.</li> <li>■ Please provide proof of medical expenses (itemized receipts, billing statements etc.). Allowable expenses include but are not limited to: medical and dental care costs, prescription drugs, doctor approved over-the-counter medications and supplies; Medicare premiums, dentures, hearing aids, prosthetics, eye glasses, maintaining a home health aide, reasonable cost of transportation and lodging to obtain medical treatment or services only</li> <li>■ claim the amount you spend in a month, Look over your monthly expenses, add them together, and claim this amount as a deduction.</li> </ul>
Immigration Status	<ul style="list-style-type: none"> <li>■ a document that shows your lawful immigration status if you are not a U.S. citizen</li> </ul>
Social Security numbers	<ul style="list-style-type: none"> <li>■ Social Security cards or numbers</li> </ul>
Utility Notice (if you apply for Energy Crisis Assistance or Life-Threatening Energy Assistance)	<ul style="list-style-type: none"> <li>■ an active cut-off notice;</li> <li>■ a utility analysis for new account establishing; or</li> <li>■ a refusal notice to deliver additional fuel for non-payment.</li> </ul>

### **How long does it take to receive LIHEAP benefits?**

For LIHEAP Summer Cooling or Winter Heating benefit, if eligible, it may take up to 90 days for the provider to reflect your LIHEAP benefit. If your provider is not a LIHEAP participating provider, you will receive your LIHEAP benefit in the form of an Oklahoma Master Debit Card or direct deposit if you have enrolled in State Supplemental Payment (SSP) or Temporary Assistance for Needy Family (TANF).

## **What about the energy crisis or life-threatening energy assistance?**

From the time all verification is provided and validated, the eligibility determination may take up to:

- 48 hours for energy crisis (ECAP).
- 18 hours for life threatening energy assistance.

A pledge will be sent to participating providers to prevent service being shut-off. Please keep in mind that some providers do not accept a pledge as a form of payment.

## **How do I know if I am eligible for LIHEAP?**

You will receive a letter in the mail called the Notice of Action letter. This notice will tell you if you were approved or denied for LIHEAP benefits. If you are approved, the notice will reflect the benefit amount. If you are denied, the notice will tell you why.

## **How much am I eligible for LIHEAP?**

Your LIHEAP Summer Cooling benefit is based on income and household size. The LIHEAP Winter Heating benefit in addition to income and household can vary based on fuel type or roomer/boarder status. If eligible for energy crisis or life-threatening benefit, OKDHS will authorize the minimum payment to resolve the energy crisis for one month. A household may only receive \$750 per federal fiscal year in energy crisis payments. OKDHS will not pay for a final bill at a former service address, old debt carried over to the new account, or any services not covered by LIHEAP.

## **What are the rules in LIHEAP?**

- All household members using the same utility meter or utility source must apply together.
- For integrated bills that include other utilities such as water, trash, and sewer, only the cooling/heating portion of the bill will be authorized.

## **Is there an income limit?**

To qualify for the program, a household (which OKDHS defines as a person or group of people using one utility meter or energy source) must meet the following monthly income caps according to household size:

- 1 person: \$1,696
- 2 people: \$2,292
- 3 people: \$2,888
- 4 people: \$3,483
- 5 people: \$4,079
- 6 people: \$4,675
- 7 people: \$5,271
- 8 people: \$5,867

Oklahoma residents can apply at [OKDHSLive.org](https://www.okdhs.gov/okdhs-live).

## **How do I find out the balance on my Oklahoma Master Debit card?**

LIHEAP benefits will only be issued to you in the form of an Oklahoma Master Debit card if your utility provider is a not a LIHEAP participant and you have no registered bank account for your State Supplemental Payment (SSP) or Temporary Assistance for Needy Family (TANF) benefit. You can check your balance by calling the number on the back of your card. If there is a problem with the LIHEAP benefit, you must contact us at 405-522-5050, select the energy assistance options, to resolve the card issue.

## WHO WE ARE

Central Oklahoma Community Action Agency is a member of a nationwide network of 1,100 Community Action Agencies. We are a non-profit agency that serves six counties in Central Oklahoma including: Cleveland, Lincoln, Logan, Payne, Pottawatomie, and Seminole.

## WHAT WE DO

Central Oklahoma Community Action Agency helps low-income individuals and families avoid crisis situations. We assist in first meeting emergency needs, and then follow-up in helping individuals and families gain self-sufficiency through supportive case management and partnerships with other social service providers.

## HOW YOU CAN HELP

Your gift to the Central Oklahoma Community Action Agency helps low-income families in Payne County by providing vital services during times of need. Donations can be mailed to:

P.O. Box 282  
Stillwater, Ok 74074

## WHERE IT ALL BEGAN

The community action movement dates back to 1964 as part of the federal Economic Opportunity Act during President Lyndon B. Johnson's War on Poverty. Community Action Agencies are locally managed with a volunteer board of directors that include low-income individuals, public officials, and representatives from the community sector.

Community Action Agencies are not government agencies. They instead rely on donations from the general public and on program-specific restricted grants obtained through private foundations, state governments, and the federal government.

## OTHER LOCATIONS

Cleveland County – Norman

(405) 701-2170

Lincoln County – Prague

(405) 695-1630

Logan County – Guthrie

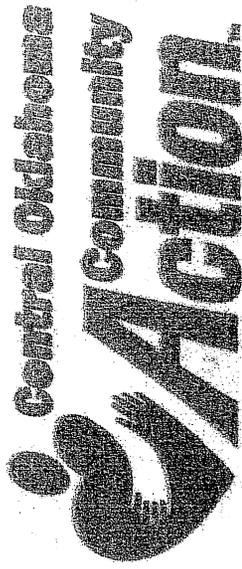
(405) 466-8115

Pottawatomie County – Shawnee

(405) 275-6060

Seminole County – Seminole

(405) 385-1800



A G E N C Y

Payne County



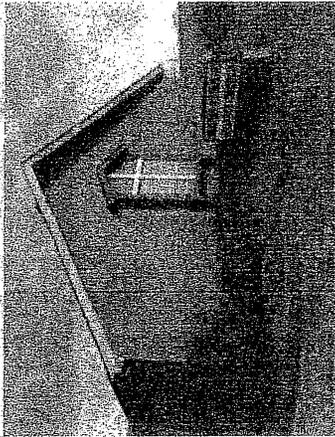
HELPING PEOPLE.

CHANGING LIVES.

BUILDING COMMUNITIES.

# CENTRAL OKLAHOMA COMMUNITY ACTION AGENCY – PAYNE COUNTY

## OUR LOCATION



COCAA of Payne County  
is TEMPORARILY located at  
Stillwater Christian and Missionary  
Alliance Church  
1402 E 6th Ave, Stillwater, OK

### Walk-in Office Hours:

Monday / Tuesday / Thursday / Friday  
9:00a – 2:00p

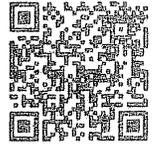
### Appointment Only:

Wednesday  
9:00a – 5:00p

Saturday      CLOSED  
Sunday        CLOSED

### **\*NOTE\***

HOURS OF OPERATION ARE SUBJECT TO  
CHANGE ON CERTAIN FEDERAL HOLIDAYS, AND  
IF INCLEMENT WEATHER OCCURS.



SCAN CODE  
TO DONATE

## SERVICES WE PROVIDE

- Rental Assistance
- Utility Assistance
- Clothing Vouchers
- Shower & Hygiene Program  
(Temporarily not available)
- Local Bus Passes
- Free-Laundry Program  
(Temporarily not available)
- Homeless Relocation

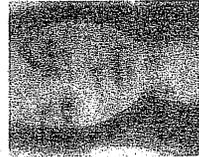
### Interview Readiness Program

#### Referrals To:

- Rx for Oklahoma (prescription assistance program)
- Discounted Plumbing and HVAC repair service
- Lions Club Eye Care Program
- Community Mental Health Services

\*Services cannot be guaranteed, as all services are dependent upon available funding\*

## Community Resource & Development Coordinator



Mandi Quade

Email: [mquade@cocaa.org](mailto:mquade@cocaa.org)  
Work Cell: (405) 780-1170

## OUR CONTACT INFORMATION

Payne County Office Cell Phone  
(405) 780-1170

Email  
[mquade@cocaa.org](mailto:mquade@cocaa.org)

Website  
[cocaa.org/payne-county](http://cocaa.org/payne-county)

Facebook  
COCAA of Payne County

\*Apply for services on our website. Send all documentation required to email provided above with applicant name as subject line.\*

## REQUIREMENTS

Clients must be residents of Payne County, and must meet agency low-income requirements. Clients must also be able to produce the following documents, including but not limited to:

- Completed COCAA application
- Valid photo ID for each adult household member
- Social Security verification for each household member
- Proof of all household income including non-cash income
- Copy of utility bill you are asking for assistance with
- Copy of landlord/tenant lease