

Community Services Directory



Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 131126
349-3451
www.oswegocounty.com/youth

United Way of Greater Oswego County
1 South 1st Street
Fulton, NY 13069
593-1900
www.oswegounitedway.org

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All phone numbers listed are in the 315 area code
unless otherwise noted.

ALCOHOL / DRUG / ADDICTION SERVICES

ADDICTIONS HELPLINE 1-877-8 HOPE NY (1-877-846-7369)

SERVICES: This Helpline provides 24 hour customer-focused addiction crisis counseling, and statewide referrals to services for problem gambling, alcoholism and substance abuse, as well as follow-up calls 48 hours later for those who wish to be contacted.

CHEMICAL DEPENDENCY PROGRAM

Oswego County Opportunities, Inc.
239 Oneida Street
Fulton, NY 13126
564-5664 FAX: 564-7567
e:mail: aelliott@oco.org
Contact: Andrea Elliott

Arbor House - This facility is a 16-bed house for adults recovering from chemical dependency. The program is based on the premise that some recovering people need an alcohol/substance free environment in a supportive setting. While self-help is the cornerstone of the program, a trained staff is available to assist residents in the transition from dependence on alcohol and other substances to a substance free lifestyle. All members of the program must attend an outpatient program which is coordinated with the service plan offered at Arbor House. The length of stay is usually 6-9 months.

Supportive Apartments - Graduates of Arbor House have the opportunity to transition into a two bed apartment if they feel the need for continued support in recovery. The apartment program provides counseling, support, and on-call assistance. The length of stay is usually around one year.

Contact: Call 564-5506 for further information

CONIFER PARK ALCOHOL AND DRUG TREATMENT CENTER

79 Glen Ridge Road
Glenville, NY 12302
800-989-6446 FAX: 518-399-6842
e-mail: mkettle@libertymgmt.com
Website: www.coniferpark.com
Contact: Michael Kettle (607) 760-1063

SERVICES: Inpatient and outpatient treatment services for adults, young adults, adolescents and their families. Detoxification services are also available. Conifer Park also is a provider for most chemical insurances, including Medicaid as well as self-pay.

HOURS: 24 hour availability

CONIFER PARK OUTPATIENT CLINIC

526 Old Liverpool Road
Liverpool, NY 13088
453-3911 FAX: 453-0197
e-mail: DManley@libertymgmt.com
Contact: Gary Schwartz

SERVICES: Alcohol and drug treatment for adults and adolescents. Day and evening programs are offered. Latino services available.

TELEPHONE HOURS: Monday - Friday 9:00 AM - 5:30 PM

COUNTY OF OSWEGO COUNCIL ON ALCOHOLISM AND ADDICTIONS, INC.

53 East Third Street	4 Tower Drive
Oswego, NY 13126	Fulton, NY 13069
342-2370 FAX: 342-7570	598-6707 FAX: 592-9243
e-mail: dbills@cocoa.org	
Contact: Deborah Bills, MS, CASAC, CPP, Executive Director	

SERVICES:

Outpatient Clinic Treatment – Clinical services at COCOAA include alcohol/drug evaluations and alcoholism/substance abuse and problem gambling treatment services. Group counseling includes intensive outpatient services, relapse prevention, living sober and women’s groups. In addition, COCOAA offers vocational/education services and provides tobacco cessation counseling. The agency also works with the Oswego County Drug Court program. This certified treatment program accepts Medicaid and various forms of private health insurance and also provides a sliding fee scale for qualified patients.

Prevention Services –Prevention services include the Starting Prevention Program for elementary school children; alcohol/drug education programs targeted for junior and high school students; staff trainings and community education events; an educational lending library; an education/intervention program for SUNY Oswego students referred to as BASICS; Project U-Turn which is an underage alcohol/drug education program for offenders aged 16 to 21 years of age; Families and Schools Together (FAST) program for elementary youth and their families within the Oswego City School District and support services for the OCO Path (homeless teen) program

Gambling Prevention Services – Gambling prevention services include education, information and referral services related to problem gambling.

HOURS: Monday, Tuesday, Wednesday, Thursday 8:00 AM - 7:00 PM, Friday 8:00 AM - 4:30 PM
Call for an appointment

FARNHAM FAMILY SERVICES

Oswego Office:

283 West 2nd
Suite 200
Oswego, NY 13126
342-4489 FAX: 343-3281
Website: www.farnhaminc.org

Fulton Office:

113 Schuyler Common
Fulton, NY 13069
593-0796 FAX: 593-6122

SERVICES:

Substance Abuse Treatment

Contact: Mary Jo Proietta-Halpern, LCSW, CASAC, Clinical Director

Not-for-profit, medically supervised outpatient alcohol and drug clinics offers all types of substance abuse/alcohol evaluations; acupuncture detox, co-occurring disorders, adolescent, individual and family counseling. This licensed program accepts Medicaid, health insurances and offers a sliding fee scale.

Substance Abuse Prevention

Contact: Cindy Albro, MSED, CAS Prevention Director

Up to date substance abuse prevention information and programming is available to parents, schools, health professionals, and other organizations concerned about substance abuse related issues. Presentations range from factual information concerning alcohol and other drug use and its effects on the body to prevention skills-building for all ages. Prevention skills-building includes learning about Resiliency and Asset-Building with youth and community, self-esteem development, decision-making, problem-solving, building positive activities habits, exploration and appropriate expression of feelings, as well as self assessing for high-risk indicators for use (family history, lack of adequate support, genetic preposition, few skills for stress reduction/coping skills, etc.).

Substance Abuse Intervention - Student Assistance Program

Contact: Cindy Albro, MSED, CAS Prevention Director

Student Assistance counselors meet with youth identified as at risk for substance abuse and/or may be experimenting. Counselor will determine, through assessment, whether youth is in need of more intensive substance abuse or other mental health services (in which case youth may be referred to a Substance Abuse Treatment program or other appropriate service) or who may have needs that are more supportive in nature. Students are seen individually or in groups. Typical groups: Children of Alcoholics or other Substance Abuse, Smoking Cessation or “No-Use” support groups, Children in Transition (mixed families of separation or divorce, foster care), Feelings and Emotions (dealing with and coping with feelings in healthy ways). Students who have been released from an inpatient setting can get supportive Reintegration services for relapse prevention.

Youth may be referred by parents, schools, agencies, by friends or self-refer. This program is school-based through Drug Free School monies (check your school district) or other grant services. This is a free service to students and parents. (School hours).

Farnham offers a full range of services for adolescents, adults, dually-diagnosed clients, and incorporates acupuncture, detox and other research-based therapies.

HOURS:	OSWEGO	Monday to Thursday	8AM - 8 PM	Friday 8AM - 4 PM
	FULTON	Monday - Thursday	8:30AM – 8PM	Friday 9AM – 4PM

HARBOR LIGHTS CHEMICAL DEPENDENCY SERVICE

Satellite office
7 S. Jefferson Street
Pulaski, NY 13142
For appointments call 963-0777

Box 716
3358 Main Street
Mexico, NY 13114
(315) 963-0777 Fax: 963-0611
e-mail: longs@frontier.net
Contact: Kelly Hennigan

SERVICES: New York State licensed outpatient clinic offering the following services:

- Alcohol and Substance Abuse evaluation and treatment
- DWI evaluation and treatment and DOT treatment
- Intensive Outpatient Treatment for up to 6 days per week
- Evening and Saturday hours
- Evening Treatment Program
- Treatment for individuals with mental illness and substance abuse
- Treatment for individuals with developmental difficulties or mental retardation and substance abuse
- Anger management programs
- Adolescent programs
- Substance abuse education
- Individual counseling
- Family substance abuse counseling
- Relapse prevention program
- Aftercare treatment from inpatient
- Women's Intensive Outpatient
- Smoking cessation
- Programming for individuals with brain injuries and substance abuse

Most insurances and Medicaid accepted, sliding fee scale for self-pay
Most appointments can be made within 24-48 hours

HOURS: Monday – Thursday 8AM – 8PM; Friday 8AM – 4PM; Saturday 9AM – 12NOON

STUDENTS AGAINST DRINKING AND DRIVING (S.A.D.D.)

SERVICES: Community awareness and student involvement in educational programs centered around not driving and drinking.

Contact Persons: SADD Advisors

Hannibal High School
Krystal Ward 564-7910

J.C. Birdlebough High School, Phoenix
Beth Whipple and Kathy Lathrop – 695-1631

Mexico High School
Jeanne Baldwin - 963-8400

Student leadership group provides SADD-related and other activities for students.

Sandy Creek High School
Jeff Klopotoski 387-3465

SADD chapter coordinates Prom Promise Campaign.

SUBSTANCE ABUSE INFORMATION LINE

1-800-522-5353 (24 hours)

SERVICES: Offers information and crisis counseling for crack, alcohol or other substance abuse-related problems. Assistance and referrals are made as appropriate. Hotline provided by Office of Alcohol and Substance Abuse Services (OASAS).

CHAMBERS OF COMMERCE

FORT BREWERTON/GREATER ONEIDA LAKE CHAMBER OF COMMERCE

P.O. Box 655
Brewerton, NY 13029
668.3408 FAX: 668-3408
Website: www.oneidalakechamber.com

SERVICES: To advance all of the business, civic and cultural interests of the community under the democratic system of free, competitive enterprise in the communities of Brewerton, Central Square, Hastings, West Monroe, Caughdenoy, Constantina, Barnyards Bay, Cleveland, Mallory and the surrounding area. Chamber members speak in community, state and national legislative and governmental matters. The Chamber is active in the promotion and development of the Canal System and the Pier projects; sponsors participants in the School District Shared Decision Making Committees; publishes a community directory; sponsors a gift certificate program to encourage local buying; and gives several scholarships to students who are inclined to the business field. Members of the Chamber are offered group health insurance with several plans available.

GREATER OSWEGO-FULTON CHAMBER OF COMMERCE, INC.

44 East Bridge Street
Oswego, NY 13126
343-7681 FAX: 342-0831
email: gofcc@oswegofultonchamber.com
Website: www.oswegofultonchamber.com
Contact Person: Beth Hilton

CHILD CARE, NURSERY AND PRE-SCHOOL

CAMP TALOOLI SCHOOL BREAK CHILD CARE

Children's Council of CNY (Camp Fire)
Camp Talooli
County Route 54
Pennellville, New York 13132
463-8799 (Council Office) FAX: 463-8739
Contact: Jan Peneston

SERVICES: Winter and Spring Camp held during school break weeks (8:30 AM to 4:00 PM) in February and April each year. Outdoor activities are planned that are appropriate for the weather, along with crafts, cooking, games and singing.

Summer camp held for eight weeks in July and August with seven weeks of Day Camp and six weeks of Resident Camp. Call Council office for brochure and registration information. Open to all children who have completed kindergarten through age 12. Counselor-in-Training program held for teenagers also. All camping programs are accredited by the American Camp Association.

CHILD CARE COMPLAINT LINE Hotline Number: 1-800-732-5207

SERVICES: The state Department of Social Services maintains this state wide toll-free line. Anyone can file a complaint of a possible regulatory violation in a day care program by calling this number or the nearest regional Department of Social Services office. Complaints involving providers caring for children in their homes are passed on to the local compliance representative, the Oswego County Child Care Council. Complaints about day care centers, school-age programs or group family day care centers are handled by the Syracuse office.

HOURS: Monday - Friday 9 AM - 5 PM

CHILDCARE CENTER AND PRESCHOOL

Little Lukes
10 Burkle Street
Oswego, NY 13126
342-4600 (option 1)
email: info@littlelukes.com
Website: www.littlelukes.com
Contact: Denise McDougall, Director

SERVICES: Now enrolling children ages 6 weeks to 12 years of age for beautiful Oswego childcare center. Intergenerational programs on St. Luke healthcare campus in Oswego. This Childcare Center has certified teachers, award winning curriculum, full and part time preschool program, before and after school care. Open 6:30AM – 6:30PM Monday thru Friday; Open school holidays and snow days. Visit www.littlelukes.com and click Childcare or call 342-4600 for a personal tour. Additional Pulaski childcare location will be available soon.

CHILD CARE COUNCIL OF OSWEGO COUNTY

157 West 1st Street
Oswego, NY 13126
343-2344 FAX:343-0442
email: cwilson@cnyemail.com
Website: www.icpoc.org
Contact: Christina Wilson

SERVICES: Supports and promotes the development of quality, accessible and affordable child care services in Oswego County. Provides information and referrals to parents and guardians regarding registered and licensed child care programs to include day care centers, group and family child care homes, pre-school and school-age programs. Also offer tips and techniques for interviewing and screening providers, and information on assistance paying for child care. Assists with registration and enrollment for home-based child care and school-age programs. Offers training and technical assistance for parents and providers. Sponsors the Child and Adult Care Food Program.

DISCOVERY DAY CARE OF PHOENIX

Oswego County Opportunities, Inc.
80 County Route 59
Phoenix, NY 13135
695-4838 FAX: 695-5279
email: jboyd@oco.org
Website: www.oco.org
Contact : Julie E. Boyd, Center Manager

SERVICES: We believe children learn best through the process of Discovery! The active learning or "hands-on" approach is developmentally appropriate for children of all ages and includes a variety of exciting indoor and outdoor learning activities. Quality early childhood programming is provided to children in a warm, caring learning environment with a Licensed Practical Nurse on staff. Day care services are provided for children 18 months to 12 years old. A full breakfast, lunch, and a nutritious afternoon snack are provided through the direction of a registered dietitian. Part-time or Full-time services and subsidized care is available. Help your child discover their world through the Discovery Day Care Center! The center is operated by the Children's Division of Oswego County Opportunities, Inc..

HOURS: 6:30 AM - 6:00 PM

FULTON YMCA SCHOOL AGE CHILD CARE

715 West Broadway
Fulton, NY 13069
598-9622 FAX: 592-3557
Website: www.fultonymca.com
Contact: Alan Weaver

SERVICES: A before and after school program held at James E. Lanigan, Volney, Granby, and Fairgrieve Elementary Schools in Fulton and Fairley Elementary School in Hannibal. School Age Child Care provides parents with a well-supervised place to leave their children, and gives children the opportunity to interact with others in a fun atmosphere. Children are welcome to attend a full day program at the Fulton YMCA during vacations from school and on snow days.

HOURS: Monday - Friday 7:00 - 8:45 AM and 3:15 - 5:45PM

HANNIBAL COOPERATIVE NURSERY SCHOOL

162 Oswego Street Box 201
Hannibal, NY 13074
564-5471
email: hannibalnurseryschool7@gmail.com
Contact: Beth Hilton

SERVICES: For ages 3 to 5 of age, must be 3 by December 1st. Open Monday, Wednesday and Friday from 9 AM to 11:30 AM. Operates from September through May. Staff includes full time teacher and teacher's assistant. Parents' help is optional. Cost is \$80 per month. It all starts here with enthusiasm and simulation for motor, language, cognitive and social skills. Fun and exciting field trips offered.

LOW INCOME DAY CARE PROGRAM

Oswego County DSS
100 Spring Street PO Box 1320
Mexico, NY 13114
963-5466 FAX: 963-5472 or 963-5263
e-mail: ChristineB@oswegocounty.com
Website: www.co.oswego.ny.us
Contact: Christine Bradshaw

SERVICES: A program designed to provide eligible families with financial assistance to meet the cost of approved day care. Participants must meet eligibility guidelines and be in need of day care. Participants can be working, enrolled in a WIA approved community college or vocational training program with a specific vocational objective, or enrolled in high school. Referrals are received from the Department of Social Services, day care centers, or on a call -in basis.

** Participation depends on eligibility and availability of funds. **Funding is limited by state and federal allocations.**

HOURS: Monday - Friday 8:30 AM - 4:00 PM (Monday evening hours are available by appointment only.)

MONTESSORI PRESCHOOL PROGRAM

Early Learning Center
957 Co. Rte. 53
Oswego, NY 13126
343-1077
email: info@oswegopearlylearningcenter.com
Contact: Kathy Stooks

Services: For children ages 3 to 5, the Early Learning Center is a State licensed/Nationally accredited child care program. The Montessori method of instruction stresses the philosophy of learning through the senses. The use of self correcting materials that follow sequential order from the simplest to the most difficult fill the classroom. Activities relate to real life skills and experiences and allow children to progress at their own pace.

Hours: Monday - Friday 7 AM - 5:30 PM (AM Classes 9:30AM -12:30PM)

OSWEGO COUNTY HEAD START

Oswego County Opportunities
239 Oneida Street
Fulton, NY 13069
598-4711 FAX: 598-4764
e-mail: ccrocker@oco.org
Contact: Catherine Crocker

SERVICES: Head Start is a quality preschool program that enrolls 3 and 4 year old children at no cost to families. The program's primary goal is to promote school readiness by enhancing the social and cognitive development of children. Head Start recognizes that children learn best through hands-on experiences. Our classrooms are well equipped with a variety of materials and resources that encourage students to explore, create, play and learn. Meals are served as part of the daily schedule. The program also includes family support staff and nurses. Bus transportation is limited. Head Start serves all nine school districts with locations throughout Oswego County. Applications for enrollment are accepted year round.

OSWEGO YMCA BEFORE & AFTER SCHOOL CHILD CARE

249 West First Street
Oswego, NY 13126
342-6082
Contact: Mike Perkins

SERVICES: Before and after school child care is held at Minetto, Kingsford Park and Riley. Bussing for children who attend Fitzhugh and Leighton elementary schools is available. Activities include games, and arts and crafts. Information can be obtained by calling the Y. Cost is \$50 for AM session and \$50 for PM session per month. (UNLIMITED USE)

MEXICO School District SACC – Before and after school childcare is also offered for the Mexico school district, operated by the Oswego YMCA. Bussing is available for New Haven and Palermo students. Care is provided by Mexico Elementary School. Cost is \$65 for AM session and \$65 for PM session per month. . (UNLIMITED USE)

HOURS for both districts: 6:45AM – school starts; After school until 5:30PM

PULASKI EARLY LEARNING CENTER, INC.

20 Castle Drive
Pulaski, NY 13142
298-5070 FAX: 298-3986
e-mail: kmahoney@littlelukes.com
Website: www.pulaskiearlylearning.com
Contact: Kathy Mahoney, Director

SERVICES: The Pulaski Day Early Learning Center, Inc. is committed to helping children develop socially, physically, intellectually and emotionally. We provide age and development-appropriate curricula, with many opportunities to experience success. Our learning-based programs are delivered in a safe, healthy, loving atmosphere to children six weeks to 12 years of age. The Center is licensed and has trained staff. We also offer a Universal Pre-Kindergarten class for children who will be entering Kindergarten the following year. Breakfast, lunch and snack are prepared on site and provided daily at no extra charge. Please call or visit our website for more details.

HOURS: Monday - Friday 6:00 AM - 6:30 PM - open year-round.

SCRIBA SCHOOL AGE CHILD CARE PROGRAM

5495 State Route 104 East
Oswego, New York 13126
342-6919 FAX: 343-9939
e-mail: sacc22@scribany.org
Contact: Peggy Michael

SERVICES: Before and after school care is available during the school year and full day care during summer vacation. Full care during the school year on snow days and school vacations. The program is designed to nurture the child's development with age appropriate activities led by trained staff. Gym activities, arts and crafts, group games, and outdoor fun are some of our activities. Children are bussed to Scriba Town Park each day during the summer program.

HOURS: 6:30 AM - 5:30 PM

SUNNY DAYS NURSERY SCHOOL

Caughdenoy Methodist Church
3 County Route 37
Central Square, New York 13036
676-4379
e-mail: SunnyDaysCUMC@aol.com
Contact: Rita Reed, Director

SERVICES: Non-denominational Christian Pre-school for 3 and 4 year olds specializing in preparing children for Kindergarten in a loving, nurturing atmosphere. Academic and social development are emphasized while children learn, play and interact with peers and teachers. Small class sizes promote individualized attention by teachers who have Bachelors or Masters degrees. Snacks and supplies are provided.

Family events include Mother's Day teas, Grandparent celebrations, Christmas Sing-A-Longs among others. Speakers and guest readers regularly visit classrooms. Parents and family members are also encouraged to visit.

HOURS: Classes run September through mid-June. Two day and three day classes are offered for 3 and 4 year olds. Sessions are 2 ½ hours long.

TRINITY CATHOLIC EARLY CHILDHOOD CENTER

Trinity Catholic School
115 East 5th Street
Oswego, NY 13126
343-6700 FAX: 342-9471
e-mail: jlazarski@syrdiocese.org
Website: www.oswegotrinitycatholic.org
Contact: Joe Lazarski, Principal

SERVICES: 3 year olds, 2 - ½ day sessions from 9:00 - 11:30 AM or 3 half day sessions
4 year olds, 3 - ½ day morning sessions - 9:00 - 11:30 AM
5 - ½ day morning sessions 9:00 - 11:30 AM

Before care and extended day care is available. Instruction in Art and Music available. Classes follow the school calendar. A Latch Key Program is also available. Please call for more information.

YMCA PRESCHOOL

Fulton YMCA
715 West Broadway
Fulton, NY 13069
598-9622 FAX: 592-3557
Contact: Irene Southard

SERVICES:

Two Year-Old Class (Must be 2 by December 1st)

Enjoyable atmosphere to introduce two year olds to social activity with their peers. It provides an opportunity for children to adjust to being away from parents (often for the first time) while interacting with children their own age. Individual attention is combined with group activities in a mildly structured program to encourage each child's independence and creativity. Class size is limited to ten children.

HOURS: - Monday and Wednesday or Tuesday and Thursday 9:30AM - 11:00AM

Three Year-Old Class (Must be 3 by December 1st)

Comprehensive preschool program that also includes weekly swim lessons and gym classes. Some goals include socialization skills, cooperation, development of small and large motor skills, recognition of colors, shapes and numbers 1-10, and introduction to *gentle* structure and instruction.

HOURS:- Monday, Wednesday and Friday or Tuesday and Thursday 9:15 AM - 11:45 AM

Four Year-Old Class (Must be 4 by December 1st)

This builds on the 3-year-old class goals to include number recognition to 20, recognition of the alphabet, eye-hand coordination, use of scissors, and more structure in which children may further develop self-control and independence skills. Weekly swim lessons and gym classes are also a part of this program.

HOURS: Monday, Wednesday and Friday 9:15 AM - 11:15 AM

Five Year-Old Class (Must be 5 by December 1st)

This class is for children who are old enough to begin kindergarten but who would benefit by waiting one more year. Having class everyday allows introduction to a more structured, "kindergarten-like" program, while having it half-day gives children the opportunity to adjust to a more demanding routine without being over-whelmed by a full day schedule. It is a comprehensive program that includes weekly swim lessons and gym classes.

HOURS: Monday, Wednesday and Friday 12:15PM – 2:45 PM

WILLIAMSTOWN COMMUNITY PRESCHOOL

William Britton Community Center
P.O. Box 235
2910 B County Route 17
Williamstown, NY 13493
964-1132
Contact: Mary Lou Johnson, Teacher
John Hamblin, Town Supervisor

SERVICES: Program prepares three and four year olds socially and educationally for school. 3 year old - in Williamstown or Amboy \$25 a month or \$35 for out-of-town; 4 year olds in Williamstown or Amboy \$35 a month and \$45 for out-of-town.

HOURS: Two 3 year old classes: Monday and Wednesday 12:30PM – 3:00PM;
Tuesday and Thursday 12:30PM – 3:00PM
4 year old class: Monday thru Thursday 9:00 - 11:30 AM

COUNSELING

ANGER MANAGEMENT

Mental Health Association of Onondaga County
6520 Basile Rowe
East Syracuse, NY 13057
445-5606
e-mail: requests@mha-oc.org
Website: www.mha-oc.org
Contact: Karen Lyskawa

SERVICES: A six week course designed to teach participants to use anger in ways that are constructive and healthy. One class per week. The class fee is \$120 for the six week class. Please call for class days and times.

FAMILY SUPPORT SERVICES (FSS)

Oswego County Catholic Charities
365 West First Street
Fulton, NY 13069
598-3980 ext. 225 FAX: 593-8440
email: gcooper@ccoswego.com
Website: www.ccoswego.com
Contact: Gail Cooper, Supervisor

SERVICES: The Family Support Services Program assists parents and caregivers with the development of skills necessary to parent children with emotional and mental health challenges. FSS works to strengthen and support family relationships as well as assist in the development of outside support systems. FSS provides supportive level counseling for children and families, various groups for children and/or parents, advocacy, information and referrals to other serves as needed. The FSS program is primarily home-based. All referrals come to FSS through Oswego County Children's SPOA (963-5072).

FAMILY SUPPORT SERVICES / RESPITE

ARC of Oswego County
The Hughes Building
314 Park Street
Fulton, NY 13069
598-6007 FAX: 598-2212
Contact: K.Marc Warner

SERVICES: Families with a developmentally disabled member are faced with additional demands while continuing to maintain quality of life for the entire family. Often families need a break.

The Family Support Program sponsored by the ARC of Oswego County recognizes this need for parents and care givers to receive some relief. The program provides evening and weekend respite to families by taking the developmentally disabled member to community events on a one-to-one or small group basis. A Leisure Counselor provides assistance, supervision, and transportation. The individual served is only responsible for their cost of the activity selected (i.e. admission ticket to a movie). The program is open to any Oswego County resident age 18 and over with a developmental disability who lives at home with a family member. Service hours vary during evenings and weekends.

HOURS: Monday - Friday 8:00 AM to 4:00 PM

PEACEFUL CONFLICT RESOLUTION (formerly known as A.R.T.)

Youth Advocate Program of Oswego County
1 Beaver Lane
Phoenix, NY 13135
598-1919 FAX: 598-8799
e-mail: stuten@yapinc.org
Website: YAPINC.org
Contact: Sherry Tuten, Program Director

SERVICE: Peaceful Conflict Resolution (P.C.R.) is a 10 session, pre-designed program that focuses on three components: anger awareness, interpersonal skill development and empathy. Who is P.C.R. for? This program is for youth, families or individual adults who are having difficulties with peaceful conflict resolution skills. Participant must have the ability to work in a group setting and want to change their behavior. Individual and family and adult services are available. Referrals accepted on a fee-for-service basis.

SCHOOL BASED MENTAL HEALTH PROGRAM (SBMH)

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 ext. 225 FAX: 593-8440
email: gcooper@ccoswego.com
Website: www.ccoswego.com
Contact: Gail Cooper, Supervisor

SERVICES: The School Based Mental Health Program (SBMH) provides intervention services to elementary and middle school children and their families who have been identified, or at risk of identification as emotionally disturbed. SBMH bridges the gap between educators and mental health providers. SBMH provides strategies for increasing family functioning and strengths. SBMH provides supportive level counseling, groups, case management and coordination, advocacy, linkage and referral assistance, collaboration with schools, home visits, as well as support and education for students, parents, and teachers.

SERVICES TO AID FAMILIES - SAF

342-1544 (office) FAX: 342-7554
342-1600 (24 hours)
Website: www.oco.org
www.facebook.com/pages/Services-to-Aid-Families/216431121292
Contact: Cristy King, SAF Services Coordinator

SERVICES:

Abuse and Assault Hotline 342-1600

SAF accepts calls on a 24 hour, 7 day basis, including any collect calls within the county. Hotline personnel are trained to deal with adult and child, male and female victims of family violence and sexual assault. Counseling and crisis intervention as well as information and referral is offered to callers. Arrangements can also be made for the transporting and sheltering of any domestic violence client needing such services.

Community Education

Presentations on the topics of domestic violence, elder abuse, child abuse, rape, and sexual assault are available to interested community groups and agencies. Staff also present on SAF, its programs, and client issues and concerns.

Crime Victim Assistance Program 342-1544

Access to the Program is through the SAF office number, which is available during the business day. The Program provides crisis advocacy to survivors to violence seeking emergency compensation claims for crisis medical services. Services include: assistance with filing for compensation claims to the NYS Crime Victims Board, follow up advocacy, referral, and case management services. Compensation can help victims of violence receive reimbursement for medical bills, lost wages, lost personal property, and burial expenses. Community education is available on topics relating to the compensation process and other related topics.

Domestic Violence Program

Non-Residential: Access to the program is through the Abuse and Assault Hotline (342-1600) which is available 24 hours a day, 7 days a week. Collect calls from within the county are accepted. The Program provides crisis advocacy to survivors of domestic violence seeking to enter the SAF House, the licensed Domestic Violence Program by meeting them at safe, public sites. Non-residential services include: follow up advocacy, referral and case management services. Services are available to both victims of violence and their school-aged children. Individual and group counseling is available to assist participants to review alternatives to remaining in a violent environment. Community education is available on topics relating to domestic violence of adults, dating violence, and stalking as well as other related topics.

Prevention Education Program 342-1544

Access to the Program is through the SAF office number, which is available during the business day. This Program provides presentations to youth on sexual assault, domestic violence and bullying. The Child Sexual Abuse Program is a single program for preschool to middle school students that is age-appropriate and focuses on good touch, bad touch, and how to respond. The SAF Kids Program is offered to 5th/6th graders, middle school and high school students in both mainstream and special needs classrooms and can continue for as many as 10 sessions. Topics (which vary depending on student ability) include the definition of abusive behaviors, messages from the media, sexual harassment, drugs and violence, problem solving and safety planning. The After School program lasts for 13 sessions and has similar topics as SAF Kids but also addresses bullying.

Rape Crisis Program 342-1600

Access to the program is through the Abuse and Assault Hotline (342-1600) which is available 24 hours a day, 7 days a week. Collect calls from within the county are accepted. The program provides crisis advocacy to survivors of sexual assault by meeting them at hospital emergency rooms and/or law enforcement department offices. Follow-up advocacy, referral and case management services are also available. Services are available to both victims of violence and their personal support systems. Individual and group counseling is available to assist participants to cope with the effects of abuse. Staff are entitled to the Rape Crisis Counselor Legal Privilege. Community education is available on topics relating to sexual abuse of adults and children, sexual harassment, and stalking as well as other related topics.

SAF House - The SAF House provides a temporary home for women and children who are escaping emotional, physical or sexual abuse. Women and children experiencing homelessness are also eligible to enter the house. Residential services can be accessed through the Abuse and Assault Hotline (342-1600) 24 hours a day, 7 days a week. The program provides emotional support, assistance with locating and securing safe, affordable housing, transportation to appointments limited child care, referrals and linkage to other community agencies, legal information about custody, orders of protection, and other family court issues. Individual and group counseling is available to both women and children residing at the SAF House.

Victim Support Project 342-1600

Access to the Project is through the Abuse and Assault Hotline (342-1600) or at 349-8519 during business hours. Staff also maintain hours at the Oswego County Integrated Domestic Violence Court, the Domestic Violence Court in the City of Oswego, the Oswego County Sex Offenses Court, the Oswego County Family Court, the Oswego County Probation Office, and the Oswego County District Attorney's Office. The Project provides advocacy to survivors of domestic violence and/or sexual assault. Services include petition preparation, emotional support through the justice system, assistance with restitution, follow-up advocacy, referral, and case management services. With advance notice, staff can accompany survivors to court proceedings.

VICTIM INTERVENTION PROGRAM (VIP)

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 ext. 228 FAX: 593-8440
email: lconfer@ccoswego.com
Website: www.ccoswego.com
Contact: Linda Confer

SERVICES: The Victim Intervention Program (VIP) is an office-based therapeutic counseling program for children who have been sexually abused or have experienced some form of trauma. The treatment model employs a family system approach where siblings and family members may also be seen during sessions. A pre requisite for VIP is an open Preventive Services Case, and referrals come directly from the Department of Social Services.

COUNTY OFFICES

Barry Leemann, Chairman of the Legislature 349-8230 County Web site: www.oswegocounty.com
John Proud, Vice Chairman 349-8230
Phil Church, County Administrator 349-8235

The County toll-free line is available to residents in the 315 area code and will connect them to all county offices. Call 1-800-596-3200 and listen for instructions.

OFFICE FOR THE AGING - see SENIOR CITIZENS listing

County Office Complex
70 Bunner Street
Oswego, NY 13126
349-3484 FAX: 349-8413
Contact: Larry Schmidt, Director

SERVICES: Provides information and referral services to senior citizens on housing, transportation, social security, health care, nutrition, food stamps, legal assistance and other concerns. Sponsors home-delivered & congregate meals, and recreation at senior nutrition sites. Assists with fuel assistance and other programs for older residents of Oswego County. Outreach services are available at senior nutrition sites and older persons residences.

Case management services staff provide comprehensive assessment of elderly needs/circumstances to obtain needed in-home services (such as personal care) to include care plan and follow up. Health insurance counseling is provided as well as assistance with claims.

Other services are available through subcontracts. Legal services such as advice, counsel and representation are available. The Lifeline emergency response system provides services for elderly in home care who live alone or are isolated. Alzheimers services include awareness/education for the community, patients and care givers.

HOURS: Monday - Friday 8:30 AM - 4:00 PM

AIRPORT

40 Airport Drive
Fulton, NY 13069
591-9130 FAX: 591-9131
Email: bisbob@oswegocounty.com
Website: www.oswegocounty.com/airport
Contact: Bruce Bisbo, Airport Manager

SERVICES: Provides full fuel services, aircraft maintenance services, flight school and diner.

HOURS: Full fuel services Monday - Friday 7:30 AM - 4:00 PM
Saturday - Sunday 8:00AM - 4:30 PM
Self-serve AV gas available 24 hours a day/7 days a week

COMMUNITY DEVELOPMENT, TOURISM AND PLANNING

46 East Bridge Street
Oswego, NY 13126
Website: www.oswegocounty.com/planning
www.visitoswegocounty.com
Contact: David R. Turner, Director

SERVICES:

Community Development and Planning: Coordinates activities in land use, comprehensive planning, environmental management, and community development; administers federal housing assistance and public transportation programs; conducts zoning review and provides planning assistance to municipalities; provides planning information, including demographic and census data to local governments and the general public. 349-8292

Promotion and Tourism: Promotes Oswego County tourism destinations; coordinates I LOVE NEW YORK matching funds, public information, county web site, and special events activities for County Legislature and departments of county government, including production and distribution of brochures, advertising, news releases, media relations and public education programs. 349-8322

HOURS: Monday – Friday 9:00AM – 5:00PM

COUNTY CLERK

County Office Building
46 East Bridge Street
Oswego, NY 13126
349-8621 FAX: 349-8383
Website: www.oswegocounty.com/clerk
Contact: George J. Williams, Clerk

SERVICES: The activities, functions and services that the County Clerk's Office handles are varied. Deeds, mortgages, maps, liens, judgments, foreclosures and court cases are filed or recorded in the Clerk's office, as well as other documents such as divorces, adoption records, power of attorney, business certificates, corporations, veterans' discharges, and other miscellaneous records. The office also issues pistol permits and processes passport applications.

HOURS: Monday - Friday 9:00 AM - 5:00 PM

DISTRICT ATTORNEY

Public Safety Center
39 Churchill Road
Oswego, NY 13126
349-3200 FAX: 349-3212
Contact: Donald H. Dodd, District Attorney

SERVICES: Serves Oswego County as prosecutor for the state in criminal cases and as County Coroner.

HOURS: Monday - Friday 8:00 AM - 5:00 PM

DRUG TASK FORCE ANONYMOUS TIP LINE: 1-888-511-8997

E-9-1-1

County of Oswego
39 Churchill Road
Oswego, NY 13126
349-8215 FAX: 349-8229
email: MALLEN@oswegocounty.com
Website: www.oswegocounty.com/911
Contact: Michael Allen, Director

SERVICES: The E9-1-1 Emergency Communications Department provides the Oswego County community with the emergency dispatch services of over 49 emergency police, fire and EMS agencies.

ELECTIONS

Business Expansion Center
185 East Seneca Street Box 9
Oswego, NY 13126
email: datkins@oswegocounty.com
Website: www.oswegocounty.com/election
Ricahrd L. Atkins, Democrat Commissioner
349-8350 FAX 349-8357
email: dwart@oswegocounty.com
Donald Wart, Republican Commissioner
349-8351 FAX: 349-8357

SERVICES: The Oswego County Board of Elections is established by New York State as a bipartisan agency responsible for administering and enforcing all laws relating to elections in Oswego County. The Board is the primary custodian of all election records and maintains files for all registered voters.

The Board employs an office staff of eight and two warehouse/voting system technicians and part time warehouse workers. The agency trains and certifies over 500 election inspectors, poll clerks, and election coordinators and is responsible for the creation, consolidation, division and alteration of election districts and for the selection of polling sites in Oswego County.

The Board operates a main office and a voting machine warehouse to provide voting machines, support and services to 124 election districts and 56 poll sites and is responsible for the implementation of the federal Help America Vote Act (HAVA).

HOURS: Monday - Friday 9:00AM – 4:30PM (extended hours during petitions and elections)

EMERGENCY MANAGEMENT

County Branch Building
200 North Second Street
Fulton, NY 13069
591-9150 FAX: 591-9176
e-mail: eganp@oswegocounty.com
Contact: Patricia Egan, Director

SERVICES: Provides preparedness, planning and response for natural disasters, hazardous materials (Superfund Amendment Re-authorization Act, SARA Title III and Local Emergency Planning Committee), Radiological Emergency Preparedness, and local emergency planning for municipalities. Also provides public information and educational programs on emergency preparedness and family disaster planning, as well as training, operations and administrative aspects of emergencies. Coordinates training for Emergency Medical Services.

HOURS: Monday - Friday 8:00 AM - 4:00 PM

ENVIRONMENTAL MANAGEMENT COUNCIL

Community Development, Tourism and Planning
46 East Bridge Street
Oswego, NY 13126
349-8292 FAX: 349-8279
Contact: David Turner, Director

SERVICES: Advises the Oswego County Legislature & other local and state government agencies on matters affecting the preservation, conservation and proper management of the county's natural resources. Coordinates with the Oswego County Health Department and Oswego County Community Development, Tourism and Planning in carrying out land use planning, development, and environmental management.

FIRE COORDINATOR

Emergency Response Training Center
720 East Seneca Street
Oswego, NY 13126
349-8800 or 1-877-675-1588 FAX: 349-8810
email: dforbes@oswegocounty.com/fire
Website: www.oswegocounty.com/fire
Contact: Donald J. Forbes, Fire Coordinator

SERVICES: Conducts training programs in the different techniques of firefighting for volunteer firefighters in the county. Coordinates mutual aid services and oversees county special operations teams. Conducts cause and origin investigations for local fire departments. Conducts the Fire Related Youth program in the county.

HOURS: Monday - Friday 9:00AM – 4:30PM

HIGHWAY DEPARTMENT

31 Schaad Drive
Oswego, NY 13126
349-8331 FAX: 349-8256
email: highwaydept@oswegocounty.com
Website: www.oswegocounty.com
Contact: Kurt Ospelt, Superintendent

SERVICES : Provides highway and bridge maintenance, highway and bridge reconstruction, snow removal on various state and county highways, maintenance and supervision of the Oswego County Airport and Recreation Trail.

HOURS: Monday - Friday 8:00 AM - 4:00 PM (office)

HISTORIAN OFFICE

Oswego County Records Center
384 East River Road
Oswego, NY 13126
349-8460 FAX: 349-8458
Website: www.oswegocounty.com/clerk/historian.html
Contact: Justin White, Historian

SERVICES: Source for information concerning the history of the county, county buildings, preservation, family history, and general area history. Maintains a resource of local material and offers aid to those wishing to use the material for research.

HOURS: Monday - Friday 9:00 AM - 1:00 PM and afternoons by appointment

MOTOR VEHICLES

384 East River Road
Oswego, NY 13126
349-8300 FAX: 349-8309
Web site: www.nysdmv.com
Contact: Cathy M. Sharkey, Supervisor

FULTON OFFICE County Branch Building
200 North Second Street
Fulton, NY 13069
591-9136 FAX: 591-9139

PULASKI OFFICE 2 Broad Street
Pulaski, NY 13142
298-6521 FAX: 298-7566

SERVICES: Processes applications for learner permits and driver licenses, schedules road tests for motor vehicle operation. Processes motor vehicle registrations and registrations for boats, snowmobiles and other vehicles.

The Commercial License written testing is available in all three office locations between 9:00 AM and 2:00 PM. Road testing can be made by phone at 800-801-3614. Web site available at www.NYSDMV.com.

HOURS: All offices Monday - Friday 9:00 AM - 4:45 PM No written tests after 4:00 PM. No Commercial Driver written tests after 2:00 PM.

PERSONNEL

County Office Building
46 East Bridge Street
Oswego, NY 13126
349.8367 FAX: 349-8254
Website: www.oswegocounty.com/personnel
Contact: Carol N. Alnutt, Director

SERVICES: Accepts applications for employment and/or civil service examinations for Oswego County. Administers employee benefit plans, labor relations and civil service regulations for County employees. Also responsible for civil service administration for towns, villages and school districts in Oswego County. Cities of Fulton and Oswego (departments and schools) are excluded.

HOURS: Monday - Friday 8:30 AM - 5:00 PM

PROBATION

Public Safety Center
39 Churchill Road
Oswego, NY 13126
349-3477 or 1-888-349-3476 FAX: 349-3507
e-mail: meyerd@oswegocounty.com
Contact: Debbie Meyer, Director

SERVICES: Probation is a service provider within the county's community corrections system responsible for four major services (1) Conducting pre-sentence and pre-dispositional investigations for all courts in Oswego County,(2) Supervising persons sentenced by the courts to a period of probation and persons released from the Oswego County Jail under the supervision of the pre-trial release programs, (3) Attempting resolution or out-of-court adjustment of numerous family related problems (Family Court intake), (4) Collecting and disbursing restitution monies for crime victims. Probation personnel work to balance two major concerns : the behavior of the individual and the safety of the community.

HOURS: Monday - Friday 8:00 AM - 5:00 PM

PUBLIC HEALTH - see HEALTH SERVICES listing

Nick Sterio Health Clinic
70 Bunner Street
Oswego, NY 13126
349-3545 FAX: 349-3435
Contact: Dennis Norfleet M.D., Director of Public Health

REAL PROPERTY TAX SERVICE

County Office Building
46 East Bridge Street
Oswego, NY 13126
349-8315 FAX: 349-8281
e-mail: dmullenax@oswegocounty.com
Website: www.oswegocounty.com/rpts
Contact: Debbie Mullenax, Director

SERVICES: Maintains county tax maps and assessment records; processes correction of errors; conducts education and training sessions for Assessors and Board of Assessment Review members; conducts annual county delinquent tax property auction.

HOURS: Monday - Friday 9:00 AM - 5:00 PM

SHERIFF

39 Churchill Road
Oswego, NY 13126
Emergency Number : 911
Non-Emergency: 349-3411 or 1-888-349-3411 FAX: 349-3303
Website: www.oswegocounty.com/sherriff
Contact: Reuel A. Todd, Sheriff

SERVICES: The Oswego County Sheriff’s Office is committed to providing for the peace and security of all residents and visitors in Oswego County. The law enforcement division includes road patrol, civil, court security, marine and snowmobile patrol, criminal investigations, emergency response, and search and rescue operations. County-wide coverage of 968 square miles is provided including eastern Lake Ontario and Oneida Lake. The Sheriff’s Office also operates the Oswego County Correctional Facility, a direct supervision correctional facility.

HOURS: Office is open Monday - Friday 8:00AM – 5:00PM. Services are provided 7 days a week/24 hours a day.

SOCIAL SERVICES

Oswego County Department of Social Services (see Human Services Section)
PO Box 1320 100 Spring Street
Mexico, NY 13114
963-5000 or 1-888-963-5377

Oswego County Mental Hygiene Division (see Mental Health Section)
100 Spring Street
Mexico, NY 13114
963-5361

Oswego County Workforce New York (see EMPLOYMENT Section)
200 North 2nd Street
Fulton, NY 13069
591-9000

Mexico Associate Location for Workforce New York
100 Spring Street
Mexico, NY 13114
963-5512

Child Support Statewide Customer Service Help Line
1-888-208-4485
Available Monday – Friday 8:30AM – 7:00PM

Medicaid Managed Care
963-5481

SELF-SCREENING FOR ASSISTANCE PROGRAMS

Check to see if you may be eligible for Food Stamps, HEAP,
and other work supports at: www.mybenefits.ny.gov It's quick, easy and confidential.

FAX NUMBERS:	Assistance Programs	963-5263	963-5472
	Fulton Career Center	591-9047	
	Mental Hygiene Division	963-5530	
	Mexico Administration	963-5477	
	Mexico Employment & Training	963-5448	
	Mexico Child Support Enforcement Unit	963-5559	
	Adult Services	963-5009	
	Child Protective/Family Services	963-5600	
	Foster Adoptive Home Development Unit	963-5008	
	Youth Services	963-5008	

SERVICES: Administers a variety of public assistance programs including Cash Assistance under the Family Assistance Program, and Safety Net Assistance; Food Stamps, Medical Assistance, Home Energy Assistance, Child and Adult Protective Services, Foster Care, Adoption Services, Child Day Care subsidies and other assistance programs. Employment and Training services include Workforce Investment Act (WIA) (see Employment & Training listing for further information). Child Support Enforcement services are provided by application or referral. Services include establishment of paternity, child support and medical support, enforcement of child support, and the collection and disbursement of child support payments.

SOLID WASTE

Bristol Hill
3125 State Route 3
Fulton, NY 13069
591-9200 FAX: 591-9203
Contact: Frank Visser, Director of Solid Waste Programs

SERVICES: Provides Oswego County residents, businesses, industries, and institutions a program for the disposal and recycling of solid waste, including management of a sanitary landfill, an Energy Recovery Facility, five transfer stations and recycling centers, and compost areas; provides solid waste and recycling management information in Oswego County.

HOURS: Transfer stations: Monday to Friday 7:30AM - 4:00PM Saturday 8:00AM to 12:00NOON
(SCALES CLOSE ½ HOUR EARLIER)

STOP-DWI

Oswego County Public Safety Center
39 Churchill Road
Oswego, NY 13126
349-3210 FAX: 349-3212
e-mail: rstoner@oswegocounty.com
Contact: Paul Stoner, Coordinator

SERVICES: Purposes of the program are enforcement, public information and education, adjudication and rehabilitation of drunk drivers. The program is funded entirely by fines from convicted drunk drivers.

HOURS: Monday - Friday 8:00 AM - 5:00 PM

TREASURER

County Office Building
46 East Bridge Street
Oswego, NY 13126
349-8393 or 1-888-349-8392 FAX: 349-8255
Website: www.oswegocounty.com/treasurer
Contact: John Kruk, Treasurer

SERVICES: Custodian of county funds and manages government finances.

HOURS: Monday - Friday 9:00 AM - 5:00 PM

VETERANS AFFAIRS

County Office Building
200 North Second Street
Fulton, NY 13069
591-9100 FAX: 591-9103
email: dkestner@oswegocounty.com
Contact: Donna W. Kestner, Director

SERVICES: Provides assistance to veterans, dependents and family members on veterans benefits. Programs include compensation, pension, education and training, vocational rehabilitation, home loan guarantees, life insurance, burial and survivor benefits, health care and other federal benefits.

HOURS: Monday - Friday 8:30 AM - 4:30 PM

Thursdays – Barclay Courthouse in Pulaski: 1st and 2nd Thursdays of the month 8:30AM – 3:00PM

YOUTH BUREAU AND PARKS AND RECREATION

County Office Complex
70 Bunner Street
Oswego, NY 13126
349-3451 FAX: 349-3231
e-mail: kathyf@oswegocounty.com
Website: www.oswegocounty.com/youth
Contact: Kathleen Fenlon, Director

SERVICES: Coordinates, administers and advocates for youth programs and issues throughout Oswego County. The Youth Bureau provides funding for various youth service and recreation programs throughout the county. Operates children's summer residential camp at Camp Hollis, and oversees Camp Zerbe (see RECREATION listing). Administers Oswego Youth Court (see YOUTH SERVICES listing), and AmeriCorps (see FEDERAL *listing*).

HOURS: Monday - Friday 8:30 AM - 4:00 PM

EDUCATION

ADULT BASIC EDUCATION PROGRAM - ABE

Oswego County BOCES
179 County Route 64
Mexico, NY 13114
963-4256 FAX: 963-4436
Website: www.oswegoboces.org/adulted/index.asp
Contact: Cynthia Proietti, Case Manager

SERVICES: ABE Programs provide an opportunity for individuals to develop the skills and understanding necessary to enter a high school equivalency program. Adults must be Oswego County residents no longer enrolled in high school and 17 years old or older. There is no charge for this course. Books are loaned to the student. Registration is ongoing. Call 963-4256 for an appointment to begin classes. Day and evening classes are located throughout Oswego County.

ADULT CAREER AND TECHNICAL EDUCATION TRAINING PROGRAMS

Oswego County BOCES
179 County Route 64
Mexico, NY 13114
963-4256 FAX: 963-4436
Website: www.oswegoboces.org/adulted/index.asp

SERVICES: Adult Career and Technical Education Training Programs at Oswego County BOCES offer a variety of opportunities for career preparation to adult students throughout the area. The courses available provide the students with the skills necessary to seek entry-level employment or open a small business. All courses include both theory and hands-on experience. Courses are offered in Health Occupations (Practical Nursing, Dental Assisting, Medical Assisting, Certified Nurse Assisting, Phlebotomy, and Medical Billing/Coding, etc.), Auto Technician, Heating, Ventilation and Air Conditioning (HVAC), Heavy Equipment Operation, CDL-A, CDL-B, Welding and Precision Machining. Call for information and applications for day and evening classes. Funding options are available for students who qualify.

ALTMAR-PARISH-WILLIAMSTOWN CENTRAL SCHOOL DISTRICT

P.O. Box 97
Parish, NY 13131
625-5251 FAX: 625-7952
Gerry Hudson, Interim Superintendent

Altmar Elementary	625-5260
Parish Elementary	625-5270
APW Middle School	625-5200
APW High School	625-5220

CAYUGA COMMUNITY COLLEGE - FULTON CAMPUS

806 W. Broadway Suite 2
Fulton, NY 13069
592-4143 FAX: 592-5055
e-mail: witmer@cayuga.cc.edu
Website: www.cayuga.cc.edu
Contact: Susan Witmer

SERVICES: Cayuga Community College offers two year associate degrees in the areas of liberal arts, business, computers, criminal justice, electrical technology, mechanical technology, nursing and telecommunications.

The Fulton Campus offers an ever growing variety of courses that can be applied to any of the degree programs. Students can complete all requirements for most degree program at the Fulton Campus. Library, learning support, advisement, and other services are available to students.

HOURS: Call 592-4143 for hours and to make an appointment.

CENTRAL SQUARE CENTRAL SCHOOL DISTRICT

District Office
642 South Main Street
Central Square, NY 13036
668-4220 FAX: 676-4437
e-mail: ccostello@cssd.org
Carolyn Costello, Superintendent

Millard Hawk Primary	668-4310
Brewerton Elementary	668-4201
Cleveland Elementary	668-4213
Aura A Cole Elementary	668-4207
Hastings-Mallory Elementary	668-4252
Central Square Intermediate	668-4229
Central Square Middle	668-4216
Paul V. Moore High School	668-4231

CONTINUING EDUCATION – DRIVING COURSES

Oswego County BOCES
 179 Co. Rte. 64
 Mexico, NY 13114
 963-4256 FAX: 963-4436
 Website: www.oswegoboces.org/adulted/index.asp

SERVICES: Currently we offer 5 hour Pre-licensing and 6 hour Defensive Driving courses. Course descriptions, updated information and schedules are listed on the web at [http://www.oswegoboces.org/adulted/driving/index .asp](http://www.oswegoboces.org/adulted/driving/index.asp). Go to the web to sign up and pay for these courses.

CORNELL COOPERATIVE EXTENSION OF OSWEGO COUNTY

3288 Main Street
 Mexico, NY 13114
 963-7286 FAX: 963-0968
 e-mail: oswego@cornell.edu

4-H/Youth Development Program

Contact: Linda Brosch, 4-H Team Coordinator
 Kathy Porter, Administrative Assistant

SERVICES: Educational programming provided in science, engineering and technology. Programs are delivered by professional staff through school visits and workshops for youth group and 4-H projects in club settings for members. Printed 4-H materials include environmental projects, clothing and textile, and animal and plant science information. Manages the 150 acre Amboy 4-H Environmental Education Center located in Williamstown.

HOURS: Monday – Friday 8:30AM – 4:00PM

Agriculture Program

Contact: Jonathan Schell, Agriculture Team Coordinator
 Karen Meyers - Administrative Assistant

SERVICES: Offers support services, workshops, and conferences for homeowners and commercial agriculture/horticulture operations. Distribution of research-based information on disease, insects, land use, rural resource development, marketing, pesticides, water resources, environmental quality/development, soils and crops is made available to homeowners and agriculture producers.

Clothing and Textiles

Contact: Mary Matteson
 Kathy Porter, Administrative Assistant

SERVICES: Classes and workshops related to clothing and textiles including beginning and intermediate sewing classes and craft related topics are arranged throughout the county. These classes can be tailored to request and ability level.

Human Ecology Program

Contact: Cynthia Walsh, Human Ecology Team Coordinator
 Kathy Porter, Administrative Assistant

SERVICES: Classes and workshops are arranged with groups throughout the county tailored to requests or needs. Focus on nutrition, family relations, child development and Parenting After Separation and Divorce. The Expanded Food and Nutrition Education Program (EFNEP) and Food Stamp Nutrition Education Program (FSNEP) help families with limited resources develop improved diets.

Nutrition Education

Contact: Cynthia Walsh, Team Coordinator

SERVICES: Nutrition classes and workshops are arranged with individuals and groups throughout the county. Topics are tailored to requests and needs. The focus of the nutrition programs pertain to basic nutrition, feeding children, food safety, shopping skills, food preparation and preservation. Breast-feeding peer counseling is also available. EFNEP (Expanded Food and Nutrition Education Program) and Eat Smart New York! Attempt to help individuals and families with limited resources develop improved diets.

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES – ESOL

Oswego County BOCES
179 Co. Rte. 64
Mexico, NY 13114
963-4256 FAX: 963-4436
Website: www.oswegoboces.org/adulted/literacy/ESOL.asp
Contact: Cynthia Proietti, Case Manager

SERVICES: Provides an opportunity for individuals to develop the skills and understanding of the English language. Adults must be an Oswego County resident and 16 years old or older. There is no charge for this course. Books are loaned to the student. Class is located in Oswego. Students must take an oral test upon enrollment. Registration is ongoing and on site. Documentation is not required. Call 963-4256 for information or go to the website.

FULTON CITY SCHOOL DISTRICT

167 South Fourth Street
Fulton, NY 13069
593-5510 FAX: 598-6351
William Lynch, Superintendent

Fairgrieve Elementary	593-5550
Granby Elementary	593-5480
Lanigan Elementary	593-5470
Volney Elementary	593-5570
Fulton Junior High	593-5440
G. Ray Bodley High School	593-5400

HANNIBAL CENTRAL SCHOOL DISTRICT

P.O. Box 66
Hannibal, NY 13074
564-7900 FAX: 564-7263
Michael J. DiFabio, Superintendent

Fairley School	564-7945
Kenney Middle School	564-7955
Hannibal High School	564-7910

HIGH SCHOOL EQUIVALENCY - GED

Oswego County BOCES
179 County Route 64
Mexico, NY 13114
963-4256 FAX: 963-4436
Contact: Cynthia Proietti, Case Manager

SERVICES: Provides an opportunity for individuals to develop the skills and understanding necessary to pass the General Educational Development (GED) Test. Adults must be an Oswego County resident, no longer enrolled in high school and 17 years or older. There is no charge for this course. Books are loaned to the student. Registration is ongoing. Day and evening classes are located throughout Oswego County. GED Home study is available to those who cannot attend a regularly scheduled class. Students must meet a minimum requirement based on test scores and be 21 years old or older. Registration for both programs is ongoing. Call 963-4256 for an appointment to begin classes.

LITERACY VOLUNTEERS OF OSWEGO COUNTY, INC.

34 East Bridge Street
Oswego, NY 13126
342-8839 FAX: 342-8841
e-mail: lvoswego@verizon.net
Website: www.lvoswego.org
Contact: Jane Murphy

SERVICES: Free one-to-one confidential tutoring for adults age 16 and over in Reading, Writing, Math, English as Other Language and Basic Computer Literacy. Tutoring sessions are provided by certified volunteers and are held at mutually convenient sites and times. Volunteers are always needed!

HOURS: Monday - Friday 9:00AM - 3:00PM

MEXICO CENTRAL SCHOOL DISTRICT

40 Academy Street
Mexico, NY 13114
963-8400 FAX: 963-3325
Website: www.mexico.cnyric.org
Robert Pritchard, Superintendent

New Haven Elementary	963-8400 x 3500
Mexico Elementary	963-8400 x 2310
Palermo Elementary	963-8400 x 1000
Mexico Middle School	963-8400 x 4299
Mexico High School	963-8400 x 5118

MIGRANT EDUCATION OUTREACH PROGRAM (MEOP)

Oswego County BOCES
179 Co. Rte. 64
Mexico, NY 13114
963-4291 FAX: 963-4242
email: pgugel@oswegoboces.org
Website: www.oswegoboces.org
Contact: Paul Gugel, Coordinator

SERVICES: The Migrant Education Outreach Program (MEOP) provides migrant students with educational and support services including in-school and/or in-home tutoring, summer tutoring, educational field trips, family literacy, preschool education, outreach, interpretation and advocacy. The MEOP also offers on-site English as a Second Language (ESL) classes in migrant labor camps and for out-of-school youth ages 16 – 21. The MEOP provides students in grades 7-12 with activities designed to promote career awareness, explore post-secondary options, perform community service and develop leadership skills

Program Eligibility: The MEOP provides services for students who meet the eligibility requirements of the federal migrant education program. A student (ages 3-21) may be eligible if their parent, guardian, spouse or him/herself has moved across school district or state boundaries within the last 3 years in order to secure or search for employment in agriculture including picking/harvesting or packing of fruits and vegetable, dairy farming, food processing, tree farming or logging.

OFFICE HOURS: Monday – Friday 8:00AM – 4:00PM

OSWEGO COMMUNITY CHRISTIAN SCHOOL

400 East Albany Street
Oswego, NY 13126
342-9322 FAX: 342-0268
e-mail: myoccs@gmail.com
Website: www.info@myoccs.org
Contact: Debra Greutman, Principal

SERVICE: Education Pre-K - 8th Grade.

HOURS: Office - Monday - Friday 8:00 AM - 4:00 PM

OSWEGO COUNTY BOCES

Oswego County BOCES
179 County Route 64
Mexico, NY 13114
963-4251 FAX: 963-4259
Website: www.oswegoboces.org
Contact: Dr. Joseph P. Camerino, District Superintendent
Walt Freyer, Assistant Superintendent of Pupil Services
Michael Sheperd, Assistant Superintendent for Administrative Services
Mark LaFountain, Director of Human Resources

Instructional Support Services

963-4248

Contact: Jane Suddaby, Assistant Superintendent for Instructional Services

Career & Technical Education

963-4433

Contact: Ronald Camp, Director

Adult Education

963-4256

Contact: Donna Donabella, Director

Special Education

963-4315

Contact: Jim Huber, Director

SERVICES: The Oswego County Board of Cooperative Educational Services (BOCES) is an organization which provides outstanding educational experiences and cost-effective cooperative services and programs to the nine component school districts in Oswego County. BOCES enhances the lives of county residents by providing GED programs, enrichment classes, adult literacy lessons, adult career and technical education programs, career planning assistance and a range of professional services including distance learning classes.

OSWEGO ENLARGED CITY SCHOOL DISTRICT

Oswego Education Center
120 East First Street
Oswego, NY 13126
341-2001 FAX: 341-2910
William Crist, Superintendent

Fitzhugh Park School	341-2400
Kingsford Park School	341-2500
Leighton School	341-2700
Minetto Elementary	341-2600
Riley Elementary	341-2800
Oswego Middle School	341-2300
Oswego High School	341-2200

PHOENIX CENTRAL SCHOOL DISTRICT

116 Volney Street
Phoenix, NY 13135
695-1555
Rita Racette, Superintendent

Maroun Elementary PreK to 5	695-1561
E.J. Dillon Middle School	695-1521
J.C. Birdlebough High School	695-1631
Pennellville Learning Center	695-1565

PULASKI CENTRAL SCHOOL DISTRICT

2 Hinman Road
Pulaski, NY 13142
298-5188 FAX: 298-4390
Marshall Marshall, Superintendent

Lura Sharp Elementary	298-2412
Pulaski Middle School	298-6001

SANDY CREEK CENTRAL SCHOOL DISTRICT

P.O. Box 248
124 Salisbury Street
Sandy Creek, NY 13145
387-3445 FAX: 387-2196
Stewart Amell, Superintendent

Sandy Creek Elementary 387-5626
Sandy Creek Middle-Senior High 387-3465

SUMMERTIME ON CAMPUS (STOC)

Oswego County BOCES
179 Co. Rte. 64
Mexico, NY 13114
963-4433
Website: <http://summertime.oswegoboces.org>
Contact: Gisele Benigno, Coordinator of Business Administration, PR & Special Projects

SERVICES: Summertime on Campus is an annual summer program held at Oswego County BOCES. Open to students entering grades 3 thru 8 in the fall, the program provides students an opportunity to share new experiences and learn while participating in fun and enriching classes. Sessions run Monday thru Friday, and are offered for three hours, either in the morning or afternoon, over the course of several weeks. Students may sign up for more than one session and more than one week. Free transportation is provided from each student's home district, except Mexico, as the program is offered at the Oswego County BOCES Mexico campus. Free lunch is also available to all students who attend morning and afternoon sessions in the same week. Parents may register on-line through the BOCES website.

SUNY OSWEGO DIVISION OF EXTENDED LEARNING

(Formerly know as the SUNY Oswego Division of Continuing Education & Summer Sessions)

166 Campus Center
SUNY Oswego
Oswego, NY 13126
312-2270 FAX: 312-3078
email: extlearn@oswego.edu
Website: www.oswego.edu/extendedlearning

SERVICES: The Division of Extended Learning appreciates the potential of continuing education and lifelong learning. Increasing numbers of adults enroll in continuing education programs to achieve their educational objectives. We offer high-quality, innovative learning opportunities to a diverse student population, and we are committed to helping you achieve your educational goals. Whatever you want to do, whomever you want to be, we can help you with the tools you need to get there.

In cooperation with the academic departments, the Division offers a variety of courses and subjects, both credit bearing and non-credit bearing. Courses are offered on a part-time basis on campus, off campus, and online. In addition, professional development options are offered at the SUNY Oswego Phoenix Center (formerly known as the Oswego State Education Center) located in Phoenix, NY (phone: 315.312.6430) and at the SUNY Oswego Metro Center located in Syracuse, NY (phone: 315.399.4100).

Programs and services facilitated by the Division of Extended Learning include:

- Part-Time Degrees, including student advisement
- Professional Development, including customized on-site training
- Summer Sessions
- Winter Session
- Distance Learning, including three online completion degrees
- North Country Degree Programs, including student advisement
- American Management Association (AMA) Certificate Programs
- College-Level Examination Program (CLEP) exams
- Graduate Record Examination (GRE) subject exams
- Safe Schools, Healthy Students Program
- Senior Citizen Audit

For more information regarding any of our programs and services, please visit the Division of Extended Learning website at www.oswego.edu/extendedlearning, email us at ced@oswego.edu, or contact the campus office at 315.312.2270.

We look forward to helping you achieve your educational dreams!

HOURS: Office: Monday – Friday 8:00AM – 4:30PM with extended hours on Thursday until 6:00PM or by appointment

TRINITY CATHOLIC PRE K - 6

Trinity Catholic School
115 East 5th Street
Oswego, NY 13126
343-6700 FAX: 342-9471
e-mail: jlazarski@syrdiocese.org
Website: www.oswegotrinitycatholic.org
Contact: Joe Lazarski, Principal

SERVICES: Catholic Elementary School follows the NYS Education Department curriculum and standards. This school offers supplemental instruction in foreign language, art, physical education, technology instruction; instrumental and vocal music instruction, before and after school programs; intramural sports program; remedial reading and other academic areas. Children of all faiths are welcome. Tuition assistance programs are available.

EMERGENCY PROGRAMS

AMERICAN RED CROSS OF CENTRAL NEW YORK

Onondaga / Oswego County Chapter
333 West First Street
Oswego, NY 13126
343-0967 FAX: 343-0909
email: kferguson@syrarc.org
Website: www.syrarc.org
Contact: Karen Ferguson

SERVICES:

- Emergency services provided to victims of disasters. Preparedness training for both organizations and individuals
- Emergency communications and assistance to members of the military and their families
- Health and safety education and training in areas such as babysitting, CPR, first aid, water safety, and life guarding. Programs for organizations and individuals.
- Support for blood services collection at county blood drives
- Information and referral services including utility assistance for those who qualify
- International services and tracing

UPSTATE NEW YORK REGIONAL POISON CONTROL CENTER

University Hospital, SUNY Health Science Center
750 East Adams Street
Syracuse, NY 13210
1-800-222-1222 (Nationwide) FAX: 464-7077

SERVICES: The Upstate New York Poison Center, a component of University Hospital's Department of Emergency Medicine, is a telephone service available 24 hours a day, 365 days a year. The Center responds to more than 50,000 calls annually, with 60% of the calls involving children under the age of six. Over 75% of these cases of unintentional poisoning are successfully treated at home through telephone consultation, eliminating unnecessary trips to the Emergency Department.

The Call Center is staffed by registered nursing staff certified by the American Association of Poison Control Centers as Specialist in Poison Information and by boarded medical and clinical toxicologists. The staff is available to provide case management and poison information to the public and to health care professionals within our 34 county service area. Additionally, the Center maintains a list of other consultants, specialists in their field, to help in the management as necessary.

The Center works closely with County 911 services to ensure a seamless interface of protocols and procedures between the two emergency services.

Education for health care professionals is accomplished through: Case Conference held weekly at the center, clinical rotations for physicians, pharmacists, nurses and other health care professionals; in-service for hospital staff throughout the 34 county service area; our annual Toxicology Teaching Day held in Syracuse, NY each Fall; and through our drug information services.

Public educational programs for children, parents, seniors and many other segments of the population are customized for the needs of the target audience. Health educators promote poison prevention awareness in local communities and work closely with identified points-of-service agencies to provide educational programming and materials to the communities served by the Center.

See HUMAN SERVICES section for food pantries and assistance with clothing and furniture.

EMPLOYMENT

ADECCO EMPLOYMENT SERVICES

104 Cayuga St.
Fulton, NY 13069
598-8230 FAX: 598-8308
e-mail: don.unger@adecco.com
Website: www.adeccousa.com
Contact: Don Unger

SERVICES: Adecco provides temporary, temporary to direct and direct hire opportunities to qualified job seekers while helping business and industry with their staffing needs. Adecco offers its Associates a full line of benefits and an opportunity to work and grow in a new career. Businesses are offered a cost effective means of meeting immediate and long term staffing needs. Job seekers can apply on-line at www.adeccousa.com.

JOB ASSISTANCE READINESS TRAINING (JART)

Oswego County Opportunities, Inc.
75 East 1st Street Midtown Plaza, Lower Level
Oswego, NY 13126
342-7532 FAX: 342-7554
email: youthservices@oco.org
Contact: Karen Merrill

SERVICES: The Job Assistance Readiness Training (JART) program provides services for low income youth and adults and is designed to increase skills, knowledge and opportunities for employment. JART connects participants to education and job training programs, and provides pre-employment skill building including the development of job search skills, work ethics, resume building, interviewing skills, and completing job applications. JART also offers the National Work Readiness Credential (NWRC) which evaluates critical employment entry level skills and provides a national, portable certification that affirms that individual job seekers have demonstrated the knowledge and skills needed for successful performance as entry-level workers.

NEW YORK STATE DEPARTMENT OF LABOR

Division of Employment and Workforce Solutions
200 North Second Street
Fulton, NY 13069
591-9307 FAX: 591-9309
Website: www.labor.ny.gov

SERVICES: The New York State Department of Labor provides extensive and cost free employment-related services for both jobseekers and employers, including access to our universal employment database, staff recruitment coordination, applicant screening and job referral, employment/career counseling, jobseeker workshops and one-on-one re-employment assistance. Additional professional resources available at the NYS DOL include: an Employment Counselor specifically trained to provide career guidance and employment counseling; an Employment Services Representative, assisting employers with staffing needs, financial incentives, program awareness, and training information; and a Local Veterans' Employment Representative, focusing on the particular needs of our military veterans.

HOURS: Monday - Friday 8:30 AM – 4:30 PM

OSWEGO COUNTY WORKFORCE NEW YORK

200 North Second Street
Fulton, NY 13069
591-9000 FAX: 591-9047
e-mail: careerconnections@oswegocounty.com
Website: www.yourcareerconnection.org
Contact: Christine Weaver, Coordinator of Client Services/One-Stop Operator

SERVICES: Oswego County Workforce New York serves both job seekers and employers in the local labor market. A career center is available with computers, phones, fax machines, copiers, a TTY and job related resource materials. Services include vocational assessment, workshops, career counseling, occupational skills training, job listings and referrals and screenings for local businesses. Space is available for local businesses to interview applicants. Programs and services are available to adults, dislocated workers, veterans and youth.

HOURS: Monday – Friday 8:30AM – 4:30PM

FEDERAL PROGRAMS

MEDICARE

1-800-633-4227
Website: www.medicare.gov

SERVICES: Medicare is a health insurance program available to people 65 and older; to people who have received Social Security disability payments for 24 months or more; and to workers and their dependents who need kidney dialysis treatment or a kidney transplant because of permanent kidney failure. The hospital insurance part of Medicare helps pay the cost of inpatient hospital care and certain types of follow-up care. The medical insurance part of Medicare helps pay the costs of physicians' services, outpatient hospital services and certain other medical items and services not covered by hospital insurance.

OSWEGO AMERICORPS PROGRAM

Oswego City-County Youth Bureau
County Office Complex
70 Bunner Street
Oswego, NY 13126
349-3451 FAX: 349-3231
e-mail: kathleen@oswegocounty.com
Website: www.oswegocounty.com/youth
Contact: Kathy Andolina, Program Coordinator

SERVICES: AmeriCorps is a national service program known as the "domestic Peace Corps" that meets critical needs in local communities. Oswego AmeriCorps focuses on services for youth in Oswego County. Members mentor youth, provide out-of-school activities and manage volunteers.

Applicants must be at least 17 years old and have, or be working on, a high school diploma or GED. There is no upper age limit. Sites may request additional education or experience. Members serve 300 or 900 hours terms of service. Most members receive a living allowance during their term. All members receive an education award at the completion of their term. The award can be used for tuition or to pay on student loans.

Members serve at recreation programs, libraries, schools and community based organizations throughout the county. Agencies may apply to become an AmeriCorps site and host a member. Sites pay a share of the member costs.

HOURS: Monday - Friday 8:30 AM to 4:00 PM

SOCIAL SECURITY ADMINISTRATION

Hillside Commons
19 Fourth Avenue
Oswego, NY 13126
Toll Free 1-866-964-7593
Website: www.socialsecurity.gov

SERVICES: Offers a variety of services which help individuals and groups to become familiar with their rights and responsibilities under the Social Security Act. The office handles claims for benefits under the Retirement, Survivors and Disability Insurance programs as well as the Health Insurance (Medicare) and the Supplemental Security Income (SSI) programs legislated under the Social Security Act.

The office provides, free of charge, and available upon request, a wide assortment of printed materials describing the various benefit categories and programs in general. Speakers for group meetings as well as advisory counseling for special interest groups are also available at no charge. Appointments may be scheduled by phone or in office service by calling the 800 number.

HOURS: Monday - Friday 9:00 AM - 4:00 PM

HEALTH SERVICES

AIDS Community Resources

10 George Street
Oswego, NY 13126
343-7778 or 1-800-475-2430 FAX: 343-4663
e-mail: information@aidscommunityresources.com
Website: www.aidscommunityresources.com

SERVICES:

Support Services

AIDS Community Resources provides a broad range of case management and follow-up services including housing assistance, crisis intervention, support groups, and advocacy for those infected and affected by HIV/AIDS.

Contact: Alissa Viscome

Youth Prevention and Education Services:

Teen AIDS Task Force (TATF) chapters are in dozens of middle and high schools in our nine county service area. TATF members receive specialized training, and in turn, provide accurate and up-to-date information on HIV/AIDS to the student body and the broader community. To learn more about TATF or to start a new chapter, call Wenona Wake at 800-475-2430.

Adult Prevention and Education Services:

Educational services are offered to health and human service agencies, businesses, colleges, schools, prisons, service clubs, and day care centers through AIDS Community Resources' Speakers Bureau, a group of people living with AIDS who share the lessons they have learned. Contact Wenona Wake at 1-800-475-2430.

CONNECT is a service that works to help build a safer adult GLBT community through education, support groups, counseling, workshops, prevention and outreach programs.

Contact Bob Forbes at 1-800-475-2430 or email connect@aidscommunityresources.com

Volunteer Opportunities:

Trained, caring volunteers answer the agency's hotline, support clients through the buddy program and hospital visits, provide education through street outreach, mentor GLBTQ youth, assist with special events and participate in social and recreational activities.

Contact Mary Doody at 1-800-475-2430.

AMERICAN CANCER SOCIETY

6725 Lyons Street, PO Box 7
East Syracuse, NY 13057
1-800-227-2345 FAX: 437-8233
Website: www.cancer.org

SERVICES: Information and referral, transportation services to and from cancer treatment; support groups, peer support programs including Man to Man and Reach to Recovery; community education focusing on the prevention and early detection of cancer.

AMERICAN DIABETES ASSOCIATION

Central New York Office, New York State Affiliate
6390 FLY Road 2nd Floor.
East Syracuse, NY 13057
438-8687 OR 1-888-342-2383 FAX: 463-2064
Website: www.diabetes.org
Contact: Sylvia Hough, Associate Director

SERVICES: Your American Diabetes Association is the only organization supporting all people with diabetes: people with type 1 and type 2 diabetes, children and adults. We help those who care for people with diabetes: parents, families, friends, employers. We are the only organization that also supports health care professionals who deliver the care and the scientists who search for the cure needed by people with diabetes.

HOURS: Monday - Friday 8:30 AM - 5:00 PM

AMERICAN HEART ASSOCIATION

PO Box 3049
Syracuse, NY 13220-3049
234-4700 FAX: 234-4701

SERVICES: Provides cardiovascular education programs to schools, health care facilities, the workplace, and communities. Over a million dollars of research is conducted locally each year. Literature and educational materials are available. The association conducts fund-raising activities, and programs for research and educational programs.

HOURS: Monday - Friday 8:30 AM – 5:00 PM

ARTHRITIS FOUNDATION, CENTRAL NEW YORK CHAPTER

PO Box 126
Fayetteville, NY 13066
637-3568
Website: www.arthritis.org
Contact: Genoa Wilson, Program Manager

SERVICES: Provides literature, referrals, support groups; offers taking control of arthritis self-help course, Arthritis Foundation exercise program, warm water exercise program and 'Tai Chi from the Arthritis Foundation'.

ASTHMA COALITION OF CNY

PO Box 23
Fulton, NY 13069
593-2488 FAX: 593-2488
e-mail: aschimpff@alanys.org
Contact: Angela Schimpff

SERVICES: Provide asthma education to school nurses, children and parents. Also provide asthma equipment such as spacers, peak flow meters and nebulizers. Sponsors the I-Help program which physicians can utilize to refer qualifying asthmatic children for in-home education.

BREAST CANCER HOTLINE

1-800-877-8077

SERVICES: Provides information, referral and support to women who have breast cancer or anyone in New York State who has concerns about breast cancer. The hotline is staffed by volunteers who are professionally trained and supervised, and are breast cancer survivors.

Callers will receive emotional support and general, objective advice. Volunteers will answer questions concerning early detection, mammography, second opinions, finding the right doctor, understanding treatment choices, insurance coverage, local support groups, breast reconstruction and worries about recurrences.

The hotline operates 24 hours a day, seven days a week. During regular business hours, volunteers will answer calls personally. At other times, calls are taken by an answering machine and volunteers will return those calls as soon as possible - usually the same day.

HOURS: Monday - Friday 9:00 AM - 9:00 PM and weekends

CANCER INFORMATION SERVICE (CIS)

1-800-422-6237

SERVICES: Sponsored by the National Cancer Institute (NCI), this service allows callers to order free publications, locate FDA certified mammography facilities or talk to a Cancer Information Specialist.

HOURS: Monday - Friday 9:00 AM - 4:30 PM

CENTRAL NEW YORK OCCUPATIONAL HEALTH CLINICAL CENTER

6712 Brooklawn Parkway, Suite 204
Syracuse, NY 13211-2195
432-8899 or 800-432-9590 FAX: 431-9528

SERVICES: Diagnosis of work related illnesses in workers and former workers includes medical and occupational history, physical examination, diagnostic testing, and referral for treatment. The center also provides education in disease and hazard recognition, work place evaluations, and social work support services. Efforts are made to prevent cost from being a barrier to accessing services.

HOURS: Monday - Friday 9 AM – 4:30PM

CHILD HEALTH PLUS OUTREACH PROJECT

1-800-698-4543

Website: www.nyhpa.org

SERVICES: Child Health Plus is a health insurance plan that offers free or very low cost health insurance to children under the age of 19 years. The plan offers basic coverage for primary and preventive medical services, emergency room care, and inpatient hospitalization, and more.

The aim of this health care plan is to make certain that children of low to moderate income families receive the preventive health care that they need. Children are eligible for the program if they reside in New York State, are not eligible for Medicaid, are under the age of 19, and do not have equivalent health insurance. A child with a previously diagnosed condition or illness cannot be denied coverage under Child Health Plus.

Benefits include regular physical check-ups, routine speech, hearing + dental services, immunizations, diagnosis and treatment of illness or injury, laboratory tests and diagnostic x-rays, out-patient surgery, emergency room care, and prescription drugs, inpatient hospitalization, limited out-patient treatment for alcoholism and substance abuse and mental health.

HOURS: Monday – Friday 8:00AM – 8:00PM; Saturday 12NOON – 5:00PM; Closed on Sundays

CHILDREN'S RESPITE SERVICES

Catholic Charities of Oswego County

365 West First Street

Fulton, NY 13069

598-3980 ext. 227

FAX: 593-8440

e-mail: lcollins-warren@ccoswego.com

Contact: Lou Ann Collins-Warren, Coordinator

SERVICES: Children's Respite Services are available to Oswego County children between the ages of 3 and 18 who have a mental health diagnosis. The Children's Respite program offers children with mental issues such as Attention Deficit Disorder, and Post Traumatic Stress Disorder and their families much needed support by using strengths-based models in a timely manner. The program allows these children the ability to experience social and positive affirmation through the use of wraparound dollars.

CONSUMER-DIRECTED PERSONAL ASSISTANCE PROGRAM

ARISE

9 4th Avenue

Oswego, NY 13126

342-4088

FAX: 342-4107

e-mail: carnold@ariseinc.org

Website: www.ariseinc.org

Contact: Cheryl Arnold

SERVICES: The consumer-Directed Personal Assistance Program (CDPAP) is an alternative to traditional home healthcare for individuals receiving or eligible for Medicaid. This program is in conjunction with the Department of Social Services and Oswego County Health Department.

CYSTIC FIBROSIS FOUNDATION

Central New York Chapter

5818 East Molloy Road

Syracuse, NY 13211

463-7965

FAX:463-8221

email: central-ny@cff.org

Website: www.cff.org

Contact: Christina Jardine, Special Events Manager

SERVICES: The mission of the Cystic Fibrosis Foundation, a non-profit donor-supported organization, is to assure the research and development of the means to cure and control cystic fibrosis and to improve the quality of life for those with the disease.

FACILITATED ENROLLMENT FOR CHILD HEALTH PLUS & MEDICAID

Oswego County Opportunities Health and Nutrition
10 George Street
Oswego, NY 13126
342-0888 ext. 1450
e-mail: jsmith@oco.org
awert@oco.org
Contact: Julie Smith or Allen Wert

SERVICES: Provides assistance to help families enroll their children in free or low cost health insurance. Staff will also assist eligible adults (ages 19- 64) in enrollment in Family Health Plus and Medicaid. Staff are on site at locations throughout Oswego County at a variety of times including evenings and Saturdays, home visits will be made when needed.

GENTIVA HEALTH SERVICES

335 West 1st Street
Oswego, NY 13126
342-0510 FAX: 342-2451
461-0209 Liverpool Office
Contact: Bernadette Schuffenecker

SERVICES: Gentiva Health Services specializes in home health care visits and is a fully certified and licensed agency by NYS Health Department in Oswego, Onondaga and Cayuga counties. Payment is accepted from Medicare, Medicaid, insurance and private pay. All levels of care are provided utilizing Registered Nurses, Licensed Practical Nurses, Home Health Aides, Personal Care Aides, and homemakers. The comprehensive home care program utilizes therapies such as Physical, Occupational, Speech, Medical Social Work and Nutrition.

Our specialty programs include: Safe Strides, Orthopedics and Diabetes management. All services are available 24 hours per day. (JACHO accredited)

HOURS: Monday - Friday 8:00 AM - 5:00 PM (office) Answering service - all other hours

GROWING UP HEALTHY HOTLINE

1-800-522-5006

SERVICES: Maternal and child programs (i.e. WIC, pregnancy care, child health programs etc)

HOURS: 24 hours a day/7 days a week

HOME AIDE SERVICE FOR OSWEGO COUNTY

150 West 6th Street
Oswego, NY 13126
343-1887 FAX: 349-5580
Website: www.oswegohealth.org
Contact: Paula Whitehouse

SERVICES: Home Aide Service for Oswego County is an affiliate of Oswego Health and Oswego Hospital. Provides Home Health Aides (HHA), Personal Care Aides (PCA's) and Homemaker (HMK) services. HHA, PCA, and HMK services assist clientele who need home care services such as personal care and light housekeeping tasks. These services assist clientele who may have experienced a recent surgery, illness, and/or may be debilitated/disabled.

Assistance with the activities of daily living (ADL's) by HHA, PCA, and HMK staff allows clientele to maintain dignity and independence in their homes for an hourly fee. This service is available to all clientele residing within Oswego County.

HOURS: Monday - Friday 8:00 AM - 4:00 PM

HOME AIDES OF CNY

723 James Street
Syracuse, NY 13203
476-4295 FAX: 476-0538
e-mail: khenry@eldercarecny.org
Web site: www.eldercarecny.org
Contact: Karen Henry, R.N., Director of Clinical Services

Central Square Office
668-0111

SERVICES: Home Aides of Central New York provides home care services including home health aides, respite care, personal emergency response system, caregiver referrals, home health aide training, as well as personal care aides; companions/homemakers; and RN assessments. Through our companion, homemaker, home health aide, and RN services we assist older people and people with disabilities with the activities of daily living, such as meal preparation, errands, groceries, light housekeeping, personal laundry and personal care tasks such as bathing, dressing and medication reminders.

HOURS: Monday - Friday 8 AM – 4:30 PM Homecare services are provided 24 hours a day/7 days a week. Administrative staff is on call 24/7. We serve Onondaga, Madison and Oswego counties.

HOSPITALS HOME HEALTH CARE, INC.

113 Schuyler Street Suite 3
Fulton, NY 13069
598-1544 FAX: 598-6868
Contact: Sari Reikes

SERVICES: Hospitals Home Health Care, Inc. provides certified health services to Oswego County residents in their homes 24 hours a day, seven days a week. The services it offers include skilled nursing, medical social services and home health care aides. Hospitals Home Health Care can also provide physical therapy, speech therapy, occupational therapy, high infusion and wound management, and nutrition information.

LIFELINE

Home Aide Service
150 West 6th Street
Oswego, NY 13126
343-1887 FAX: 349-5580
Website: www.oswegohealth.org
Contact: Lauri Clark, Lifeline Specialist

SERVICES: Oswego Hospital provides 24 hour emergency communication service 365 days a year for residents of Oswego County that fosters increased independence and peace of mind. An affiliate of Oswego Health and Oswego Hospital, the Lifeline Service is administered through the Home Aide for Oswego County Service Department. Round-the-clock calls for assistance/help at the push of a button are received at Philips Lifeline. Professionally trained staff answer incoming calls and can dispatch assistance within minutes.

HOURS: Monday - Friday 8:00 – 4:00 pm

LIFESTYLES CENTER

Oswego State University Student Affairs
Walker Health Center, Building 10
Oswego, NY 13126
312-5648 FAX: 312-2502
e-mail: msloan@oswego.edu
Contact: Michelle Sloan

SERVICES: The Center is a comprehensive and proactive prevention program that works toward providing a campus environment which promotes low-risk choices for students and reflects the attitudes, behaviors and values of healthy lifestyles.

Peer Educators are trained to facilitate on-campus as well as off-campus presentations that deal with alcohol and other drugs, general wellness, violence prevention and Sexual Health (including abstinence) Certified Peer Education (CPE) training is provided. Other Center services include street outreach, resource and information library, video library, pamphlets, brochures and periodicals.

HOURS: Monday - Friday 8:30AM – 4:30 PM and by appointment

LIONS CLUB

Oswego Lions Club
342-9866
email: bbateman@alliancebankna.com
Website: www.oswegony.lionwap.org
Contact: Bob Bateman, President

Fulton Lions Club
598-4826
email: suncatchers@windstrem.net
Website: www.fultonlionsclub.org
Contact: David Guyer

SERVICES: Lions Clubs provide assistance for the purchase of eyeglasses, hearing aides, health-related services, scholarships or educational needs. Throughout the year, Lions Club members collect used eyeglasses and deliver them to regional Lions Eyeglass recycling Centers (LERCs). Volunteers clean, sort by prescription strength and package the glasses. Most of the recycled glasses are distributed to people in need in developing countries where they will have the greatest impact.

If you have used eyeglasses you no longer need, you can donate them now. Lions accept prescription and reading glasses, sunglasses and plastic and metal frames. **Children's glasses are especially needed.** You can drop off your old eyewear at Lions-sponsored collection boxes in your community.

LUPUS FOUNDATION

1-800-300-4198

Monday – Thursday 10:00AM – 4:00PM Closed Fridays

MEDICAL ALARMS/LIFELINE

Home Aides of Central New York
723 James Street
Syracuse, NY 13203
476-4295 FAX: 476-0538
e-mail: smcewen@eldercarecny.org
Web site: www.eldercarecny.org
Contact: Stacey McEven, Lifeline Coordinator

Central Square, NY 13036
668-0111

SERVICES: Home Aides of Central New York provides home care services including home health aides, respite care, personal emergency response system, caregiver referrals, home health aide training, as well as personal care aides; companions/homemakers; and RN assessments. Lifeline is a personal emergency response system that links the user to 24 hour emergency assistance at the push of a button. A new option is Lifeline with Auto Alert. This pendant-style button can be pushed for help at any time and automatically places a call for help if a fall is detected and the user can't push the button.

HOURS: Monday - Friday 8:00 AM – 4:30 PM Services are provided 24 hours a day/7 days a week. Administrative staff is on call 24/7. We serve Onondaga, Madison and Oswego counties.

MEXICO FAMILY HEALTH CENTER

5856 Scenic Avenue
Mexico, NY 13114
963-4133 FAX: 963-4960
Website: www.oswegohealth.org

SERVICES: Mexico Family Health Center provides primary care for the health and wellness of you and your family. Services include comprehensive care for newborns through geriatrics, women's wellness immunizations. Labs draws are provided in an adjacent office. Please call for hours. New patients welcomed.

HOURS: Monday, Wednesday, Thursday 8 00AM - 4:30 PM; Tuesday, Friday 8:00AM – 6:30PM

MUSCULAR DYSTROPHY ASSOCIATION MDA

6315 Fly Road #102
East Syracuse, NY 13057
451-8269 FAX: 451-4107
Email: syracuse@mdausa.org
Website: www.mda.org
Contact: Jill Marshall

SERVICES: MDA clinics at SUNY Upstate provide initial diagnosis and follow-up care; genetic counseling; and consultations for physical, occupational, and respiratory therapy programs. Other services include payment assistance with wheelchair repairs and other medical equipment repairs, influenza vaccines, summer camp for kids (ages 6 to 17) and support group sessions. MDA funds research into 43 types of neuromuscular disease.

HOURS: Monday - Friday 9:00 AM - 5:00 PM

NEW YORK STATE HIV COUNSELING HOTLINE

1-800-872-2777

SERVICES: Offers trained counselors who can answer questions, assess risk, assist in prevention strategies, and discuss a variety of HIV/AIDS issues. The hotline also offers referrals to testing sites, community service programs, designated AIDS care facilities, and other services.

HOURS: Monday - Friday 8:00AM - 8:00 PM, Saturday, Sunday 10 AM - 6 PM

NEW YORK STATE HIV/AIDS INFORMATION SERVICE

1-800-541-2437

SERVICES: Provides up-to-date, informative recordings on HIV risk, prevention, testing and AIDS treatment. This hotline and the HIV Counseling Hotline are provided by the New York State Department of Health AIDS Institute.

HOURS: Monday – Friday 4:00PM – 8:00PM; Saturday and Sunday 10:00AM – 6:00PM

NORTHWAY MEDICAL ASSOCIATES

450 Fulton Street, PO Box 205
Hannibal, NY 13074
564-7085 FAX: 564-7195

SERVICES: The center, located at 450 Fulton Street in Hannibal, New York, is designed to meet personal health care needs for non-emergency care. The center provides primary care physician services for patients 10 and up.

HOURS: Monday, Tuesday and Friday 8:00AM – 5:00PM; Closed Wednesdays and Thursdays

OASAS HIV PROGRAM

AIDS Community Resources	230 Franklin Street
627 West Genesee Street	Watertown, NY 13601
Syracuse, NY 13204	785-8222 FAX: 836-0033
475-2430 FAX: 472-6518	Contact: Joe Jenkins
Contact: Joe Jenkins	

SERVICES: OASAS HIV Program provides specialized training meeting the needs of clients and staff of drug and alcohol counseling and rehabilitation programs throughout Central New York and the Mohawk Valley Region. Coordinators also provide staff development and technical assistance regarding HIV policies and procedures and NYS Confidentially Law. Regional training are provided on a quarterly basis for health and human service agencies to provide information about HIV/AIDS, substance abuse and the connection between the two.

HOURS: Tailored to suit agencies needs.

OCO HEALTH EDUCATION

10 George Street
Oswego, NY 13126
342-0888
e-mail: youthservices@oco.org
Contact: Kathleen Knopp

SERVICES: Programs on Pregnancy Prevention, Puberty (for students and/or parents), Breast Self Exam, Testicular Self Exam, Contraceptive Methods, Eating Disorders, Communication Skills, Self-Esteem Development, Decision Making, HIV/AIDS, Sexually Transmitted Diseases (STD's), Emergency Contraception, Sex in the Media, Sexuality, Sexual Orientation, your annual GYN visit, Women's Health Issues and other topics for males and females.

HOURS: Monday - Friday 8:30 AM - 4:30 PM (office), presentations may be scheduled at other times

OSWEGO COUNTY DEPARTMENT OF SOCIAL SERVICES

Oswego County Department of Social Services
PO Box 1320 100 Spring Street
Mexico, NY 13114
963-5339 or 1-888-963-5377

Personal Care Services Program provides personal care aides in the home to Medicaid recipients who are under the care of a physician for an acute or chronic illness, and who need assistance with activities of daily living such as bathing, dressing, light housekeeping, meal preparation, and home management. Services are provided under contract with a licensed home care agency and are supervised by a registered nurse.

Care at Home provides a variety of health related services to children in their home who would otherwise be placed in institutional care, such as a hospital or skilled nursing facility. Referrals are accepted from hospitals, physicians, social workers, or families.

OSWEGO COUNTY PUBLIC HEALTH SERVICES

Nick Sterio Health Clinic
70 Bunner Street
Oswego, NY 13126
349-3545 FAX: 349-3435
Website: www.oswegocounty.com

PUBLIC HEALTH NURSING SERVICE

Home Health Agency – The goal of Public Health Nursing Services is to provide residents of Oswego County with skilled care and supportive health services in a safe, secure home-based environment. Services are available 24 hours a day, 7 days a week. The “Premiere” Home Health Care Agency in Oswego County provides the following services:

- Skilled Nursing
- Medical Social Work
- Speech Therapy
- Occupational Therapy
- Home Health Aid Services
- Physical Therapy
- Nutritional Therapy

Contact: Julie Warren, SPHN
349-3548 FAX: 349-3458

Long Term Home Health Care Program – In conjunction with the Department of Social Services, the Long Term Home Health Care Program is designed to offer an alternative to nursing home placement for residents of Oswego County. As a home care program for the chronically ill, it is the only Long Term Home Health Care Program in the county. This program provides:

- Skilled Nursing
- Medical Social Work
- Speech Therapy
- Respiratory Therapy
- Occupational Therapy
- Home Health Aid Services
- Physical Therapy
- Nutritional Therapy
- Homemaker Services

Contact: Julie Warren, SPHN
349-3548 FAX: 349-3458

Hospice – Oswego County Hospice offers a comprehensive program of home care for terminally ill persons who are no longer receiving aggressive or curative medical care. The goals of Hospice are to promote optimum comfort and a personal sense of control with a focus on the quality of life. Hospice care can help when you: would rather remain at home throughout the duration of your illness; want your medical treatment to focus on comfort and pain control; need assistance with personal care and grooming; want support for yourself and significant persons in your life. Services include:

- RN Visits
- Bereavement Counseling
- Pastoral Visits
- Home Health Aid Services
- Social Work Activities
- Volunteer Services
- Equipment, supplies, and covered medication
- Physical, Occupational and Speech Therapy
- 24 hour RN on call for consultation or emergency consultations

Contact: Lynne Bogart, Patient Care Coordinator
349-8259 FAX: 349-8269

Preventive Nursing Division - The preventive programs of the Public Health Nursing Service provide services in the areas of maternal/child health, chronic health issues, and communicable disease control. The goal of preventive services is to promote the optimum level of health for all residents of Oswego County through comprehensive preventive services:

- Home visits by Registered Professional Nurses (preventive and skilled care)
- Communicable Disease Control (surveillance of all communicable disease)
- Tuberculosis Control Program
- Sexually Transmitted Disease Screening
- HIV testing
- Immunization Clinics – state required immunizations for all ages, plus flu and pneumonia shots
- Lead Poisoning Program (prevention, investigation, and abatement)
- Health Education Programs (programs available to the community on a variety of health issues)
- Emergency Preparedness Activities

Contact: Judy Lester, SPHN
349-3547 FAX: 349-8431

CHILDREN WITH SPECIAL NEEDS PROGRAM

Physically Handicapped Children's Program is designed to help children (0-21 years) who have or are suspected of having a serious or chronic physical condition and who also require health and related services of a type or amount beyond that required by children generally.

The PHC Program can help families:

- Access insurance if they do not already have coverage
- Provide guidance to those families, especially if a child is being seen by many health care providers or would like help with referrals to other community programs that may benefit the child and family
- Set up any needed diagnostic testing and evaluations for their child suspected of having a physically handicapping condition
- Offset any medical bills that are not covered by the families regular health insurance
- Help families meet any deductibles they may have
- Pay for hearing aids and other durable medical equipment

A staff member from PHC will help parents through the application process to determine if they qualify financially for assistance from the program. For more information or appointment, call 349-3546 FAX: 349 3537.

Early Intervention Services

Provides service coordination services to infant and toddlers (birth to 3) with developmental delay or disabilities and their families. The service coordinator can help the family obtain developmental evaluations and direct services to help ensure that children with delays or disabilities reach their full potential. The service coordinator will also help the entire family receive services according to their needs. The service coordinator can help the family access other services such as parent support groups, funding assistance, such as PHCP, Medicaid, SSI, WIC and advocacy services. This program is a very family centered program.

The Health Department is serving as a single point of entry for this program. To make a referral to this program or for additional information, contact 349-3500 FAX: 349-3537.

Child Find The main focus of the Child Find Component of the Early Intervention Program is to ensure children are engaged in primary health care where they will receive periodic developmental surveillance and screening. The Child Find staff work in partnership with area physician's to ensure that children who are at risk for developmental delays or disabilities, receive appropriate developmental monitoring. The Child Find program can help parent's keep track of their child's development through periodic contact with program staff, through parent questionnaires and by maintaining contact with their primary physicians.

For more information, call 349-3500; FAX: 349-3537.

3-5 Preschool Special Education - Provides educational services to children (aged 3-5) with developmental delay or disabilities as recommended by their local school district Committee on Preschool Education (CPSE). As Oswego County is the payor of this program, this office provides coordination with the county's nine school districts, providers of services (both through Oswego County BOCES and independent contractors), transporters of services, Head Start, and the New York State Education Department.

To make a referral, contact should be made with the child's local school district Committee on Preschool Education Department. If a family needs advocacy services in working with their local school district or needs additional information, they can call 349-3500 or FAX: 349-3537

ENVIRONMENTAL HEALTH DIVISION

The Environment Division is responsible for implementing programs and providing information to help individuals live healthier lives by minimizing environmental health threats. Some efforts are targeted to the population at large, such as monitoring of public and private drinking water supplies, food safety in restaurants, fire safety in hotels and permitting of mass gatherings.

Assessment services:

- Rabies – animal bite investigations, rabies clinics. Rabies Response: 349-3564 or 341-0086 in an emergency. No nights, weekends, and holidays.
- Eastern Equine Encephalitis (EEE) and Lyme Disease and West Nile Virus surveillance
- Lead Poisoning Prevention – reducing lead paint hazards in homes
- Public Health Nuisances – garbage complaints
- Chemical Exposures
- Hazardous Waste Sites
- Indoor air Issues
- Microbial Threats and Terrorism
- Waste Quality Inspections, Sharps Container Program
- Radon inquiries

Contact: Evan Walsh 349-3564 FAX: 349-3228

Community Sanitation and Inspection:

- Food Service – restaurants, schools, senior nutrition sites, fairs, festivals, operator training
- Food borne illness investigations
- Fire Safety – hotels, motels, lodges, cabin colonies
- Children's Camps – day camps, overnight camps
- Public Swimming – pools, beaches, drownings, bathing emergencies
- Campgrounds, recreational vehicle parks
- Migrant Farmworker Housing
- Mobile Home Parks
- Water monitoring at permitted facilities such as restaurants, children's camps, and campground
- Complaints against permitted facilities
- Mass Gatherings
- Clean Indoor Air Act – smoking at public facilities
- Adolescent Tobacco Enforcement – sale of tobacco to minors
- Tattoo Parlors

Contact: Natalie Roy 349-3557 FAX: 349-3228

Water Resources Engineering Services

- Private well tests
- Public Water – inspection, water monitoring, water operator training, water quality complaints
- Bulk water truck inspections
- Commercial and residential septic system review and approvals, workshops
- Reality Subdivision – reviews and approvals
- Residential water and septic complaints
- Engineering Plan Review
- Groundwater management

Contact: Bill Havener 349-3564 FAX: 349-3228

OSWEGO COUNTY OPPORTUNITIES, INC. HEALTH CENTERS

Oswego Health Center
10 George Street
Oswego, NY 13126
598-4790 FAX: 343-4663

Fulton Health Center
522 South Fourth Street, Suite 500
Fulton, NY 13069
598-4790 FAX: 598-4719
TOLL FREE 1-800-598-4790

SERVICES: Primary Care (General Medicine) Centers are located at the Oswego and Fulton Health Centers. Staffed by Physicians, Nurse Practitioners, Physician Assistants and additional trained staff, the Primary Care Center provides general medical care, minor emergency care and complete physicals. Serves clients from newborn to elderly and accepts Medicaid, Medicare and third party insurance payments. Evening and Saturday appointments are available.

OSWEGO HOSPITAL

110 West Sixth Street
Oswego, NY 13126
315-349-5500
e-mail: mciciarelli@oswegohealth.org

SERVICES: More than 125 physicians are on staff at Oswego Hospital, 30 of which provide care in a specialty area. The 164 bed not-for-profit- hospital offers acute medicine, emergency, surgical, maternity, pediatric and psychiatric care for children and adults.

In 2010, the hospital opened a new laboratory that offers the latest in instrumentation and automation, and an intermediate care unit, where patients that need constant monitoring, but not the critical services offered in an intensive care unit, are treated. The hospital is also undergoing a major first floor renovation of its emergency room and medical imaging department. These departments, when finished, will offer the latest technology in patient friendly environments.

Oswego Hospital is part of the Oswego Health system that also includes Springside at Seneca Hill, an independent retirement community; and the Manor at Seneca Hill, a 120 bed skilled nursing facility that also offers rehabilitation services. The healthcare organization operates an urgent care center in Fulton, which also provides medical imaging and laboratory services.

In addition, Oswego Health operates health centers in Mexico, Parish and Phoenix.

OSWEGO HOSPITAL OCCUPATIONAL HEALTH

<p>140 West Sixth Street Oswego, NY 13126 349-5676 FAX: 349-5726</p>	<p>Fulton Medical Center 510 S 4th Street Fulton, NY 13069 592-3578 FAX: 592-3579</p>
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SERVICES: Two convenient locations, one at the Oswego Hospital's adjacent health Services Center, and one at the Fulton Medical Center. Occupational Health provides businesses with many health resources. These include Department of Transportation physicals, college and sport exams, pre-employment and company annual exams, asbestos and respiratory physicals, drug and alcohol testing, D.O.T. mandated employee and supervisor drug and alcohol awareness sessions, respirator fit testing, pulmonary function testing, EFG, b-reader x-ray for asbestos, lab draws and audiograms, as well as wellness programs and health education services.

HOURS: Monday - Friday 7:30 AM - 4:00 PM

OSWEGO HOSPITAL NURSE NAVIGATOR PROGRAM

Oswego Hospital
110 West 6th Street
Oswego, NY 13126
349-5789
Contact: Amy Conzone, RN,CBPN-IC

SERVICES: Oswego Hospital has implemented a free Navigator program to support and provide practical help in solving problems that may arise during the day-to-day struggle with breast cancer. Oswego Hospital's navigator can provide one-on-one assistance to women and men of any age as they navigate the complexities of not only scheduling, testing and treatment, but with things like childcare, transportation, understanding medical terminology and developing a treatment plan.

PARISH HEALTH SERVICES CENTER

10 Carlton Dr.
Parish, NY 13131
625-4388 FAX: 625-4535
Website: www.oswegohealth.org

SERVICES: Parish Family Health Center provides primary care for the health and wellness of you and your family. Services include comprehensive care for newborns through geriatric, women's wellness and immunizations, Lab draws are provided in an adjacent office. Please call for hours. New patients welcomed.

HOURS: Monday, Wednesday, Thursday 8:00 AM - 6:30 PM; Tuesday, Friday 8:00AM – 4:30PM

PHOENIX HEALTH SERVICES CENTER

7 Bridge Street
Phoenix, NY 13135
695-4700
Website: www.oswegohealth.org

SERVICES: Phoenix Family Health Center provides primary care for the health and wellness of you and your family. Services include comprehensive care for new borns through geriatric, women's wellness and immunizations. Lab draws are provided in an adjacent office. Please call for hours. New patients welcomed.

HOURS: Monday, Wednesday 8:00AM – 7:00PM; Tuesday, Friday 8:00AM – 5:00PM; Thursday 8:00AM – 4:30PM

PULASKI HEALTH CENTER

61 Delano Street
Pulaski, NY 13142
298-6564 FAX: 298-7488
e-mail: ddey@nochsi.org
Website: www.pulaskihealthcenter.com
Contact: Dianne Maitland

SERVICES: Family health care; well child checks; immunizations; acute urgent care, chronic care, preventive care; dental care. Also available: lab and radiology, mammography and bone density, podiatry, physical therapy, cardiology, mental health counseling.

HOURS: Monday - Friday 7:30AM – 9:00PM
Saturday 9:00 AM - 1:00 PM, Sunday 1:00 – 4:00 PM
24 hour call available

RONALD MC DONALD HOUSE CHARITIES

1027 East Genesee Street
Syracuse, NY 13210
476-1027 FAX: 476-5022
Contact: Beth Trunfio, Executive Director or Karen Hynes, Administrative Assistant

SERVICES: The Ronald McDonald House of CNY (RMHC of CNY) operates the Ronald McDonald House in Syracuse. This 16 bedroom *home away from home* is for families whose children, from birth until their 19th year who have a serious injury or illness, are hospitalized. Guest fees are \$15 per night, per family, and must live further than a 25-mile radius from the House. Since opening its doors in 1982, RMHC of CNY has served more than 17,000 families from 48 counties in NY State, 45 other states and numerous foreign countries.

Ronald McDonald House Charities also supports the Child Life Program at the Center from Children's Cancer and Blood Disorders at University Hospital, SUNY Upstate Medical University. In addition, RMHC of CNY awards grants to 501(c)3-registered charities meeting the needs of children in Central New York.

SAMARITAN FAMILY HEALTH CENTER

3 DeMott Street
Lacona, NY 13083
387-3400 FAX: 387-3246
Contact: Martha Loomis, Office Manager

SERVICES: Family practice serving all ages. Immunizations, allergy shots, blood work, EKG's, spirometry. New patients welcome. Call for an appointment.

HOURS: Monday - Friday 8:00 AM - 4:30 PM

SIDS HOTLINE

NYS Center for Sudden Infant Death
School of Social Welfare
Health Sciences Center
Stony Brook University
Stony Brook, NY 11794-8232
1-800-336-7437 FAX: 631-444-6475

NYS Center For Sudden Infant Death
CNY Satellite Office REACH CNY, Inc.
1010 James Street
Syracuse, NY 13203
424-0009 FAX: 478-1981
email: cmolina@REACHCNY.org
Contact: Clemencia Molina, Regional Coordinator

SERVICES: This toll-free number offers immediate information, support and referral to families whose infant dies suddenly and unexpectedly, possibly from SIDS, and professionals and community members affected by infant death.

Callers receive up-to-date information about local support groups, peer contacts, and parent organizations. Referrals are made to county Community Health Nurses who make home visits to help families understand the cause of their baby's death and provide guidance to family members.

Telephone support and ongoing consultation is available to families, relatives, community members and health professionals working with bereaved families. The NYS Center coordinates statewide services from a main office in Stony Brook and satellite offices in Albany, Buffalo, Liverpool, and New York City.

STAFKINGS HEALTH CARE SYSTEMS, INC.

104 West Utica Street, Suite 1A
Oswego, NY 13126
342-1390; FAX: 342-3810
email: lisa.searor@stafkings.com
Contact: Lisa Searor

SERVICES: Offers personal care assistance to the chronically ill, the elderly, and individuals with disabilities. Skilled nursing services are also available. Stafkings HEALTH CARE Systems works with and will most likely accept assignments from BC/BS, private and commercial health insurances, HMOs, Workman's Compensation, No Fault, or individuals may pay privately. All employees are thoroughly screened, and supervised.

HOURS: Monday - Friday 8:00 AM - 5:00 PM Services available 24 hours/day

TOBACCO- FREE NETWORK OF OSWEGO COUNTY

157 West 1st Street
Oswego, NY 13126
343-2344 FAX 343-0442
e-mailajenkins@cnymail.com
Website: www.tobaccofreeoswego.com
Contact: Abby Jenkins

SERVICES: The Tobacco Free Network (TFN) is a community partnership funded by the New York State Department of Health Tobacco Control Program. Included in the goals of this coalition of health and human service providers, business representatives and community members are to eliminate exposure to secondhand smoke, decrease the social acceptability of tobacco use, reduce tobacco marketing in local retail establishments and promote tobacco free recreational areas. Any person seeking resources to quit smoking or other tobacco use may receive free and confidential assistance by calling the Smoker's Quit Line at 1-866-NYQUITS (1-866-697-8587) or visiting the www.nysmokefree.com website. The TFN also serves as a clearinghouse for information, materials, and technical assistance regarding tobacco control issues. Interested individuals may become TFN members and are invited to participate in bi-monthly partnership meetings and assist with program initiatives.

VA OUT-PATIENT CLINIC

437 State Rte. 104
Oswego, NY 13126
207-0120 FAX: 207-0209
Website: www.va.gov

SERVICES: Located in the Health Services Center at Seneca Hill, the VA Out-Patient Center offers primary care and mental health services to veterans by appointment only. It is staffed by physicians and nurse practioners.

HOURS: Monday - Friday 8 AM - 4:30 PM

HISTORIC SITES/MUSEUMS

FORT ONTARIO STATE HISTORIC SITE

Museum-History
1 East Fourth Street
Oswego, NY 13126
343-4711 FAX: 343-1430
e-mail: Paul.Lear@oprhp.state.ny.us
Website: www.fortontario.com
Contact: Paul Lear, Historic Site Manager

SERVICES: Self-guided tours of fort. Special events. Historical lectures. Weddings.

HERITAGE FOUNDATION OF OSWEGO COUNTY

Heritage Foundation of Oswego County
143 West 3rd Street PO Box 405
Oswego, NY 13126
342-3354
Website: www.oswegocountyheritage.org
Contact: Austin Wheelock, President, Board of Trustees

SERVICES: The Heritage Foundation of Oswego County's mission is to promote, protect and enhance the historic, architectural, and environmental resources of Oswego County.

H. LEE WHITE MARINE MUSEUM

P.O. Box 101
Oswego, NY 13126
342-0480 Museum
email: info@hleewhitemarinemuseum.com
Web site: www.hleewhitemarinemuseum.com
Contact: Sheils Welden, Assistant to the Director

SERVICES: The H. Lee White Museum houses a collection of artifacts, ship models, artwork and vessels detailing the maritime history of the Oswego River Valley Region and Lake Ontario. The National Historic Landmark Tugboat "LT-5" is berthed alongside the main building. The 1925 NYS Canal Boat No. 8 and retired US Commercial fishing boat "Eleanor D" are also situated on the pier. The museum is undergoing extensive exhibit refurbishment and welcomes tourists from across the country and internationally. The museum is open most days throughout the year. Call 342-0480 or contact their website at www.hleewhitemarinemuseum.com for more information on programs and events.

HISTORICAL SOCIETY OF FULTON A/K/A FRIENDS OF HISTORY IN FULTON, NY INC

177 South First Street P.O. Box 157
Fulton, NY 13069
598-4616 FAX 598-4616
e-mail: friendsofhistory@windstream.net

SERVICES: The society maintains a local history museum in the John Wells Pratt House, an 1861 Italianate residence, listed on the National Registry of Historical Sites, located at 177 South First Street, Fulton, NY. The museum features changing and permanent exhibits, including L.C. Smith and Hunter Guns, Hart Pottery, American Woolen Mill, Nestle' Chocolate Co., Fulton's Business and cultural history and is host to the Parade of Trees Program each December. Local History and genealogy information is also available. Educational meetings are held 4 times a year and are open to the public. Guided and self-guided tours are available. Admission is \$2 adults, members and students are free. Call 315-598-4616 for further information.

HOURS: Wednesday – Friday 10:00AM – 3:00PM - Saturday and other by appointment
Closed Mid December – March

OSWEGO COUNTY HISTORICAL SOCIETY

Richardson-Bates House Museum
135 East Third Street
Oswego, NY 13126
343-1342
Website: www.rbhousemuseum.org
Contact: Peg McKinstry

SERVICES: The Richardson-Bates House was completed in 1889 and contains over 90% of the original 19th century furnishings as well as 100,000 records. The museum is open for tours on Thursday, Friday and Saturday from 1PM – 5PM April through December. Additional tours can be made by calling for an appointment. .

SAFE HAVEN INC.

2 East 7th Street
Oswego, NY 13126
342-3003 FAX: 342-1411
e-mail: safehaven@cnymail.com
Website: www.oswegohaven.org

SERVICES: The Safe Haven Museum and Education Center is dedicated to telling the unique and heartwarming story of the Fort Ontario Emergency Refugee Shelter, which housed 982 WWII refugees from 1944-1946 and the citizens of Oswego who welcomed them. The museum provides individual and group tours of its exhibit and a library of books and videotaped interviews for loan, as well as speakers who travel to group sites on request to tell the story of the Shelter. Museum staff collaborate with staff from schools and other organizations to develop meaningful experiences in exploring diversity and tolerance for groups of all ages, with special emphasis on school age youth. For more information contact the museum by phone (342-3003) or email (safehaven@cnymail.com)

HOUSING

CITY OF FULTON COMMUNITY DEVELOPMENT AGENCY

125 West Broadway
Fulton, NY 13069
593-7166 FAX: 593-7754
e-mail: fultonhousing@windstream.net

SERVICES:

Affordable Home ownership Program

Contact Person: Sharon Auser

Provides grant monies to assist prospective home buyers with their housing purchase of single-family homes within the City of Fulton. Through funding received from the Dept. of Housing and Urban Development, AHP concentrates on low/low-moderate income first-time home buyers, providing \$10,000 to write-down the mortgage and up to \$3,500 for closing costs.

Eligibility criteria include adherence to HUD determined maximum household income limits. Plus the standard pre-requisites to mortgage approval: steady employment, enough of an income to carry mortgage payments, good credit history, established savings to contribute toward program participation. Application packets may be obtained at the Fulton CDA office during normal hours of operation; if necessary, applications will be mailed upon request.

Economic Development

Contact: Joseph Fiumara, Executive Director

Loans available for start-ups and expansions of Fulton businesses. Two programs are currently available.

Revolving Loan Fund provides assistance in amounts of \$10,000 to \$100,000 with approval by loan committee. Fund provides a maximum of 30% of total project costs for acquisition, construction, rehab, purchase of machinery/equipment, working capital and inventory. Program requires one full-time or two part-time low/mod income jobs be created for every \$10,000 of agency funds provided.

Micro enterprise Loan Fund Program provides technical assistance and low-interest loan funding for start-up or expansion for micro businesses. A "micro" is a commercial enterprise with five or fewer employees, at least one must be the owner. Loans are available from \$2,500 to \$25,000 with up to 6 month deferral of principal and interest. Technical assistance provided free of charge to all applicants. Successful completion of technical assistance required prior to disbursement of funds. All funding requires collateralization.

Housing

Contact: Joseph Fiumara

Targeted area rehab funding provided to low-income owner occupied or owner-investor properties where low/mod income families reside on an "as available" basis. Amounts vary with each program. For qualifications and availability, call the agency.

Section 8 Housing Agency - Rental Assistance Housing Program

Contact: Penny Birkhead Website: funtonhousing@windstream.net

Funded through the U.S. Department of Housing and Urban Development, the Section 8 Rental Assistance Program provides subsidy for very low income families in the City of Fulton. Eligible families pay between 30% and 40% of their adjusted gross income for rent and utilities. Elderly and disabled persons are also eligible. Currently there is a waiting list. Applications accepted Monday - Friday 8:00 AM and 4:00 PM.

COMMUNITY DEVELOPMENT OFFICE -

Conway Municipal Building
20 West Oneida Street
Oswego, NY 13126
343-3795, 343-3452, 343-3442 FAX: 342-8231
Website: www.oswegony.org
Contact : Mary Vanouse, Community Development Director
Linda Goodness, Assistant Director
Beverly Mulcahey, Rental Assistance Administrator
Kathy Hoefer, Housing Rehabilitation
Mary Horan, Family Self-Sufficiency Coordinator

Affordable Homeownership Program

Contact person: Kathy Hoefer e-mail: khoefer@oswegony.org

The homeownership program is designed to assist low/moderate income families purchase their first home in the City of Oswego. The program prepares families for buying their first home by providing homebuyer education, credit counseling, and down payment/closing cost assistance. The availability of funds varies for the program. For more specific guidelines and availability, please call our office.

Housing Rehabilitation

Contact person: Kathy Hoefer e-mail: khoefer@oswegony.org

Housing Rehabilitation assistance in the City of Oswego is provided to low-income owner-occupied properties, or rental properties where low/mod income families reside. The availability of funds varies for the program. For more specific guidelines and availability, please call our office.

Rental Assistance Program

Contact person: Beverly Mulcahey e-mail: bmulcahe@oswegony.org

The City of Oswego Section 8 Rental Assistance Program is a federally funded program that assists eligible low-income families, the elderly, disabled and handicapped pay a portion of their monthly rental payments based on household income and family composition. These rental subsidies allow families to obtain and maintain safe, decent and sanitary housing. There is a waiting list for this program. Applications are accepted Monday – Friday 9:00AM – 5:00PM

HOUSING ASSISTANCE PROGRAM - OSWEGO COUNTY

Oswego County Department of Community Development, Tourism and Planning
County Legislative Building
46 East Bridge Street
Oswego, NY 13126
349-8263 FAX: 349-8417
e-mail: donalee@oswegocounty.com
Website: www.oswegocounty.com
Contact: Dona Lee Falciatano, Coordinator

SERVICES: Funded by the U.S. Department of Housing and Urban Development, this program provides Housing Choice Voucher (HCV – formerly Section 8) rental assistance to tenants of very low income households. Eligible individuals and families pay maximum of 40% of their adjusted gross income for rent and utilities. Program pays difference between tenant's payment and total costs of rent and utilities. The number of bedrooms allowed in units eligible for subsidy depends on the size of the family. Elderly and disabled persons are also eligible. The Oswego County Housing Assistance Program also offers additional programs within the overall HCV program. Eligible HCV participants can be involved in the Family Self-Sufficiency Program which is designed to assist families to become self-sufficient by prompting employment, increasing assets and reducing the dependence on public assistance and welfare. Also available is a first-time Homeownership Program in which the HCV rental assistance is converted to a mortgage assistance payment.

HOURS: Monday – Friday 8:30AM – 4:30PM

OSWEGO COUNTY WEATHERIZATION PROGRAM

Fulton Community Development
149 S 1st Street
Fulton, NY 13069
598-7860 FAX: 598-5232
email: fedawap@windstream.net
Contact: Chris Matteson

SERVICES: Provide energy saving measures to low income households throughout Oswego County such as insulation, repair or replacement of doors and windows, air sealing measures; health and safety measures such as smoke alarms and CO detectors and any other measure needed in the saving of energy.

OSWEGO HOUSING DEVELOPMENT COUNCIL, INC.

2971 Co. Rte. 26 PO Box 147
Parish, NY 13131
625-4520 FAX: 625-7347
email: info@ohdcinc.org
Website: www.ohdcinc.org

SERVICES: The Oswego Housing Development Council Inc. was founded in 1979 by a group of concerned citizens to provide decent, safe and affordable housing for all residents of Oswego County. The Council currently administers grant programs funded by state and federal government to assist first-time homebuyers and renovate existing single family owner/occupied homes.

Since 1997 OHDC provides comprehensive counseling services under the US Department of Housing and Urban Development (HUD), such as:

- Mortgage Default
- Reverse Mortgage
- Financial Literacy
- Tenancy Issues
- Homeownership
-

OHDC also manages Creekside Apartments in Sandy Creek and Redfield Community Center in Redfield.

HOURS: Monday - Friday 9:00 AM - 4:30 PM

SUBSIDIZED HOUSING

Austin Court Apartments

32 Maplehurst Dr.
Phoenix, NY 13135
695-4836 FAX: 695-2347
Contact: Karen Barkley

SERVICES: Subsidized family housing one and two bedroom apartments. Income restrictions apply.

Bradley Place Apartments

56 Davis Street
Phoenix, NY 13135
695-2347 FAX: 695-2347
Contact: Karen Barkley

SERVICES: Subsidized family complex with one and two bedroom apartments. Income restrictions apply.

Christopher Court Apartments

22 Maplehurst Drive
Phoenix, NY 13135
695-4836 FAX: 695-2347
Contact: Karen Barkley

SERVICES: Subsidized family complex one and two bedroom apartments. Income restrictions apply.

Creekside Apartments

6216 US Route 11
Sandy Creek, NY 13145
625-4520 FAX: 625-7347

SERVICES: Subsidized family housing one and two bedroom apartments. Income restrictions apply.

Fulton Housing Authority
Pathfinder Courts/Gilbert's Grove Apts.
1100 Emery Street
Fulton, NY 13069
e-mail: hfcfha@windstream.net
592-2201 FAX: 592-2202
Contact: Holly Carpenter, Executive Director

SERVICES: Affordable efficiencies, one, two, three, and four-bedroom apartments for low income and moderate income families and senior citizens. Rent includes all utilities, HUD vouchers welcome. Some amenities include 24-hour emergency maintenance, snow-plowing, yard maintenance, trash removal, off-street parking, and on the bus-line. Washer and dryer hookups are available in the two, three and four-bedroom units and laundry facilities are available for the efficiencies and one-bedroom units. The senior building offers a community room with TV, monthly activities, and a laundry room on each floor.

HOURS: Monday - Friday 8:00 AM - Noon, 1:00 PM - 4:00 PM Saturday – by appointment

Fulton Mill Apartments
265 West First Street South
Fulton, NY 13069
593.2738 FAX: 593-8779
e-mail: fulton@mbmanagement.com
Website: www.MBManagement.com
Contact: Marcia Prignon

SERVICES: Provides housing for seniors 62 years old and older, handicapped or disabled. Income restrictions apply. 3 community rooms, one with DVD player and VHS with big screen TV; laundry room is on the third floor, pavilion, gas grills and shuffle board; bus stops many times throughout the day; walking distance to local stores, churches, pharmacies, restaurants; coffee hour every Tuesday morning; activities at least 5 nights a week; 24 hour maintenance on-call; Resident Services Coordinator on site 19 hours a week.

HOURS: 9:00 AM - 3:00 PM Monday thru Friday

Housing Visions (formerly Hamilton Homes)
96 Hamilton Street
Oswego, NY 13126
343-9683 FAX: 342-2452

SERVICES: Providing quality affordable housing for families and individuals with townhouse style living. One to five bedroom apartments including accessible units. Larger apartments have multiple bathrooms. On-site laundry facility, Energy Star appliances and water conserving fixtures, central air conditioning. Children's play area, large Community Room providing after-school programs, computer lab, Community Exchange Room, and events such as movie nights, dinners, dances, trips. On bus line and close to schools and shopping. Rents are based on bedroom size and area median income and do not include utilities. Subsidies accepted. Managed by Housing Visions Consultants, Inc..

HOURS: Monday - Friday 8:30AM – 5:00PM

Meadow View Apartments
800 Meadowview Drive
Central Square, NY 13036
668-8086 FAX: 668-6154
Website: www.meadowview@hmrproperties.com
Contact: Deborah Curriere, Community Manager

SERVICES: Housing is subsidized by HUD. Seniors 62 or older, or handicapped, disabled, regardless of age

HOURS: Monday – Thursday 8:30 AM – 3:00 PM ; Friday 8:00AM – 2:30PM

Minetto Senior Housing
12 Schuyler Street
Oswego, NY 13126
343-2513 FAX: same as phone
Contact: Cheryl Blankenberg, Manager

SERVICES: Subsidized housing one and two bedroom apartments for families 55 years of age or older or disabled. Community room and laundry room located within the building. On-site manager assists with tenants needs and concerns. Income restrictions apply.

HOURS: Monday and Wednesday 9:00AM – 12NOON

Paddock's Landing

116 State Street
Phoenix, NY 13135
695-2347 FAX: 695-2347
Contact: Karen Barkley

Patrick Court Apartments

42 Maplehurst Drive
Phoenix, NY 13135
695-4836 FAX: 695-2347
Contact: Karen Barkley

SERVICES: Provides housing for individuals 62 years of age or older, handicapped or disabled. Need of housing and financial status determines eligibility. Community room, laundry room and mail delivery are within the building. On-site manager assists with tenants needs and concerns.

Parkview Manor Apartments

11 North Street
Mexico, NY 13114
963-3854 FAX: 963-8899
e-mail: RussellPartrick@landandtrust.com
Contact: Russell Partrick, Manager

SERVICES: Senior citizen housing in Federal Project subsidized by New York State. Located on North Street in Mexico with 24 one bedroom units.

HOURS: Monday - Friday 9:00 AM - 3:00 PM

Pontiac Terrace Apartments

225 West First Street
Oswego, NY 13126
342-1101 FAX: 343-3038
Contact: Julie Krolinkauski, Manager

SERVICES: Senior Housing.
Hours: Monday - Friday 8:00AM – 4:00PM

St. Luke Apartments

131 West First Street
Oswego, New York 13126
343-0821 FAX: 343-0619
Contact: Melanne Keim, Manager and Yvonne Brown, Assistant Manager

SERVICES: Safe, convenient HUD subsidized 1 bedroom apartments for persons 62 years or older, and any age if mobility impaired.

Simeon-Dewitt Apartments

150 East First Street
Oswego, NY 13126
343-0440 (Office) FAX: 343-0440
Contact: Mary Browning, Manager
Dennis Congdon, Superintendent 343-5464

SERVICES: Housing for the elderly

HOURS: Office Monday - Friday 8AM - 2 PM, Superintendent daily 7 AM - 4 PM

Springbrook Apartments

4920 Jefferson Street
Pulaski, NY 13142
298-6101
Contact : Jan Reil

SERVICES: Housing for the elderly

HOURS: Monday and Thursday 9:00 AM - 4:00 PM (Office), Superintendent daily

Towpath Towers

100 Rochester Street

Fulton, NY 13069

598-4700 Office FAX: 598-4700 598-7905 Superintendent

Contact: Rae Kelsey, Manager

SERVICES: Senior Citizen apartments

HOURS: Monday - Friday 9:00 AM - 1:00 PM (Manager's Office)

Monday - Friday 7:00 AM - 4:00 PM (Superintendent)

Village Center Apartments

456 Main Street

Phoenix, NY 13135

695-2347 FAX: 695-2347

Contact: Karen Barkley

SERVICES: Subsidized family complex one and two bedroom apartments. Income restrictions apply.

HUMAN SERVICES

BMEN – 342-1256

Oswego County Opportunities, Inc.
239 Oneida Street
Fulton, NY 13069
342-1256

SERVICES: The Program is part of Oswego County's community-wide response to domestic violence which holds batterers accountable for their behaviors and educates them about the impact of their actions while offering new methods to deal with their need to control their partners. Weekly batterer accountability sessions, based on a Power and Control Analysis, are attended by men who have been mandated by courts (including criminal, Domestic Violence, Family and/or Integrated Domestic Violence) the Probation Department, or other agencies to address their violent behavior to a partner. Referral sources to the program are provided regular status reports on attendance and payment records. Participants must complete and pay for 26 sessions each for 1 ½ hours a week. There is a fee for the intake and weekly service and participants must complete an intake process prior to joining the Program.

DEXTERVILLE COMMUNITY SERVICES

9 Rathburn Road
Fulton, NY 13069
593-1607 message phone

SERVICES: DACS is a volunteer run organization that provides food, clothing, furniture, books, toys and household items free of charge to individuals and families in need. Furniture and house ware items available for distribution vary depending upon donations from community members. Individuals seeking assistance should leave a message on the agency's answering machine and a scheduler will call them back to set up an appointment.

HOURS: Monday evenings 6:00PM – 8:00PM **by appointment only** and in emergency situations by appointment based upon volunteer availability.

DOMESTIC VIOLENCE HOTLINE

1-800-942-6906 (English)
1-800-942-6908 (Spanish)
1-800-818-0656 (TTY Line)
email: nyscadv@nyscadv.org

SERVICES: Callers receive information and referrals to shelters, safe homes, counseling, support groups for the battered and formerly battered, legal assistance, referral to child abuse hotline, elder abuse services and local social service departments.

HOURS: English and Spanish Hot lines - 24 hours a day, 7 days a week

FAMILY / YOUTH / ADULT SERVICES

Oswego County Department of Social Services
100 Spring Street, P.O. Box 1320
Mexico, New York 13114
963-5445 or 963-5446 *Family/Youth Services*
963-5339 *Adult Services*
New York State Child Abuse Reporting Center – 1-800-342-3720

SERVICES:

Preventive Services: * Preventive Services for children and families is designed to support families by providing services and resources needed to strengthen the family unit which enable families to remain intact and avoid unnecessary placement of children in foster care.

Foster Care Services: * Foster Care Services provides temporary care to children who are unable to remain with their family due to serious problems within the family. Caseworkers work to reunite the family. If a child cannot return to his or her family, the agency works to develop a permanent plan for the child through adoption, or if the child is older, by assisting them to learn the skills needed to live independently.

Child Protective Services: * Child Protective Services includes the receipt of reports of suspected abuse and maltreatment of children in Oswego County from the NYS State Central Register. A caseworker is assigned to each situation to assess the risk factors and safety of the children involved and to determine if the family needs assistance in order to keep their children safe.

Adult Protective: * Protective Services for Adults (PSA): Services provided to assist adults age 18 or older who, because of mental or physical impairments can no longer provide for their basic needs for food, clothing, shelter or medical care, or protect themselves from neglect, abuse or hazardous situations, and who have no one willing and able to help in a responsible manner.

* Programs are provided without regard to income.

FRIENDSHIP THRIFT SHOP and Sandy Creek-Lacona Food Pantry

6046 S. Main St.(Sandy Creek) PO Box 166
Lacona, NY 13083
387-6673 FAX: 387-2739
Contact Person: Peggy Manchester

SERVICES: **SHOP** open Monday thru Friday 9AM – 4PM; Saturday 9AM – 1PM. Sells good, reusable household items and clothing at low prices. **PANTRY** open Monday thru Friday 9AM -3PM; other times by appointment. Provides food to residents of Sandy Creek School District. **No Saturday hours in Jan. Feb. and March**

HANNIBAL RESOURCE CENTER

Our Lady of the Rosary Parish
923 Cayuga Street
Hannibal, NY 13074
564-7772
email: hannibalresourcecenter@frontier.com
Contact: Kathleen P. Emmons, Program Director

SERVICES: Our Lady of the Rosary Parish Hannibal Resource Center supplies people who have a place to cook with three days worth of groceries. Food items include soups, pasta, tuna fish, peanut butter, frozen meats, and canned fruits and vegetables. Sometimes fresh fruits and vegetables and dairy products are available. Garden plants and seeds are available during the summer season. Thanksgiving Baskets are also provided for each signed-up recipient. On occasions we do help out domestic recipients. Additionally, the Our Lady of the Rosary Parish Hannibal Resource Center staff assists people with food stamp applications and guides them to government resources for insurance, HEAP, and WIC.

HOURS: Tuesday 9:30AM – 1:00PM Thursday 6:00PM – 8:00PM

HUMAN CONCERNS CENTER, INC.

85 East Fourth Street
Oswego, NY 13126
342-7301
Contact: Barb Downs or Debbie Deeb

SERVICES: Gives 3 days of food monthly to residents of Oswego City School District. Must provide identification for each household member and proof of residence.

HOURS: Monday - Friday 12:00 noon - 3:00 PM

KINSHIP SUPPORT PROJECT

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 ext. 233 FAX: 593-8440
e-mail: jgilmore@ccoswego.com
Contact: Jon Gilmore, Coordinator

SERVICES: The Kinship Support is designed to provide support to those who have taken on the responsibility of caring for and raising their relatives' children. The program provides caregivers with advocacy, information, referrals to other services, development of informal support systems, training on topics of interest, solution-focused planning, development of children's interest and abilities, groups for youth and caregivers. In order to be eligible for this program the family must be receiving case assistance benefits as a grantee for children in their care.

NEW JUSTICE CONFLICT RESOLUTION SERVICES, INC.

102B West 2nd Street
Oswego, NY 13126
343-8370 or 247-2023 FAX: 343-8369
Website: www.newjusticeservices.org
Contact: Annette Saule

SERVICES: New Justice Services provides Family Court, Community and Parent/child mediation services in Oswego County. Family Court mediations include original child custody and visitation and modifications of existing family court orders. Community mediations include landlord/tenant, consumer/merchant, employee/employer, employee/employee, neighbor disputes, noise, breach of contract, personal property, interpersonal disputes between parties, etc. Our services are free, confidential and take place in a neutral setting.

NUTRITION OUTREACH AND EDUCATION PROGRAM (NOEP)

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 FAX: 593-8440
email: hhoefler@ccoswego.com
Website: www.ccoswego.com

SERVICES: Food stamp outreach program.

OFFICE OF TEMPORARY AND DISABILITY ASSISTANCE

Partial Information and referral hotline : 1-800-342-3009

SERVICES: A telephone service available to assist residents of New York State seeking information on Social Services referral and food stamp eligibility. Spanish speaking staff is available.

HOURS: Monday - Friday 8:30 AM - 5:00 PM

OSWEGO COUNTY CATHOLIC CHARITIES

365 West First Street
Fulton, NY 13069
598-3980 FAX: 593-8440
Contact: Mary Margaret Pekow, Executive Director

SERVICES: A voluntary, non-profit social service agency that provides a number of services for Oswego County residents including individual and family counseling for youths ages 7 to 18; emergency material assistance for needy families - food, clothing and furnishings; support for unwed parents and parents experiencing life stress; prevention services and referrals to other available community resources.

HOURS: Monday - Friday 8:30 AM - 4:00 PM

OSWEGO COUNTY DEPARTMENT OF SOCIAL SERVICES

PO Box 1320
100 Spring St.
Mexico, New York 13114
General Information: 963-5021 or 1-888-963-5377

SELF-SCREENING FOR ASSISTANCE PROGRAMS

Check to see if you may be eligible for Food Stamps, HEAP, and other work supports at: www.mybenefits.ny.gov It's quick, easy and confidential.

SERVICES:

Assistance Programs:

Food Stamps: The Food Stamp program is a federal program to help families & individuals to meet their basic food needs. This is a program based on financial eligibility. Eligibility factors include household size, income and other factors. For persons earning up to 130% of the federal poverty level. This requires an application that can be obtained by calling or stopping in at the Department of Social Services. Residents may also apply for food stamps on-line or with assistance at 3 local pantry sites:

- Sandy Creek/Lacona Community Cupboard 387-5323
- Catholic Charities, Fulton 593-8440
- North Shore Ecumenical Food Pantry 675-3144

HEAP (Home Energy Assistance Program): HEAP is a federally funded energy assistance program for low-income households. It is seasonal program based on eligibility determined by income and type of home heating. There are **regular and emergency benefits**. These are one-time payments that are meant to offset the high cost of home heating during the heating season. The program is only available from Nov-April and only until the funding is exhausted.

Healthy New York (Medicaid, Family Health Plus, Child Health Plus): The Healthy New York initiative is health insurance for poor or low-income families or individuals who cannot afford to pay for medical care. There is a financial eligibility process that includes proof of identity, income, household members, and resources. Application may be obtained through the Department of Social Services or through community identified facilitated enrollers such as Oswego County Opportunities. The Department of Social Services is the only authorized entity that can determine program eligibility.

Temporary Assistance (Family Assistance or Safety Net Assistance): Temporary Assistance is a program to help eligible families or individuals to meet basic needs such as shelter and utility payments. Program may provide a one-time payment to meet an emergency need or on-going cash assistance to meet basic needs. Eligibility requirements include assessment of all income and resources, housing expenses and household members. Adults are required to engage in an assessment for work readiness and will be required to participate in work activities in most cases. Applications are available through the Department of Social Services. A face-to-face appointment for eligibility determination is required. Relatives with custody or care of a child whose parent is unable to take care of them may be able to receive assistance on behalf of the child.

OSWEGO COUNTY DEPARTMENT OF SOCIAL SERVICES

PO Box 436
Mexico, New York 13114

All inquiries on current cases must go through the State Customer Service Help Line at 1-888-208-4485

SERVICES:

Child Support:

The Child Support Program helps to legally establish paternity and collect and distribute financial and medical support for children up to age 21 when one or both parents are absent from the household. Staff can assist in location of absent parents, prepare a petition for support and collect and distribute payments to the caretaker of the child. Under law both parents are responsible for the financial support of a child even if they have never lived with the child.

OSWEGO COUNTY FOOD PANTRY ASSOCIATION

SERVICES: A network of county pantries, soup kitchens and other service organizations working together to end hunger in this county. Each pantry sets its own rules which may include income, residency and frequency guidelines. Families may be experiencing a loss of income, extreme medical expenses or other issues. Each pantry provides three meals a day for three days per person **Call 1-800-444-1562 for information.** Website: www.foodbankcny.org

Amboy
Amboy Center UMC Pantry
State Rte. 69 and 183
Amboy Center, NY 13493

Bernhards Bay
North Shore Food Pantry
632 Rte. 49
Bernhards Bay, NY 13028

Central Square
St. Michael's Church
598 South Main Street
Central Square, NY 13036

Dexterville
Community Services
9 Rathburn Road
Fulton, NY 13069

Dugway
Dugway Pantry
Route 104
Dugway, NY 13131

Fulton
Catholic Charities
365 West 1st Street
Fulton, NY 13069

Fulton
Salvation Army
62 South 1st Street
Fulton, NY 13069

Hannibal
Our Lady of the Rosary
923 Cayuga Street
Hannibal, NY 13074

Lacona
North County Christian Church
49 Salisbury St PO Box 142
Lacona, NY 13083

Mexico
St. Mary's Food Pantry
3352 Main Street
Mexico, NY 13114

Oswego
Human Concerns Center
85 East 4th Street
Oswego, NY 13126

Oswego
Salvation Army
73 West 2nd Street
Oswego, NY 13126

Oswego
Oswego County Mental Health
70 Bunner Street
Oswego, NY 13126

Parish
Presbyterian Church
814 Rider Street
Parish, NY 13131

Phoenix
First Congregational Church
41 Bridge Street
Phoenix, NY 13135

Pulaski
Pulaski Community Ministries
12 Bridge Street
Pulaski, NY 13142

Redfield
Redfield Community Pantry
8 School Road
Redfield, NY 13437

Sandy Creek Food Pantry
6046 South Main Street
Sandy Creek, NY 13145

Scriba
United Baptist Church
5111 State Rte. 104 East
Oswego, NY 13126

OSWEGO COUNTY OPPORTUNITIES, INC.

239 Oneida Street
Fulton, NY 13069
598-4717 FAX: 592-7533
Website: www.oco.org
Contact: Diane Cooper-Currier, Executive Director

SERVICES: Oswego County Opportunities (OCO) operates a number of programs at various locations throughout Oswego County. Services include Outreach and Advocacy, Counseling, Residential, Children's Services, Services to Aid Families, Senior Services, Transportation, Youth and Health Services. OCO is a private, non-profit agency that has been supporting communities throughout Oswego County since 1966.

HOURS: Monday - Friday 8:30 AM - 4:30 PM (office)

OSWEGO HOSPITAL CASE MANAGEMENT DEPARTMENT

Oswego Hospital
110 West Sixth Street
Oswego, NY 13126
349-5736
www.oswegohealth.org
Contact: Jody Allen, Director of Patient Safety and Outcomes

SERVICES: This service assists patients and their families who have difficulty with personal, social or placement problems resulting from the medical condition of the patient.

HOURS: Monday - Friday 7:00 AM - 4:00 PM; Saturday and Sunday 7:30AM – 3:30PM

OSWEGO STATE UNIVERSITY CENTER FOR SERVICE LEARNING AND COMMUNITY SERVICE

145 Campus Center
Oswego, NY 13126
312-5360 FAX: 312-5406
e-mail: service@oswego.edu
Website: www.oswego.edu/commserv
Contact: Alyssa Amyotte

SERVICES: The Center for Service Learning and Community Service is a clearinghouse for volunteer and service-learning opportunities. It functions as an umbrella organization encompassing such programs as Adopt-A-Grandparent, Mentor Oswego, Special Olympics. Habitat for Humanity Campus Chapter, and Red Cross Club. In addition, resources for volunteer opportunities within and around Oswego County are available.

PREVENTIVE CASEWORKER PROGRAM (PCW)

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 ext. 248 FAX: 593-8440
e-mail: msavona@ccoswego.com
Contact: Mike Savona, Supervisor

SERVICES: Designed to support families, the Preventive Caseworker Program offers preventive services and resources that help to strengthen the family unit. The services assist families to remain intact and avoid unnecessary placement of children in foster care.

REALITY CHECK

Onondaga/Cayuga/Oswego Reality Check
Prevention Network
1050 West Genesee Street
Syracuse, NY 13204
471-1359 FAX: 471-3255
email: etoomey@preventionnetworkcny.org
Website: www.realitycheckny.com
Contact: Elizabeth Toomey

SERVICES: Reality Check (RC) is a youth-led action movement with the main goal of exposing the manipulative advertising and marketing practices of the tobacco industry. RC is focused on ending teen tobacco use by sharing the truth about how the tobacco industry targets teens as "replacement smokers". RC is for teens and is led by teens with support from adults. RC is NOT against smoking. Teens in Reality Check gain: knowledge about the tobacco industry, experience involving state and federal government, public speaking skills, media literacy skills, and leadership development. RC is fund by a grant from the NYS Department of Health, Division of Chronic Disease Prevention and Adult Health.

PATH STONE CORPORATION

8461 East Ridge Road
Alton, NY 14413
483-9151 FAX: 483-0997
Website: www.pathstone.org
Contact: Raquel Pedraza

SERVICES: Employment and training for migrant and seasonal farm workers, supportive services, referrals, ESL, and food pantry; emergency food pantry, also.

HOURS: Monday - Friday 9 AM - 5 PM

RURAL AND MIGRANT MINISTRY OF OSWEGO COUNTY, INC.

15 Stewart Street, PO Box 192
Richland, NY 13144-0192
298-1154
e-mail: RMMOC@hotmail.com
Contact: Penny Kimball, Executive Director

SERVICES: Founded in the 1990's and located in the Richland Hamlet in 2000, RMMOC currently serves as a free medical clinic and healthcare advocacy agency. The organization is non-denominational and "all are welcome". Members of our volunteer staff seek to assist needy area residents in getting registered for prescription assistance. Our weekly clinic is held on Wednesday evenings and is headed up by Dr. Laura Hamilton. A small but dedicated group of nurses also volunteer. Our site is also used by Catholic Charities as a base for counseling in the region. The agency has close working relationships with St. Francis Farm and Unity Acres both in Orwell.

SALVATION ARMY

62 South First Street
Fulton, New York 13069
593-8442 FAX: 593-1922
Contact : Captain Kevin and Leslie Brennan

SERVICES: Provides a variety of services including breakfast from 8:30 AM to 9:30 AM, lunch from 11:30 AM to 12:30 PM, Monday through Friday; disaster services; missing persons bureau; Christmas and emergency assistance; counseling, and character development programs for all ages. Church services are held each Sunday beginning with Sunday School at 9:45 AM, morning worship at 11:00 AM.

SALVATION ARMY

73 West 2nd Street
Oswego, New York 13126
343-6491, 342-8048 FAX: 343-5039
Contact: Captain Kenneth Hayes, or Major Corinne Hayes

SERVICES: Local programs held Monday through Friday include on- site feeding programs in soup kitchen (breakfast 8:00 AM to 9:00 AM, lunch from 11:00 AM to noon) and Emergency Food Assistance from 9:00 AM to 1:00 PM. The Soup Kitchen is now open on Saturday for lunch from 11 AM to noon. As FEMA dollars allow, Rental Assistance is provided for emergency situations. Also referrals are made to other agencies for needs of neighbors.

Internal programs of spiritual development and counseling are also available. Various character building programs are held, as well as Summer Camp programs. The agency is also plugged into several national and international programs of the Salvation Army such as Adult Rehab Centers (drug and alcohol); Missing Persons; Emergency and Disaster Work; and various other services. Information is available as inquiries are made. Some finances are available for emergency sheltering of transients and non-residents of Oswego County.

HOURS: presently on call 24 hours, office hours for volunteers listed above

STATE CHILD ABUSE AND MALTREATMENT REGISTER 1-800-635-1522

SERVICES: Provided 24 hours a day, seven days a week for the purpose of reporting cases of suspected child abuse anywhere in New York State. Information is received by the Child Abuse Hotline in Albany. If it is during regular Social Service hours, Albany calls the Mexico office and they act on it.

If it is after hours, Albany contacts the assigned on-call caseworker. The on-call caseworker then calls Albany back for information and then acts on it. In any case, the original caller is contacted by the local CPS worker if they give their name and number to Albany. Name of caller will be requested but it is not required. The subject of an abuse report can request a copy of the report, but the source of information is always kept confidential.

A child protective worker will visit the home of the suspect and has the power to remove the child or children from the home if the child is found to be in imminent danger. A court order has to be obtained by them soon after. The Child Protective unit always acts to protect the child. The Child Protective caseworker must make a prompt and accurate determination to prevent injury to the child's welfare.

HOURS: 24 hours a day, 7 days a week

SUCCESS-BY-SIX

United Way of Greater Oswego County, Inc.
1 South 1st Street
Fulton, NY
593-1900 FAX: 598-3375
Email: melanieunitedway@windstream.net
Website: www.oswegounitedway.org/successby6
Contact: Melanie Trexler

SERVICES: An initiative of the United Way to nurture children's ability to learn through programs that encourage success in school.

THRIFT STORE AND EMERGENCY SERVICES (CATHOLIC CHARITIES OF OSWEGO COUNTY)

Catholic Charities of Oswego County
365 West First Street
Fulton, NY 13069
598-3980 FAX: 593-8440
e-mail: hhoefer@ccoswego.com
Website: www.ccoswego.com
Contact: Helen Hoefer, Program Director

SERVICES: The Thrift Store sells a wide variety of second hand items in good condition. It accepts donations of clothing, furniture, household items, etc. Food Pantry provides emergency food to households in the Fulton Community; formula, diapers, and personal care items when available; runs the **Lets Give For a Kid Program**; referral information available for services throughout the county.

TOWN OF SCHROEPPLE DEPARTMENT OF COMMUNITY SERVICES

69 County Route 57 A
Phoenix, NY 13135
695-2801(w) FAX: 695-3231
email: communityservices@townofschroeppel.com
Website: townofschroeppel.com

Call 695-2801 or visit the website for information on events and activities.

VISITATION CENTER

598-6988 FAX: 598-8214
Contact: Kristi Taylor

SERVICES: The Program is designed to provide a safe, neutral space for children during their scheduled supervised visits with a non-custodial party. In addition, the Center serves as a secure place where children can be safely transferred from one adult party to another without direct adult contact. Separate entrances and timed appointments help to create a safe space. Visits and exchanges are monitored by children's advocates. Toys and activities are provided that meet the needs of the children and encourage positive communication among parties. All adult parties involved must complete a contract prior to utilizing the service.

HOURS: Monday - 11:00AM - 7:30PM Thursday - 11:00AM – 7:30PM Friday - 11:00AM – 7:30PM
 Saturday - 9AM – 5PM Sunday - 12NOON – 6PM

LIBRARIES

ANNIE PORTER AINSWORTH MEMORIAL LIBRARY

6064 South Main Street
Sandy Creek, NY 13145
387-3732 FAX: 387-2005
e-mail: scrib@ncls.org

SERVICES: We have 10 public use computers with internet, computer printouts (\$.25 per page), a fax machine (\$1.00 charge per page), copier (\$.25 a page) and color printing (.75 per page). We have a Genealogy department that is staffed Tuesdays and Thursdays from 1:30PM – 4:30PM. We also provide a year round Story Time Friday mornings from 10:15AM – 11:00AM for preschool age children. **CLOSED HOLIDAYS**

HOURS: Tuesday – Friday 11:00 - 6:00 PM, Thursday 7:00PM – 9:00PM Saturday 10:00 AM - 1:00 PM

COGSWELL FREE LIBRARY

1999 County Route 2, PO Box 35
Orwell, NY 13426
298-5563 FAX: 298-5859
Contact: Paula Steele

Services: Audio books, books with large print, and many children's books available. Audio books and video tapes may be borrowed through inter-library loan. Copy machine, fax and computer are available to the public. Story hour offered to pre-schoolers.

HOURS: Tuesday (12:00 PM - 8:00 PM), Wednesday & Thursday NOON - 5:00 PM, Saturday 9:00 AM - 2:00 PM

FULTON PUBLIC LIBRARY

160 South First Street
Fulton, NY 13069
592-5159 Main Floor FAX: 592-4504
Children's Room: 593-2665
www.fultonpubliclibrary.info
Contact: Penny Kerfien, Director

SERVICES: Toddler Story Hour, includes stories, playtime and poems and is on Fridays at 10AM. Pre-Kindergarten Story Hours consists of stories, poems, music and crafts and is on Tuesdays at 10AM. Summer Reading Programs for Toddlers through 12, provides stories, poems and other activities.

Also available with a current library card are video tapes, audio tapes, public access computer/software for adults and children, large print books, young adult books, current best sellers, genealogy information, newspapers, magazines and much more. Other materials can be borrowed through inter-library loan. Internet access is available at no charge.

HOURS: Monday, Tuesday, Thursday, Friday 9:00AM – 5:00PM
Wednesday 9:00AM – 7:00PM
Saturday 10:00AM – 2:00PM

The David E. Vayner Library extension is located in the Catholic Charities building at 365 West First Street. The telephone number is 598-5896. Their hours are Tuesdays through Fridays 2:00PM – 5:00PM.

HANNIBAL FREE LIBRARY

Oswego Street
Hannibal, NY 13074
564-5471 FAX: 564-5471
Contact Person: Shelly Stanton, Director

SERVICES: Provides something for everyone. Members are able to borrow a variety of books, records, magazines, and VCR tapes. Books on loan from the Onondaga County Library System are also available.

HOURS: Regular Hours All Year Long
Monday 10:00 AM - 4:30 PM
Tuesday 10:00 AM - 8:00 PM

Wednesday 10:00 AM – 4:30PM
Thursday 10:00 AM - 8:00 PM
Friday 10:00 AM - 4:30 PM
Saturday 9:00 AM - 3:00 PM
Story Hour - Tuesday and Thursday 9:00AM -11:00 AM and 11:00-12:00 Noon for preschoolers
After School Activities - Wednesday 3:45 - 5:00 PM for school age youth

OSWEGO PUBLIC LIBRARY

120 East Second Street
Oswego, NY 13126
341-5867 FAX: 216-6492
e-mail: oswegopl@northnet.org
Website: www.oswegopubliclibrary.org
Contact: Carol Ferlito , Director

SERVICES: Our library provides a wide assortment of materials from books, dvd's, magazines, cd's, internet access, computer training at its new computer center located on the lower level, research through microfilm of the local papers, popular books for adults, teens and children, special programs for adults, teens and children.

Programs for children include story hour on Wednesday at 1:30PM and Fridays at 10:30AM; Pizza and Teens – a reading group for teens TBA; a book club for adults and much, much more. Check our website or call 341-5867 to see what's happening at the Oswego Public Library.

HOURS: REGULAR HOURS: Monday –Thursday 10 AM - 8 PM, Friday 10AM – 5PM; Saturday - Sunday 12 PM - 5 PM
SUMMER HOURS: July 1 through Labor Day: Monday – Thursday 10:00AM – 8:00PM,
Friday 10:00AM – 5:00PM
Saturdays 12PM – 5PM

Closed on Sundays and all Federal holidays.

PARISH PUBLIC LIBRARY

Corner of Main and Church Streets
Parish, NY 13131
625-7130
Contact: Bridget Swartz, Library Director
email: parlib@ncls.org
Website: www.nc3r.org/parishlib

SERVICES: An excellent collection of fiction and non-fiction including best sellers, books on tape, large print books, and a local history collection. Preschool story hour and summer reading programs available for children. Friends of the Library group meets the third Thursday of every other month at the library, conducts fund-raisers, and provides programs. An on-going book sale is held during library hours.

HOURS: Monday 9:00AM - 3:00PM and 7:00PM – 9:00PM
Wednesday 12NOON – 5:00PM
Thursday 7:00PM – 9:00PM Saturday 12NOON – 5:00PM

PENFIELD LIBRARY

Oswego State University
Oswego, NY 13126
312-4267 FAX: 312-3194
e-mail: askalibrarian@oswego.edu
Website: www.oswego.edu/library
Contact: Mary Beth Bell, Library Director

SERVICES: Penfield Library is a high tech information center with services ranging from Internet access (worldwide information resources) to our Lake Effect Café. The Library houses over 400,000 bound volumes, videos, and CD's; two million pieces of microform, and partial US and NYS government documents depositories. Penfield subscribes to 25,000 print and/or electronic journals, magazines and newspapers. Librarians at the information desk are available to help you locate what you need and provide research help. Popular collections include a browsing collection of leisure reading materials, local history materials and rare books. The latter two collections reside in the Special Collections Department and may be viewed by appointment.

Community users may purchase limited borrowing privileges for \$10 per year. Please call 312-3122 or 312-4267, or visit our website for our current hours.

PULASKI PUBLIC LIBRARY

4917 Jefferson Street
Pulaski, NY 13142
298-2717 FAX: 298-2717
e-mail: pullib@ncls.org
Website: www.nc3r.org/pulaski
Contact: Margaret Weigel, Library Director

SERVICES: Pre-school Story Hour every Friday at 10AM for pre-schoolers and their parents/caregivers.

HOURS:	Monday, Wednesday, Friday	9:00 AM - 5:00 PM
	Tuesday and Thursday	9:00 AM - 7:00 PM
	Saturdays	9:30 AM -12:30 PM
	Sunday	CLOSED

MENTAL HEALTH SERVICES

BRIGHT HORIZONS

Catholic Charities of Oswego County
3412A Maple Ave.
Pulaski, New York 13042
298-7230
email: tarcher@ccoswego.com
Website: www.ccoswego.com
Contact: Tim Archer, Supervisor, (at main office 598-3980 ext. 234)

SERVICES: Bright Horizons is a club for adults who have, or are recovering from, a mental illness. Bright Horizons operates as a drop-in center with the main focus of the members being community service activities. The club assists people in their recovery through support, socialization, opportunities for self-help, various groups and workshops, as well as advocacy and referral for other services as needed.

BROWNELL CENTER FOR BEHAVIORAL HEALTH

Liberty Resources, Inc.
1045 James Street
Syracuse, NY 13203
472-4471 FAX: 472-1759
Website: www.liberty-resources.org/
Contact: Robert Feldman, PhD (Clinical Directory)

SERVICES: Outpatient mental/behavioral healthcare agency with a main office in Onondaga County and a rapidly growing satellite office in Fulton, NY to serve Oswego County residents. Services offered to children, adults, seniors, and families. Consumers have access to chemical dependency treatment, 6 psychiatric prescribers, a nursing staff, and a phlebotomy lab. Case management staff available to assist clinical team, deliver psychotherapy, family therapy, and group therapy treatment services. Outpatient clinic services offered to members of the community regardless of age, developmental or physical disability, gender, or income level. Clinic accepts Medicaid, Medicare, Medicaid managed care plans, and a variety of commercial insurances. Sliding fee scale for uninsured consumers.

COMMUNITY BASED FAMILY CARE

Oswego County Opportunities, Inc
239 Oneida Street
Fulton, NY 13069
598-4710 ext. 1094
email: ppratt@oco.org
Contact: Penny Pratt, Family Care Specialist

SERVICES: Community Based Family Care is a New York State Office of Mental Health funded residential program for adults with mental illness. The NYS Office of Mental Health has certified private citizens to have adults with mental illness live with them. Family Care Providers are responsible for supervising and assisting the residents with their every day functioning to help them maintain community living. Family Care Staff provide residents with case management services and support to meet their mental health, medical, and dental needs. Staff also assists residents in accessing the coordination of other services within the community that may help assist them in their recovery.

COMMUNITY BASED MENTORING

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
592-5598 EXT. 225 FAX: 593-8440
e-mail: gcooper@ccoswego.com
Website: www.ccoswego.com
Contact: Gail Cooper, Supervisor

SERVICES: The Community Based Mentoring Program is available to youth between the ages of 8 and 17 that have a mental health diagnosis. Youth in the program are referred from the Oswego County Children's Mental Health Single Point of Access (SPOA). Established to meet the increasing need for this type of service, the Community Based Mentoring Program helps young people have the potential to succeed in life and contribute to society by allowing caring individuals to build a trusting relationship with them.

EMERGENCY FOOD PANTRY

Mental Health Association of Oswego County
70 Bunner Street
Oswego, NY 13127
349-3533
e-mail: laurie@oswegomentalhealthassociation.org
Contact: Laurie Wood

SERVICES: Those individuals with mental health diagnosis are eligible for use of this program.

HOURS: Monday – Thursday 9:30AM – 1:00PM; Friday 8:30AM – 12:30PM

MENTAL HEALTH ASSOCIATION OF OSWEGO COUNTY

70 Bunner Street
Oswego, NY 13126
349-3533 FAX: 349-3533
e-mail: nicole@oswegomentalhealthassociation.org
Contact: Nicole O'Reilly, Executive Director

SERVICES: The Association schedules and provides transportation for clients in the outlying areas to the Oswego Hospital Mental Health Division and its satellite clinics, which they would otherwise forego.

The Food Pantry at The Association provides food for clients in emergency situations who are unable to contact local food pantries for assistance.

HOURS: Monday – Thursday 8:30 AM - 2:30 PM Friday 8:30AM – 12:30PM

MENTAL HEALTH CASE MANAGEMENT

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 ext. 234 FAX: 593-8840
email: tarcher@ccoswego.com
Website: www.ccoswego.com
Contact: Tim Archer, Supervisor

SERVICES: The Mental Health Case Management program offers support and assistance to adults in Oswego County who have been diagnosed with a severe and persistent mental illness to help them live independently in the community. Case managers assist in coordination of services, helping consumers to establish an individualized service plan with personal goals in various areas, and advocacy and referrals to other services in the county. This program is voluntary and participation is required. All referrals come from Oswego County Adult Single Point of Access (963-5072).

MENTAL HYGIENE DIVISION

Oswego County Department of Social Services
100 Spring Street
Mexico, NY 13114
963-5361 FAX: 963-5530
e-mail: nkolmsee@oswegocounty.com
Website: www.oswegocounty.com/dss/mental.html
Contact: Nicole Kolmsee, Director of Community Services

DIVISION OF MENTAL HYGIENE ADMINISTRATION – is responsible for providing an affordable, comprehensive, quality system of mental hygiene (Mental Health, Alcohol and Substance Abuse, and Mental Retardation/Developmental Disability) services. The Division is responsible for the planning and oversight of the community resources, programs, and services for the mental hygiene needs of county citizens, including identification of gaps in service and strategies on how to fill those gaps. The Division allocates funding and develops and monitor contracts with local providers for mental hygiene services provided to Oswego County residents.
HOURS: Monday – Friday 8:30 AM – 4:00 PM

Single Point of Access (SPOA) for Children’s Community Based Mental Health Services – In accordance with the NYS Office of Mental Health Single Point of Accountability/Access (SPOA) Initiative, all referrals for community based OMH services must be received, processed, and assigned in a coordinated and consistent manner at the local level. The SPOA process provides needs assessment and linkages to services. For more information, or to make a referral for services, call 963-5361 or email ChildSPOA@oswegocounty.com

Single Point of Access (SPOA) for Adult Case Management and ACT Services – In accordance with the NYS Office of Mental Health Single Point of Accountability/Access (SPOA) Initiative, all adult referrals case management and housing services must be received, processed, and assigned in a coordinated and consistent manner at the local level. The SPOA process provides needs assessment and linkages to services. For more information, or to make a referral for services, call 963-5361 or email: cwhipple@oswegocounty.com.

MRDD Single Point of Entry (SPOE) for Residential Services - The Oswego County SPOE Committee is comprised of local providers of Mental Retardation/Developmental Disability services as well as representation for the County Division of Mental Hygiene. The committee reviews and prioritizes all referrals for MRDD residential services in Oswego County and facilitates placement based upon level of need and urgency of each individual. The SPOE Committee also assists with linkages and planning for accessing additional services as needed.

Forensic Mental Health Services – Contracted services provided at Oswego County Jail include assessment and consultation. This is a free service to male and female inmates 16 years and over with multi-disabilities either pre-sentenced or sentenced. For more information, call 963-5361.

Police/Mental Health Coordination Project – Law enforcement (Oswego County Sheriffs, SUCO, Oswego, Fulton City Police and the New York State Police) and Mental Health (Oswego County Mental Hygiene Division, Oswego Hospital Behavioral Services Division, and Oswego Hospital Emergency Room) work together for coordinated transport for evaluation of emotionally disturbed persons who are a danger to themselves or others in the community. Police department line personnel have been trained in dealing with emotionally disturbed persons. This cooperative effort regularly reviews process and procedures in effort to improve service and care to community members in need of emergency mental health assistance. For more information, call 963-5361.

Court Ordered Evaluations - Oswego County Mental Hygiene assists in securing of psychiatric evaluations, psychological assessments, and alcohol & substance abuse evaluations, as ordered by Family Court. For more information call 963-5361.

Mental Health Case Management Services for Adults – Case Management uses strength based and recipient-centered practices to assist persons with serious mental illness to achieve the goals of illness management and recovery while helping recipients to increase active participation in work and meaningful social relationships that will promote self-sufficiency, increase community integration and economic independence, increase attainment of safe, affordable housing in the community of their choosing, maximize utilization of natural supports, decrease hospitalizations, decrease reliance on emergency services, maintain a balance of activities that are both Important TO the person and Important FOR the person. For more information, call 963-5014.

Supported Housing – Supported housing provides community support services, rental stipends, and recipient specific advocacy. This service is offered to ensure that individuals diagnosed with Serious Mental Illness may exercise their right to choose where they are going to live, taking into consideration their functional skills, range of affordable housing options available and the services and resources a person requires to maintain their residence in the community. For more information, call 963-5532

Assisted Outpatient Treatment Program –New York State Enacted Legislation that provides for assisted outpatient treatment for certain people with mental illness who, in view of their treatment history and present circumstances, are unlikely to survive safely in the community without supervision. This law is commonly referred to as “Kendra’s Law” and is set forth in §9.60 of the Mental Hygiene Law. Kendra’s Law establishes a procedure for obtaining court orders for certain individuals with mental illness to receive and accept outpatient treatment. The Mental Hygiene Division is responsible for investigating eligibility, and arranging for services of individuals referred and court ordered to participate in treatment. For more information, call 963-5361.

Disaster Mental Health Response and Recovery Services –
A Team of local professionals and paraprofessionals is available to respond to the psychological first aid needs of victims, volunteers, and/or first responders in the event of a large or small-scale disaster. In the event of a large-scale incident, The Mental Health Response plan would be implemented by the County’s Emergency Management Office (EMO). In the event of a smaller incident or routine emergency where the EMO is not involved, the Mental Health Response would stand alone under the direction of the Director of Community Services to coordinate a response tailored to meet the identified needs of those requesting assistance. For more information, or to request assistance, call 963-5361.

The Division also provides information and referral services, and community education and training opportunities.

OSWEGO HOSPITAL BEHAVIORAL SERVICES

74 Bunner Street
Oswego, NY 13126
343-8162 FAX: 343-4782
Contact: Kimberly Garrow

SERVICES:. Comprehensive mental health services available to area residents. The Center, part of Oswego Hospital since 1981, is the largest provider of mental health services in the county. Its three units are certified by the New York State Office of Mental Health.

IN-TREATMENT UNIT – a 28 bed acute care inpatient facility that provides care 24 hours a day, supervised by registered nurses and directed by a staff of physicians whose specialties are psychiatry or medicine. Licensed Practical Nurses, Social Workers, Mental Health Therapy Aides, an Activity Therapist, and Therapy Aides are also responsible for providing this care.

Clients (age 16 and older) may be admitted on either a voluntary or an involuntary basis for treatment of a variety of mental health problems Those clients under age 16 who require admission are referred to a children's unit.

The In-treatment Unit program provides psychiatric (M.D.) care; medical care; therapeutic groups; recreation; education; individual counseling; social services; patient teaching (R.N.); alcohol and substance abuse groups; leisure time activities and activities of daily living skill groups.

OUT-TREATMENT CLINIC – provides a full range of assessment and treatment services to individuals of all ages. The clinic's professional staff is composed of psychiatrists, psychologists, social workers, and other mental health staff who are trained to deal with the wide variety of problems which individuals and families experience.

The clinic's program includes adult mental health services, children/adolescent services, geriatric services, substance abuse services, and crisis services. Specialized assessments for Attention Deficit Disorders are available as well. In addition, staff is available to provide community education programs on a variety of mental health topics.

The Out-Treatment Clinic offers a sliding fee scale. Many insurances will cover at least a portion of the cost. Payment plans may be arranged.

INTENSIVE CASE MANAGEMENT SERVICES FOR CHILDREN AND YOUTH – serves youth up to age 18 who have serious emotional illness and who require intensive services in their homes and at school. Case managers carry a small caseload and work with both children and their families to obtain the necessary services and support to deal with their difficulties, and coordinate interagency involvement.

CONTINUING DAY TREATMENT PROGRAM – a supportive, flexible, long-term treatment program designed to assist adults with mental illness to manage their psychiatric symptoms and/or improve their social and emotional functioning. The program provides treatment services that address a variety of skill deficits that might result in an individual's inability to maintain community living.

Clients in this program may participate in a combination of treatment choices (depending on their individual needs) which include rehabilitation readiness services, group therapy, health education, leisure education, and specific skill development groups. Involvement in program varies according to need. The Program operates five days per week at the Oswego site at the Mental Health Division

EMERGENCY SERVICES – Crisis assessment and intervention are available 24 hours a day, 7 days per week and are provided by a trained staff of mental health professionals and para-professionals. Services are provided by both telephone contact and face-to-face contact. Managers assigned to the services are Barbara Moore, RN, Professional Clinical Services Manager; Cynthia Volk-Delucia, Quality Improvement and Managed Care Manager; and Theresa Makin, Psychiatric Acute Inpatient Manager and Ed Benys, Practice Manager.

CHILD AND FAMILY SERVICES – This is a multidisciplinary team consisting of psychiatrist, psychologists, psychiatric social workers and a nurse that work closely with families empowering them to successfully support their children both during and after treatment. Among the offered services are psychiatric evaluations, psychological evaluations, ADHD, ADD, DDD and autism evaluations, as well as individual/ group play and family therapy. Additional services include family education and medication management.

SPECIALIZED SERVICES

- Adult Case Management – in collaboration with case management services provided by Oswego County Mental Health Department and Catholic Charities, this case manager will provide intensive-level services to a small caseload of adults who are seriously disabled by their mental illness. All referrals are coordinated by a Single Point of Access Committee.
- **ACT** Team Oswego – (Assertive Community Treatment) is a mobile, multi-disciplinary, mental health team. We bring support services to the individual instead of the individual seeking out the services. ACT delivers comprehensive and flexible treatment, support and rehabilitation to individuals with severe mental illness and whose needs have not been met by more traditional approaches.
- Family Support and Education: LIGHT Group – Support groups for family members of mentally ill individuals. Groups meet every two weeks at Behavioral Services Division. For more information contact Linda Nicholas 326-4166

- School-Based Mental Health Services – currently based at BOCES and in Central Square and Hannibal Schools. Clinical case managers provide advocacy, linking and supportive counseling to emotionally troubled youth and their families. All referrals are coordinated through counseling/school psychologist offices in each school

HOURS: Crisis services are available 24 hours a day, 7 days a week; other services by appointment

PEER ADVOCACY

Catholic Charities of Oswego County
 365 West 1st Street
 Fulton, NY 13069
 598-39580 ext. 262 FAX: 593-8440
 e-mail: james@ccoswego.com or svanslyke@ccoswego.com

Contact: Leslie James or Sue VanSlyke (Peer Advocates)

SERVICES: The Peer Advocacy Program advocates for choice and empowerment in the lives of people living with mental health issues throughout Oswego County. The Advocates of this program provide an insider's view of what it is like to be a consumer, and help make the mental health system more user-friendly. The Peer Advocacy program helps educate the community about mental health issues, and provides various wellness groups for mental health and co-occurring disorder consumers, provides information, assistance, linkage and referrals to other services in the county. Peer Advocates provide support to individuals with all levels of the Single Point of Access (SPOA) process, and an understanding of mental illness from a peer perspective.

STEP BY STEP CLUBHOUSE

Catholic Charities of Oswego County
 160 South 3rd Street
 Fulton, NY 13069
 592-5598 FAX: 592-2867
 e-mail: jslocum@ccoswego.com
 Website: www.ccoswego.com
 Contact: Jill Slocum, Coordinator

SERVICES: Step by Step Clubhouse is a psychosocial club providing consumer and recovery-oriented community-based rehabilitation to assist adults who are members with their recovery from a mental illness. This program uses a model of the work-ordered day that mirrors an employment setting. Some of the components offered are transitional employment, learning center, peer support, information on outreach and community-based activities and events, wellness groups, and workshops on topics of interest. Members are involved in the day-to-day operation of the clubhouse and are able to enjoy the social interaction it provides.

NEW YORK STATE OFFICES

CONSUMER PROTECTION BOARD

1-800-697-1220 FAX: (518)-474-2474

SERVICES: Consumer advisors are available to answer calls. Complaints must be submitted in writing and mailed to : 5 Empire Plaza, Suite 2101, Albany, NY 12223. Complaints can be filed electronically through the Internet at <http://www.consumer.state.ny.us>

ENVIRONMENTAL CONSERVATION

615 Erie Boulevard West
Syracuse, NY 13204-2400
426-7400 FAX: 426-7408
Website: www.dec.ny.gov
Contact: Kenneth P. Lynch, Regional Director

SERVICES: DEC manages fish and wildlife resources and state lands; uses permits to control pollution of air and water, transport and disposal of solid and hazardous wastes, pesticide use, mining and mined land reclamation; helps local governments in funding wastewater treatment plants; and carries out or oversees remediation of inactive hazardous waste disposal sites.

HOURS: Monday - Friday 8:30 AM - 4:45 PM

HUMAN RIGHTS DIVISION

333 East Washington Street, Room 543
Syracuse, New York 13202
428-4633 FAX: 428-4638

SERVICES: Works to eliminate discrimination because of race, creed, color, national origin, sex, disability, marital status, age or arrest and/or conviction record in specified areas of public concern. The office also provides education and intervention to resolve racial tensions and promote cultural diversity.

HOURS: Monday – Friday 8:45AM – 5:00PM

NYS OFFICE OF PARKS, RECREATION AND HISTORIC PRESERVATION

Central Region
6105 E. Seneca Turnpike
Jamesville, NY 13078
492-1756 FAX: 492-3277
e-mail: Robert.Hiltbrand@oprhp.state.ny.us
Website: www.nysparks.com
Contact: Robert Hiltbrand, Central Regional Dir.

SERVICES: Provided at parks and historic sites and include recreation programming; site tours and historic interpretive programming; environmental education programming; camping; swimming; boating; fishing; picnicking; nature and hiking trails; and golf courses.

PUBLIC SERVICE DEPARTMENT

1-800-342-3377

SERVICES: Provides advice to consumers on gas, water, electric, telephone and cable television services.

NYS DIVISION OF VETERANS AFFAIRS

State Office Building
333 East Washington Street Room 430
Syracuse, NY 13202
428-4046 FAX: 428-4047
e-mail: agrugel@veterans.state.ny.us
Website: www.veterans.state.ny.us
Contact: Kevin Justien, State Veteran Counselor

NURSING AND ADULT HOMES

ADULT DAY HEALTH CARE AT THE MANOR AT SENECA HILL

20 Manor Drive
Oswego, NY 13126
349-5344 FAX: 349-5342
Maureen Annal, Oswego Health Vice President and Chief Operating Officer for the Manor
Kathy Cocciole, Program Director

SERVICES: The Adult Day Health Care program offers a comprehensive array of services. This "medical model" program integrates activities and socialization with the individual health care needs of all qualifying candidates. The program is offered weekdays from 10AM to 4PM and attendance options range from one to five days a week. The following services are available: physical therapy, occupational therapy, speech therapy, podiatry, and nutritional services, personal care, social services and even a beauty salon. The focus of the program is to foster independence and allow participants to remain in the community. The Manor at Seneca Hill is conveniently located in between Oswego and Fulton off Route 481 on Route 45A. The commitment, experience and reputation of Oswego Health support the Adult Day Health Services Program. The community is welcome to visit the program Monday through Friday between 10:00AM and 4:00PM.

(ANDREW) MICHAUD RESIDENTIAL HEALTH SERVICES

Michaud Residential Health Services
453 Park Street
Fulton, NY 13069
592-2009 FAX: 592-2924
Contact: Mike Schafer, Administrator

SERVICES: An 89 bed, skilled nursing facility, focused on the total well-being of each resident. Care is implemented and coordinated through many departments, including but not limited to physicians, nursing, activities, dietary, physical therapy, and social services. Hospice services are also available to qualified individuals. Call for more information or for an appointment to tour.

HOURS: Monday - Friday 8:30 AM 4:00 PM (business office)

EVERGREEN HOME FOR ADULTS

4926 North Jefferson Street
Pulaski, NY 13142
298-5881 FAX: 298-7627
e-mail: evergreen@adironackmanor.com
Contact: Marsha Sottung, Administrator
Stacy Ralston, Resident Care Coordinator

SERVICES: 24 hour supervision, specialty diets, podiatry services, in-house laboratory service, in-house laundry services, housekeeping, medication management, activities, beautician on site weekly. Wheel chair accessible.

LADIES HOME OF OSWEGO INC

43 East Utica Street
Oswego, NY 13126
343-6951 FAX: 343-5348
e-mail: lwalker@theladieshome.org
Website: www.theladieshome.org
Contact: Lee Ann Walker, Administrator

SERVICES: The Ladies Home is a small not-for-profit 21 bed adult home in the city of Oswego regulated by the Department of Health. Supportive services are provided for ambulatory elderly in a homey congregate setting with 24 hour supervision. The home is handicap accessible with a ramp, lift, accessible bathrooms and an emergency generator in place. Their goal is to foster dignity and a sense of independence to women while maintaining optimal wellness. Included in the room board rate are assistance with personal care and medication, case management, laundry, housekeeping and a diverse activities program including weekly outings. Residents express their individuality by furnishing their rooms as they wish, including optimal phone and cable TV. Arrangements can be made for outside services to provide physical and speech therapies, lab work including x-rays, dietician consultant and beautician. Visitors are always welcome.

HOURS: Monday - Friday 8:00 AM - 4:00 PM (Administrator)

MANOR AT SENECA HILL

20 Manor Drive
Oswego, NY 13126
349-5300 FAX: 349-5316
Contact: Maureen Annal, Oswego Health Vice President and Chief Officer for the Manor
Rose Hartle, Admissions Coordinator

SERVICES: The Manor at Seneca Hill is a 120 bed skilled nursing facility offering short term rehabilitation services and residential skilled nursing. The Manor is conveniently located off of Rte. 481 on Route 45A in between Fulton and Oswego. Please visit our website at www.oswegohealth.org or call or stop by any time for more information.

Adult Day Health Program – The Manor at Seneca Hill's Adult Day Healthy Program offers a comprehensive array of services to individuals 18 and older. This program integrates activities and socialization with individual health care needs. The program is offered weekdays from 10AM – 4PM. Attendance options range from one to five days a week. Transportation can be arranged.

Short Term Rehabilitation – The Manor provides short-term rehabilitation services to more than 100 individuals each year who need special attention after surgery, a stroke, or an accident. Those services include physical, occupational and speech therapies.

MAPLE MANOR HOME FOR ADULTS

135 Canning Factory Road PO Box 30
Pulaski, NY 13142
298-5256 FAX : 298-3654
e-mail: maplemanor@adironackmanor.com
Website: www.adironackmanor.com
Contact: Marsha Sottung, Administrator
Paula Gardner, Assistant Administrator

SERVICES: A residential home located in a country setting 4 miles from the village of Pulaski. Services include 24 hour supervision, medication management, recreational activities, both in the community as well as in our facility. Meals by a licensed dietician, podiatry services. Laboratory services in-house. House Physician by request. Staff members on duty 24 hours a day trained in Basic First Aid. On-site hair dresser for a small fee. Wheelchair accessible.

HOURS: Monday - Friday 8:30 AM - 4:30 PM

MEADOW BROOK MANOR ADULT CARE FACILITY

31 Oswego Street
Hannibal, NY 13074
564.5555 FAX: 564-5033
e-mail: meadowbrookmanor@centralny.twcbc.com
Website: www.meadowbrookmanor.net
Contact: Mary Waldron, Administrator

SERVICES: A residential home situated in a quiet rural setting. The home is a one-story building that was opened in January 1987 and provides a variety of services including nutritionally balanced meals, as written by a licensed dietitian; monitoring of medications; and personal care services in a home-like atmosphere. A full range of recreational activities, both in the community and in the facility are available. There is a nurse on duty five days a week and on call 24 hours a day. For information regarding rates contact 564-5555.

The home is licensed by the State of New York. Staff members are on duty 24 hours a day and include personnel with training in Emergency First Aid.

The aim of the Manor's care is to provide a supervised environment for the person who may require basic health monitoring but is not in need of continued nursing care. There are 18 private rooms and one semi-private room. Inquiries are welcomed and tours are available, by appointment.

PONTIAC NURSING HOME

303 East River Road
Oswego, NY 13126
343-1800 FAX: 343-1821
e-mail: pontiactm@choiceonemail.com
Contact: Theresa Moshier, Assistant Admn.

SERVICES: Pontiac Nursing Home is a private, 80 bed skilled nursing facility situated on the banks of the scenic Oswego River. Along with nursing staff which includes RNs, LPNs and CNAs who provide care and supervision 24 hours per day, residents are offered a personalized Activities Program which includes Music Therapy and Intergenerational Activities, Therapeutic and Modified diets, Social Services Counseling, Dental Services, and Psychological Services. Pontiac's special feature is its comprehensive rehabilitation program which includes Physical Therapy, Occupational Therapy, and Speech Therapy.

HOURS: Visiting hours - anytime

ST. LUKE ADULT DAY HEALTH CARE

St. Luke Health Services
299 East River Road
Oswego, NY 13126
342-3166 FAX: 343-6531
Website: www.stlukehs.com
Contact: Sherry Harrison - Director

SERVICES: St. Luke Adult Day Health Care is a daily health monitoring and activities program designed to promote independence and delay institutionalization of the disabled adult. A Medicaid eligible program, Adult Day Health Care is a medical model program providing health and medical care, including case management, health assessment, physical rehabilitation, occupational therapy, speech therapy, dental services, therapeutic diets, nutritional education and more.

In addition to the full array of medical services available, registrants can also involve themselves in the many varied activity programs that take place at St. Luke throughout the day. These activities are designed to keep registrants engaged and involved while they receive the finest health care in our area.

St. Luke Adult Day Health Care offers sessions Monday thru Friday, from 9:30AM -3:30PM. . Local medical transport agencies, families or friends can bring registrants to us or we can arrange to have your loved one picked up at home.

ST. LUKE HEALTH SERVICES

299 East River Road
Oswego, NY 13126
342-3166 FAX: 343-6531
e-mail: info@stluke.com
Website: www.stlukehs.com
Contact: Terrence J. Gorman, Administrator,
Anne McGivney, Admission Coordinator

SERVICES: St Luke Health Services is located in the city of Oswego, overlooking the scenic Oswego River. St. Luke is easily accessible (RT.481) and close to neighbors and friends in the greater Oswego/Fulton area.

St. Luke is the largest provider in Oswego County of residential skilled nursing and rehabilitation services. St. Luke is home to 200 residents who enjoy 92 private and 54 semi-private rooms.

In addition to skilled nursing care, St. Luke offers Providence Care, dedicated to the care of residents with early to mid-stages of a dementia-related illness. Providence Care residents enjoy individual freedom in the least restrictive yet safest environment, designed with special activities to engage and reflect individual interests and skills.

Our Short-Stay Rehabilitation program offers intensive physical, occupational or speech therapy in an in-patient setting, lasting generally no more than 90 days for those who are recovering from surgery, or a major medical event such as a stroke or heart attack. Rehabilitation therapy is available six days a week, Monday through Saturday. Admission to St. Luke Short-Stay can be facilitated through your hospital admission discharge planner or contact our admission department directly.

SUNRISE NURSING HOME

17 Sunrise Drive
Oswego, NY 13126
342-4790 FAX: 342-5365
Contact: D. Rebello, Director

SERVICES: Sunrise Nursing Home is a 120 bed Skilled Nursing Facility located in a quiet residential neighborhood of Oswego, New York. It is a private, family owned facility offering state of the art care in a nurturing home-like environment. Our owners staff are dedicated to providing the highest quality of care possible while paying close attention to the personal, physical, and emotional needs of our residents.

HOURS: Visiting hours, preferred 10:00 AM - 8:00 PM, flexible
Social Services Monday - Friday 8:00 AM - 4:00 PM

VALEHAVEN HOME FOR ADULTS - ADULT CARE FACILITY

24 East Oneida Street

Oswego, NY 13126

342-3959 FAX: 342-2022

email: adminosw@adkmanor.com

Website: adironackmanor.com

Contact: Crystal Ross, Administrator

SERVICES: Certified 35 bed adult care facility which provides 24 hour supervision, assistance with medications, home cooked meals, personal care assistance, financial management assistance, activities, on site laundry and linen service, housekeeping and case management services.

HOURS: Can be contacted 8:30AM – 4:30PM Monday thru Friday

PARENTING

CHILDREN 1st!

Mental Health Association of Onondaga County
6520 Basile Rowe
East Syracuse, NY 13057
445-5606 FAX: 251-2218
e-mail: requests@mha-oc.org
Website: www.mha-oc.org
Contact: Karen Lyskawa

SERVICES: Six hour class designed to help divorcing, separating parents make it easier for their children during the separation process. Legal and mental health professionals facilitate this class. The class is held one Saturday per month at a cost of \$65.

HOURS: Agency is open to receive registrations Monday - Friday 8:30 AM – 4:30 PM

PARENT EDUCATOR PROGRAM (PEP)

Catholic Charities of Oswego County
365 West First Street
Fulton, NY 13069
598-3980 ext. 224 FAX: 593-8440
e-mail: aburritt@ccoswego.com
Website: www.ccoswego.com
Contact: Andrea Burritt, Supervisor

SERVICES: Parent Educators provide in-home supportive outreach for families who are at risk of losing their children to foster care or are attempting to reunite with their children. Families will have the opportunity to strengthen and improve their parenting skills by increasing their knowledge and skills in various areas (safety, child well-being, family interactions, environment, health, self-sufficiency, and others). The PEP program offers in-home support for a minimum of one hour per week, advocacy for the family, assistance in accessing other services, and parent education workshops. All referrals to the PEP program come from the Department of Social Service.

PARENTING AFTER SEPARATION AND DIVORCE

Cornell Cooperative Extension of Oswego County
3288 Main Street
Mexico, NY 13114
963-7286 963-0968
email: cw99@cornell.edu
Website: www.thatscooperativeextension.org
Contact: Cindy Walsh

SERVICES: The Parenting After Separation and Divorce program, in collaboration with the New York State Unified Court System, educates divorcing or separating parents about the impact of their breakup on their children. The primary goal is to teach parents ways to reduce the stress of family changes and protect their children from the negative effects of ongoing parental conflict in order to foster and promote their children's healthy adjustment and development.

Four topics are addressed in the parenting curriculum:

1. creating and maintaining supportive parent-child relationships
2. providing a stable, supportive home environment
3. maintaining healthy parental functioning and psychological well being
4. protecting children from ongoing conflict between parents

RECREATION

AMBOY 4-H ENVIRONMENTAL EDUCATION CENTER

Cornell Cooperative Extension of Oswego County
3288 Main Street
Mexico, NY 13114
963-7286 Ext. 400
Contact: Linda Brosch, 4-H Team Coordinator, Ext. 400

SERVICES: Amboy 4-H Environmental Education Center has 3 miles of marked trails which are open to the public daily from dawn to dusk for hiking, bird watching, snowshoeing and cross country skiing. Guided nature programs for groups are available upon request. There is a fee to rent the lodges; use of trails is free. For more information call 963-7286

HOURS: Dawn to Dusk year round

BOY SCOUTS OF AMERICA

Hiawatha Seaway Council
2803 Brewerton Road
Syracuse, New York 13211
463-0201 FAX: 463-5729
email: myles.hennessey@scouting.org
Contact: Myles Hennessey, Ontario District Executive

SERVICES: Educational program for boys aged 5 to 18 and for high school boys and girls aged 14 to 20. The purpose of scouting is to provide citizenship training, character development, and mental and physical fitness. The program is offered through religious, fraternal, service and other community organizations as approved chartered partners of the Boy Scouts of America.

BULL HEAD POINT PARK

City of Fulton Parks and Recreation
141 South First St.
Fulton, NY 13069
592-2474 FAX: 592-3412
email: bostrander@cityoffulton.com
Website: www.fultonrecreation.com
Contact: Barry Ostrander, Superintendent

SERVICES: Bull Head Point Park with pavilion and walking pier. People can reserve the pavilion for \$25 per day on weekdays \$50 per day on weekends

CAMP FIRE USA and CAMP TALOOLI

A Camp Fire Council, Inc.
7 Adler Drive
East Syracuse, NY 13057
463-8799 FAX: 463-8739
e-mail: info@campfireusacny.org
Website: www.campfireusacny.org
Contact: Jan Peneston, Executive Director

SERVICES: Camp Fire USA of CNY provides services to children and youth throughout Central New York through Camp Fire Clubs which provide positive youth development experiences and Camp Talooli summer, winter, spring, and family camping programs which expose children and youth to positive adult role models, community living, environmental/experiential education experiences for school groups through staff members and the use of Camp Talooli's challenge course.

CAMP HOLLIS

Oswego City - County Youth Bureau
40 Health Camp Road
Oswego, NY 13126
349-3451 (bureau) FAX: 349-3231
349-3241 (camp) FAX: 349-3243
e-mail: kathyf@oswegocounty.com
Website: www.oswegocounty.com/youth/hollis
Contact: Kathy Fenlon

SERVICES: Residential program – 7 week long camping sessions for boys and girls aged 9-14. There is one overnight “mini-camp” for 8 yr. olds. Sessions focus on traditional camp activities and emphasize teamwork and respect for nature. Applications to attend available in elementary and middle schools, are on the Youth Bureau website and from Youth Bureau office.

Counselor-in-training program – For Oswego County youth aged 15 & 16. Training in child care, job skills, camp counseling and kitchen duty. Sixteen year olds participating are paid a stipend. Applications available from the Youth Bureau in March of each year.

Rental options: - Available from late April through late October. Organized youth groups are given first opportunity to book beginning January 2nd. Non-youth groups, families, etc. may book the camp after February 1st. Fees are based on length of stay and type of group.

Challenge Course: Low level team challenges designed to foster team work and develop effective communication skills. More information about this program is available by calling the Youth Bureau.

HOURS: Monday - Friday 8:30 AM - 4:00 PM (Youth Bureau Office)

CAMP ZERBE

Oswego City - County Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3451 FAX: 349-3231
e-mail: kathyf@oswegocounty.com
Contact: Kathy Fenlon

Camp Zerbe
253 State Route 104
Williamstown, NY 13493
298-2007

SERVICES: The Oswego County Nature Park at Camp Zerbe is owned by Oswego County and operated by the Oswego County Youth Bureau. The 542 acre park features the William H. Britton Interpretive Center (with educational displays about the area’s geology and birds, plants and animals), nature trails (including one for the sight impaired), “Paco” Malone Meeting Center and access to Lake Lorraine and playground. The park is open to the public daily for trail use, Interpretive Center and access to Lake Lorraine. Reservations through the Youth Bureau office are required to use the meeting center, pavilion, and boating/fishing on the lake.

HOURS: Daily dawn to dusk

CANAL PARK MARINA

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
598-5349 FAX 592-3412 CELL: 532-0447
Ronica Sivers, Manager,
Barry Ostrander, Superintendent

SERVICES: Provide 20 boat slips for boats up to 42' in length. Hot Showers and private bathrooms. Complete marine water and electric hook ups. Dumping pumpout station available. FREE – NO CHARGE. Located at Lock # 3 on Oswego Barge Canal. Within walking distance of shops, pubs, restaurants, banks, ATM’s, drug store and Laundromat. Open Memorial Day - Labor Day

HOURS: Contact Marina Attendant for service @ 532-0447

CATHOLIC YOUTH ORGANIZATION YOUTH DROP IN CENTER (CYO)

Catholic Charities of Oswego County
365 West First Street
Fulton, NY 13069
598-3980 ext. 254 FAX : 593-8440
email: jsmiley@ccoswego.com
Website: www.ccoswego.com
Contact: Jim Smiley, CYO Director

SERVICES: CYO is comprised of five core programs that work towards providing and promoting positive youth development for youth between the ages of 5 to 20 in Oswego County. CYO programs provide a safe, well supervised, friendly, non-threatening environment where youth will have the opportunity to improve both their decision-making and social skills, learn how to interact with their peers while participating in productive leisure time activities, improve relationships with family members, establish new and hopefully lasting friendships, and given opportunities to give back to their communities, along with being exposed to positive adult role models who try and help participants grow not only physically but mentally as well. Other programs: Tutoring, computers with internet access for doing homework and probation program. All programs offered by CYO are free to all youth in Oswego County.

AFTERNOON PROGRAM: 3:00PM – 6:00PM Monday thru Friday for K – 12th graders

MENTORING: Monday thru Thursday
Fulton elementary schools 3:00PM – 5:00PM
Sandy Creek School District 3:00PM – 4:30PM;
Mexico School District 3:00PM – 5:00PM

DROP-IN PROGRAM: Tuesday and Thursday 6:00PM – 8:00PM for 7th – 12th graders

SATURDAY PROGRAM: 10:00AM – 2:00PM for K – 12th graders

SUMMER PROGRAM: Six weeks during the summer months

WHEN THERE IS NO SCHOOL(vacation, snow days, etc.): Gyms are open from 1:00PM – 5:00PM for K – 12th graders

CENTRAL SQUARE/HASTINGS RECREATION

Contact: Marie Loran
668-2558
email: centralsquarevillageclerk@cnymail.com
Website: www.villageofcentralsquare-ny.us

SERVICES: The program provides a place for children to spend their time and to be involved with children their own age. Activities include arts and crafts, playground activities, swimming, table tennis and field trips.

CITY PARKS AND WALKING TRAILS

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-2474 FAX 592-3412
email: bostrander@cityoffulton.com
Website: www.fultonrecreation.com
Barry Otrander, Superintendent

SERVICES: 14 City parks with 10 of them containing playground equipment. Wooded walking trails available behind G. Ray Bodley High School and Bullhead Point Park. North Bay Campground trails are closed from May 1st to Sept. 30th during the camping season. All other trails are available all year long

CLEVELAND RECREATION

Contact: Phyllis Sweeten
675-8611 email: clevelandvill@a-znet.com

SERVICES: Youth participate in an organized program with arts and crafts and recreation activities at the Village Park.

CONSTANTIA RECREATION PROGRAM

Town of Constantia Parks & Recreation
PO Box 167
Constantia NY, 13044
623-9062
Contact: Charles Gilkey, Town Supervisor
Email: supervisor@townofconstantia.org

SERVICES: Swimming lessons, open swimming, arts and crafts and sports and games held at Taft Bay Park on summer weekdays. Open swimming held on weekdays and weekends. Community events are held year round such as summer concerts, Winterfest, Christmas decorating, trimming a community Christmas tree, caroling, and ice skating. Halloween family fun night.

HOURS: Summer Playground 10 AM - 3 PM, Swimming Area 12 PM - 8 PM

CORNELL COOPERATIVE EXTENSION OF OSWEGO COUNTY

3288 Main Street
Mexico, NY 13114
963-7286 FAX: 963-0968
e-mail: Oswego@cornell.edu

4-H Club Program

Contact Person: Kathy Porter, Administrative Assistant Ext. 401

SERVICES: An informal educational youth program for ages 5 – 19 in towns, cities or the county. 4-H offers programs for youth in school, after school, through 4-H clubs and through 4-H camp. If interested in joining or obtaining information about the 4-H programs in your areas, contact the 4-H office at 963-7286.

HOURS: Monday – Friday 8:30AM – 4:00PM

FULTON CITY POOL

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
593-1515 (east side) 598-5379 (west side) FAX 592-3412
Barry Ostrander, Superintendent

SERVICES: City offers swimming at outdoor pool. East side pool admission is \$.50 per person per day.

HOURS: 12NOON - 5PM and 6PM to 8PM from 3rd week in June until last week in August

FULTON COMMUNITY BAND CONCERTS

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-2474 FAX 592-3412
Contact: Barry Ostrander

SERVICES: The Fulton Community Band Concerts are held at Bullhead Point Park at 711 West Broadway in Fulton from 7:00PM – 8:00PM. The shows are the last Thursday in June and every other Thursday in July and August.

FULTON LINE DANCING CLASSES

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-2474 FAX: 592-3109, 564-7113
e-mail: phil@zlink.net
Contact: Phil Eno, Instructor
Barry Ostrander, Superintendent

SERVICES: Offers line dancing classes at Fulton City Hall Community Room. This program is designed for beginners and intermediate dancers. Three sessions of 6 classes on Tuesday nights, fall, winter, spring. Licensed by ASCAP/BML. Certified Instructor.

HOURS: Tuesday Evenings 7PM-9PM

FULTON MEN'S BASKETBALL LEAGUES

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-4350 FAX: 592-3109
Contact: Jerry Schremp, Basketball Director

SERVICES: Offers adult men's basketball leagues for 30 and 40 years old. Leagues run from November to March; also summer men's league for 18 years old and older.

HOURS: Sundays and Wednesdays 6:00PM - 9:00PM

FULTON ADULT OUTDOOR/INDOOR TENNIS PROGRAM

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-2474 FAX 592-3412
Contact: Barry Ostrander

SERVICES: This program is held at the Fulton War Memorial Monday thru Wednesday and Friday. Cost is \$30 for city residents and \$40 for non-city residents. Times are 9:00AM – 12NOON.

FULTON SUMMER CONCERT SERIES

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-2474 FAX 592-3412
Contact: Barry Ostrander

SERVICES: This Summer Concert Series is held on Friday nights in July and August at the Canal Landing Gazebo on South 1st Street. The Concerts starts around 6:30PM and end around 8:00PM.

FULTON YMCA

715 West Broadway
Fulton, NY 13069
598-9622 FAX: 592-3557
Website: www.fultonymca.com
Contact: Elizabeth Fadden, Ex. Director

SERVICES: A multifaceted recreational facility for all ages, serving the greater Fulton area. Activities include swim instructions for all ages, gym activities, co-ed gym and aquatic exercise classes, special interest classes and Summer and Christmas Vacation Day Camp for children (K-6). The YMCA offers a free-weight room and Nautilus center. Contact the Y for more information on programs and membership fees. Sponsoring memberships are also available.

FULTON YMCA DAY CAMP

715 West Broadway
Fulton, NY 13069
598-9622 or 598-8273
Website: www.fultonymca.com
Contact: Lynnet Lamb

SERVICES: Day camp runs in one week sessions for nine or ten weeks each summer. Day camp is open to youth age 3 (half day mornings) through seventh grade. Activities include swimming, gym, arts and crafts, group games and special events. Guest speakers and walking field trips are a part of each week's activities as well as bus trips to local places of interest.

HOURS: Monday - Friday 9:00 AM - 4:00 PM, arrangements can be made for earlier drop-off or later pick-up

FULTON YMCA LEARN TO SWIM PROGRAM

715 West Broadway
Fulton, NY 13069
598-9622 FAX: 592-3557
Contact: Joyce Fisher

SERVICES: A water introduction program that is held during school spring break and is free to all participants. Non-swimming youth (K-6) are taught the fundamentals of swimming and basic safety in an intensive one week program. This program is sponsored by the Fulton Noon Rotary.

FULTON YOUTH BASKETBALL PROGRAM LEAGUE

City of Fulton
141 S 1st Street
Fulton, NY 13069
592.2474 FAX: 592-3109
e-mail: bostrander@cityoffulton.com
Website: www.fultonrecreation.com
Contact: Jerry Schremp, Basketball Director 592-3450

SERVICES: This program offers children from kindergarten through 12th grade the opportunity to learn the skills and game of basketball. There is one night per week for practice. All games are played on Saturdays. The League runs from November to March.

FULTON YOUTH SUMMER TENNIS LEAGUE

City of Fulton
141 S 1st Street
Fulton, NY 13069
592.2474 FAX: 592-3109
e-mail: bostrander@cityoffulton.com
Website: www.fultonrecreation.com

SERVICES: This League offers children from ages 12 to 19 the opportunity to compete in an organized team tennis league. Each participant receives a t-shirt and trophies are awarded to the winning teams at the end of the competition. League play begins in June and continues throughout July on the tennis courts at Van Buren Park and the tennis courts at G. Ray Bodley High School. G. Ray Bodley Tennis Coach is the league coordinator. For more information call 592-2474 or 342-9238

FULTON YOUTH SUMMER TENNIS LESSON LEAGUE

City of Fulton
141 S 1st Street
Fulton, NY 13069
592.2474 FAX: 592-3109
e-mail: bostrander@cityoffulton.com
Website: www.fultonrecreation.com

SERVICES: This League offers children ages 12 and under tennis lessons and then, when they are ready, they can apply what they've learned in match play. League is run by G. Ray Bodley Tennis Coach Matt Goodnough. Two 2 week sessions are scheduled each summer. For more information call 592-2474 or 342-9238.

GIRL SCOUTS

8170 Thompson Road
Cicero, NY 13039
698-9400 FAX: 698-9500
e-mail: jknowlton@gsnypenn.org
Website: www.gsnypenn.org
Contact: Judi Knowlton

SERVICES: A personal leadership development program for girls in grades K – 12. Girls of all ages gain self- confidence and knowledge to enable them to become tomorrow's community and family leaders. An emphasis is placed on team building, personal and career exploration. Girl Scouting welcomes girls of all racial, ethnic, religious, and socio-economic backgrounds. Girl Scout troops and membership opportunities are available in each community throughout the county. *Volunteers, mentors, and leaders are welcome.*

GRANBY RECREATION

Contact: Edward Williamson, Town Supervisor
592-9270 email: granbysupervisor@yahoo.com

SERVICES: Granby youth (ages 5 to 15) participate in swimming, educational and recreational activities. During the summer, a series of special events and field trips will take place.

HANNIBAL AREA JOINT RECREATION PROGRAM

Contact: Marcia Hubbard, Clerk/Treasurer
564-6037 e-mail: hannibalclerk@yahoo.com

SERVICES: Baseball, soccer, softball and volleyball programs are offered for both boys and girls. Programs open to students in grades 2 through 12 from the Town and Village of Hannibal and the Towns of Oswego and Granby.

HANNIBAL FREE LIBRARY - UPSTAIRS AT THE LIBRARY

162 Oswego Street PO Box 174
Hannibal, NY 13074
564-5471 FAX: 564-5471
e-mail: Hanlib@ncls.org
Website: www.hannibalfreelibrary.org
Contact: Tina Trumble or Shelly Stanton

SUMMER – July & August – reading program and activities – Tuesday, Wednesday, & Thursday

WINTER – Story Hour – Tuesdays & Thursdays – 10:00AM – 11:00AM

AFTER SCHOOL PROGRAM – Wednesdays - 3:45PM – 4:45PM

HOURS: Monday, Wednesday, Friday 10:00AM – 4:30PM; Tuesday, Thursday 10:00AM – 8:00PM
Saturday 9:00AM – 3:00PM

MEXICO RECREATION

Contact: Darlene Buckley, Clerk/Treasurer
963-7564 e-mail: mexclerk@aol.com

SERVICES: Summer Day Camp program provides arts and crafts, playground program, baseball, tennis, basketball and a weekly trip to the library/bookstore for reading. The program serves youth ages 5 - 12 years old with qualified counselors and an on-site director.

NORTH BAY CAMPGROUNDS

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-2256 FAX 592-3412
email: bostrander@cityoffulton.com
Website: www.fultonrecreation.com
Contact Person: Debbie Greeney, Manager

SERVICES: Offers 79 campsites including 29 seasonal sites with water and electricity, 35 electric and water sites and 15 non-utility sites. Campsites available on the waterfront, in the woods or in the clearings. Two bathroom facilities – 1 equipped with hot showers. Campground store, game room, sand, volleyball court, and playground are available to campers. A public boat launch and docking for \$2.00 fee. Docking is available for campers. Season starts May 15th – September 15th.

HOURS: 8AM - 8PM

OSWEGO LACROSSE CLUB, INC.

P.O. Box 5315
Oswego, NY 13126
343-9344
Website: www.oswegolacrosse.org
Contact: Bob Nelson

SERVICES: Youth lacrosse program for boys and girls; instructional and competitive teams. Summer indoor league also available. Ages 4 to adult. Not limited to Oswego residents.

OSWEGO MARITIME FOUNDATION

Historic Maritime District
11 Lake Street
Oswego, NY 13126
342-5753
Website: www.oswegomaritime.org
Contact: Dr. Henry Spang, President

SERVICES: The Oswego Maritime Foundation is a non-profit corporation dedicated to the maritime related education, recreation and research located in the Historic Maritime District at the harbor end of West 1st Street. Programs are currently offered in fishing for youth ages 5 – 8, sailing for youth ages 9 – 17, Adult Sailing and Family Boat Building in cooperation with the H. Lee White Marine museum. The waterfront facility is also home to the High School Sailing Club, the Submerged Cultural Resources (Underwater Archeology) Program and the Education Through Involvement Program which is currently completing construction of a traditional style gaff topsail schooner that will serve as a floating classroom for teaching about the history, heritage, resources and ecology of the Great Lakes.

OSWEGO YMCA

249 West First Street
Oswego, NY 13126
343-1981
Contact: Mike Perkins

SERVICES: Since 1869, the Oswego YMCA has offered quality programming to people regardless of age, race or religion. The YMCA houses a 25 yard swimming pool, three racquetball courts, full circuit of Cybex and Free Weight Center, two fitness centers, two large program rooms, and drop in childcare area. Members have access to the Cybex/Free Weight Center plus over 40 hours per week of exercise classes that include low-impact, and weighted workouts. Sampling of classes are: Zumba, Pilates, Yoga, Cycle, Step Aerobics, Aqua Zumba, Kickboxing and TRX. Non-members may participate in any YMCA program for a nominal fee. Other programs include aquatic exercise classes, swimming lessons, youth sports, school-age child care, summer day camps, walk/run events and much more. Financial Assistance is available to anyone who qualifies. For further information, call 343-1981.

PALERMO RECREATION PROGRAM

Contact: Patricia Redhead, Town Supervisor
593-2333 e-mail: supervisor@townofpalermo.com

SERVICES: Recreational program with goals of improving children's overall skills, self-esteem and ability to get along well in a group atmosphere. Day camp is held in the summer.

PARKS AND RECREATION (CITY OF OSWEGO)

114 Mitchell Street
Oswego, NY 13126
342-8180 FAX: 342-8236
Contact: Mike Smith

SERVICES: Provides a variety of recreational programs – from November to March programming includes ice skating at Crisafulli and Cullinan Rinks, Youth Basketball, Adult Volleyball, and Adult hockey. Learn to Swim classes and public swimming is offered at Gallagher Pool beginning in June. Park facilities include Breitbeck Park (pavilion reservations available), and a variety of neighborhood parks. Can also put people in contact with other non-profit recreation service providers.

SERVICES: Concerts are held on Monday evenings at 6:30PM at Henley Park on the Oswego River Canal (State St., Phoenix) in July and August. Log onto www.townofschroeppe.com for more information.

PULASKI/RICHLAND JOINT YOUTH PROGRAM

Contact: Ronald Crandall
298-5174 e-mail: supervisorclerk@richland-ny-us.com

SERVICES: Summer recreation program for youth aged 5 through 14 includes arts and crafts, organized sports, special events, junior Olympics, swimming, and games.

SAFETY TRAINING INSTITUTE

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3451 FAX: 349-3231
e-mail: jim@oswegocounty.com
Contact: Kathy Fenlon

SERVICES: Low cost training for youth or adults who work with youth in summer recreation or camping programs. Certificates issued include Standard First Aid, CPR, Life guarding, Canoeing, and Archery. Training takes place in mid-June at Camp Hollis.

SANDY CREEK/ LACONA RECREATION

Contact: Jill Mattison, Clerk/Treasurer
387-5781 email: villagesc@tccenet.net

SERVICES: Provides a summer day camp program of playground activities, beach trips, field trips, sports activities, arts & crafts, and special educational and entertainment programs. The program serves youth ages 5 - 12 years old with qualified counselors and an on-site director.

SCHROEPEL RECREATION

Department of Community Services
69 Route 57A
Phoenix, NY 13135
695-2801 FAX: 695-3231
email: communityservices@townofschroeppe.com
Website: www.townofschroeppe.com

Call 695-2801 or visit the website for information on events and activities.

SCRIBA RECREATION CENTER/TOWN PARK

42 Creamery Road
Oswego, NY 13126
343-1853 (Recreation Center) FAX : 343-9939
e-mail: rec44@scribany.org
Contact person: Kerry Knowlton , Recreation Director

SERVICES:

RECREATION CENTER located on Creamery Road is open to the public mid-September through mid-May. Recreation services include gym activities, weight room, fitness classes, pre-school playgroup, senior citizens events, dog obedience classes, Saturday playgroup for elementary children, youth drop-in, basketball, air hockey, pool, video games, boards games and arts and crafts. Department sponsors bus trips to events such as theatre performances and sporting events, as well as in-house special events. Office hours are Monday thru Friday 9AM -12PM and 1:00PM – 5:30PM. Recreation hours are Monday thru Friday 9AM – 12PM and 1PM – 9PM and Saturday 12PM – 4PM (October – May). Weight room closes at 8PM.

SCRIBA TOWN PARK – located on O’Connor Road is open to the public Memorial Day weekend through Labor Day. Park services include picnicking, nature trail, pool, swim lessons, day camp, volleyball, paddle boats, softball field, basketball court, playground, volleyball and special events. Park reservations are taken at the Rec Center beginning mid-January. Day Camp registration begins late April through the end of May (at the Rec Center) and is for children currently attending grades K-6. Four 2-week sessions are offered, each focusing on areas such as sports, aquatics and arts and crafts. Regular season hours are 9AM – 7:30PM daily (beginning end of June). Pool hours are 9:30AM – 6:30PM daily during regular season.

TRAVELING ARTS IN THE PARKS

Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3451
email: brian@oswegocounty.com
Contact: Brian Chetney

SERVICES: Provides FREE artistic performances in July and August throughout Oswego County. Most events are held in conjunction with municipal recreation programs.

UNITED STATES TENNIS ASSOCIATION (USTA) YOUTH TENNIS

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3451 FAX: 349-3231

SERVICES: This program teaches tennis to 5 – 12 year olds throughout Oswego County during the summer at Oswego County recreation sites. USTA trained staff facilitate the lessons which are based on fun, game-playing activities. This program offers the free use of youth size tennis rackets, special low compression as well as slow moving oversize tennis balls.

VOLNEY RECREATION PROGRAM

Volney Town Hall
1445 County Route 6
Fulton, NY 13069
e-mail: volneytc@twcny.rr.com
Contact: Dennis Lockwood 593-2870
Karen Kio 343-9110

SERVICES: Provides a variety of special events utilizing community support and involvement.

WEST MONROE RECREATION

Contact: John Messere, Town Supervisor
668-8314 email: Westmonroesupervisor@alltel.net

SERVICES: Provides summer program of swimming, arts and crafts, and other recreational activities.

WILLIAMSTOWN SUMMER RECREATION

Contact: John Hamblim, Town Supervisor
964-2441 email: mihale@APW.cnyric.org

SERVICES: Tennis offered to children ages 5 – 12; summer reading, 4-H soccer through Cooperative Extension, fire safety, bowling. Programs are offered to children in all surrounding areas.

REPRODUCTIVE HEALTH AND PREGNANCY/ PARENTING

NEW LIFE CRISIS PREGNANCY CENTER

PO Box 445 3349 Main Street
Mexico, NY 13114
963-2273 FAX: 963-4032
e-mail: newlifecpc@wmconnect.com
Website: stannemotherofmary
Contact: Fran Currier, Manager

SERVICES: Free pregnancy tests; referrals, maternity and baby clothing, furniture; transportation to doctor appointments, help finding housing, support and mentoring; information on adoption and abortion. Serving all regardless of faith, color or gender. Confidential and free.

HOURS: Tuesday - Friday NOON - 4:00 PM (Weekend appointments by appointment only.)

OPTIONS

Oswego County Opportunities, Inc.
75 East 1st Street Midtown Plaza, Lower Level
Oswego, NY 13126
342-7532 FAX: 342-7554
e-mail: youthservices@oco.org
Website: www.myspace.com/optionsprogram
Contact: Kathleen Knopp

SERVICES: OPTIONS provides comprehensive support for Pregnant and Parenting Teens in Oswego County. OPTIONS provides supportive counseling and education in the areas of: pregnancy; pre and post natal care; labor and delivery; parenting; nutrition; decision-making and independent living skills; and substance usage. OPTIONS also provides programming for dads which is a supportive, non-judgmental outreach service to young fathers and young fathers-to-be to engage them in the parenting process, increase parenting skills and guide them in learning about their rights and responsibilities.

HOURS: Monday – 9:00AM – 5:00PM

OSWEGO COUNTY OPPORTUNITIES, INC. HEALTH CENTERS – FAMILY PLANNING & REPRODUCTIVE HEALTH CARE

Oswego Health Center 10 George Street Oswego, NY 13126 598-4790 FAX: 343-4663 TOLL FREE: 1-800-598-4790 Contact: Head Nurse	Fulton Health Center 522 South Fourth Street, Suite 500 Fulton, NY 13069 598-4790 FAX: 598-4719
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SERVICES: Offers education in reproduction, anatomy, physiology, birth control counseling and related subjects. Exams and visits are by appointment only. Family Planning also offers pregnancy testing, STD (Sexually Transmitted Disease) testing and treatment and unplanned pregnancy counseling. HIV Testing (AIDS) is available for health center clients only. All services are confidential. Fees are based on a sliding scale. Services provided at various sites in county. For appointments call 598-4790.

HOURS:

Oswego Site	Oswego Health Center 10 George Street 598-4790 Monday 11:00 AM - 7:00 PM Tuesday 8 – 5:30 , Wednesday 8-5, Thursday 8-5:30, Friday 8:30-5 Alternative Saturday Hours: 8:30 AM – 12:00 PM
Fulton Site	Fulton Health Center 522 South Fourth Street, Suite 500 598-4790 Monday 10:00 AM - 7:00 PM Tuesday - Friday 8:00 AM - 5:00 PM Alternative Saturday Hours: 8:30AM - 12:00PM
Mexico Site	E.H. Pierce Building Scenic Ave 598-4790 - 1 st & 3 rd Wednesday 8:30AM – 4:30PM
S.U.C.O. Site	Mary Walker Health Center 598-4790 Thursday 8:30 AM - 4:30 PM (only held when college is in session)

Pulaski Site N.O.C.H.S.I.
61 Delano Street Call 1-800-598-4790 for appointments - 2nd & 4th Friday 8:30AM – 4:30PM

OSWEGO HOSPITAL ANTENATAL BREAST FEEDING CLASS

110 West Sixth Street
Oswego, NY 13126
349-5572
Website: www.oswegohealth.org
Contact: Kathy Distin, RNC

SERVICES: Classes are held on the first Thursday of every month from 5:30PM to 6:30 PM. Lactation specialist Kathy Distin, RNC, IBCLC, will cover all aspects of breast feeding including comfortable positions, diet for mother and weaning, as well as other helpful topics. Please call 349-5572 two months ahead to register for a class or click on the link at www.oswegohealth.org/maternity-center/childbirth-and-breast-feeding-classes.cfm

PREGNANCY CARE CENTER

140 West Utica Street PO Box 5444
Oswego, NY 13126
Office: 343-4866 24 hour Help line 1-800-395-HELP (1-800-395-4357)
e-mail: baby@pccoswego.org
Website: www.oswegopregnancy.org
Contact: Brenda Bowers, Executive Director

SERVICES: Provides free pregnancy tests; information given on pregnancy, abortion, adoption, options counseling for crisis pregnancies; referrals made for medical care and social services; post abortion counseling; on-going friendships; and referrals for personal counseling. **All services are free and confidential and available for women of all ages.**

HOURS: Monday - Thursday 11AM - 4PM; Walk-ins welcome for pregnancy tests..

PRENATAL CARE ASSISTANCE PROGRAM

Oswego Hospital
110 West 6th Street
Oswego, NY 13126
349-5800 FAX: 349-5786
e-mail: kclary@oswegohealth.org
tadydan@oswegohealth.org
Contact Person: Kathy or Tammy

SERVICES: Primary prenatal care, childbirth education, obstetrical care and post-partum care. Pregnant women who are eligible for Medicaid at or below the 200% poverty level can apply for services even if they have another insurance. Free pregnancy tests by appointment.

HOURS: Monday - Friday 8:30 AM - 4:30 PM

PREPARED CHILDBIRTH CLASSES

Oswego Hospital Maternity Department
349-5572

SERVICES: These five classes focus on labor, delivery and parenting. Sessions are held throughout the year. Pre-registration is required and there is a fee. Parents-to-be are encouraged to call as soon as pregnancy is confirmed. Refresher childbirth classes are also available. Call 349-5572 between 7:00 AM and 3:00 PM to register.

PROMOTING ADOLESCENT SEXUAL HEALTH THROUGH YOUTH LEADERSHIP AND COMMUNITY ENGAGEMENT

Oswego County Opportunities, Inc.
75 East 1st Street Midtown Plaza, Lower Level
Oswego, NY 13126
342-7532 FAX: 342-7554
e-mail: youthservices@oco.org
Contact: Kathleen Knopp

SERVICES: A partnership between OCO, APPS, Fulton YMCA and Fulton City School District promoting youth adult partnerships in the Fulton community with a focus on STI/HIV prevention and education. Program offers community youth opportunities for youth leadership, youth engagement, youth voice and shared decision making. Program provides youth in the community access to sexual health information at weekly drop in centers and weekly Youth Coalition meetings.

REACH CNY

1010 James Street
Syracuse, NY 13202
424-0009
email: execdir@reachcny.org
Website: www.reachcny.org
Contact: Elizabeth G. Crockett, Exec. Director

SERVICES: REACH CNY provides resources, education, advocacy and collaborative projects to improve health and reduce health disparities in areas such as prenatal and perinatal health, adolescent pregnancy and parenting, and HIV/AIDS.

Prenatal/Perinatal Networking meetings (quarterly in Oswego County) for communication and collaboration among health providers, human service providers, and consumers.

NYSDOH AIDS Institute Regional Training Center for HIV/AIDS Training (formerly Signature Staff Development Resources): Free HIV/AIDS trainings and customized trainings on a wide range of topics including cultural competency, youth development, and more. Call or see our website for current schedule.

Professional education for health and human service providers: topics include SIDS risk reduction, breastfeeding support, oral health, smoking cessation, and more.

Resource Library of books, brochures, videos, and other materials open to consumers and service providers.

Newsletter, targeted to health and human service providers, with health information and program updates (also on our website).

WIC - WOMAN, INFANTS AND CHILDREN

Oswego County Opportunities, Inc.
10 George Street
Oswego, NY 13126
343-1311 or 1-888-730-3803 FAX: 343-9504
Contact: Cynthia Palamar, Coordinator
Stacie France, Support Services Manager

SERVICES: Nutrition education program for women, infants, and children up to age 5. Checks for nutritious foods are provided which are redeemable at area grocery stores. These foods include: milk, cheese, eggs, cereal, juice, peanut butter, and formula if needed. For breast-feeding women, an enhanced food package is given, which includes carrots and tuna fish. WIC clinics are located in Oswego, Fulton, Pulaski, Central Square, Altmar, Mexico, Hannibal, Sandy Creek, Phoenix, Bernhards Bay, Williamstown, Pennellville, and Hastings. Income guidelines need to be met to be eligible.

SENIOR CITIZENS

ADOPT-A-GRANDPARENT

Oswego State University Community Services Center
217 Hewitt Union
Oswego, NY 13126
312-5360 FAX: 312-2006
e-mail: adoptagp@gmail.com

SERVICES: The Adopt-A-Grandparent program unites college students with elderly people in 6 local area nursing homes. Volunteers complete craft activities and visit with the residents.

BISHOP'S COMMONS

4 Burkle Street
Oswego, New York 13126-0434
349-0799 FAX: 349-0797
e-mail: info@bcommons.com
Website: www.bcommons.com
Contact: Karen Murray

SERVICES: Bishop's Commons is an affordable housing choice for seniors, set on wooded property overlooking the Oswego River. It is the Oswego area's first assistive living residence, offering a variety of home-like apartments, from studios to one-bedrooms, accommodating 60 residents. It is conveniently located at East River Road and Burkle Street., just minutes from downtown Oswego. Bishop's Commons monthly lease includes 3 meals, weekly housekeeping, and laundry service, transportation to appointments, activities, entertainment and recreation; 24 hour staffing, maintenance and utilities (phone & cable TV charges not included).

The common areas include a Grand Dining Room overlooking the Oswego River and Falls, a large parlor, a library/lounge, a television room, an activity room, a private dining room, garden room, terrace, and walking paths.

Additional personal care and medication supervision is available through a licensed home care services agency. Bishop's Commons is affiliated with St. Luke Health Services, Oswego County's largest provider of health care to seniors.

GOLDEN AGE AND GOLDEN ACCESS PASSPORTS

National Park Service
US Department of the Interior
18th and C Street, Northwest
Washington, D.C. 20240
email: aaa@info4seniors.org
Website: www.nationalparks.org

SERVICES: This is a lifetime pass for US citizens or permanent residents age 62 or over. The pass provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity. The pass admits the pass holder and passengers in a non-commercial vehicle at per vehicle fee areas and pass holder + 3 adults, not to exceed 4 adults, at per person fee areas (children under 16 are admitted free). The pass can only be obtained in person at the park. The Senior Pass provides a 50 percent discount on some Expanded Amenity Fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services. In some cases where Expanded Amenity Fees are charged, only the pass holder will be given the 50 percent price reduction. The pass is non-transferable and generally does NOT cover or reduce special recreation permit fees or fees charged by concessionaires.

OFFICE FOR THE AGING

County Office Complex
70 Bunner Street
Oswego, NY 13126
349-3484 FAX: 349-8413
e-mail: Schmidt@oswegocounty.com
Contact: Laurence Schmidt, Administration

SERVICES:

- An outreach staff to locate those who are unaware of available services. Workers make visits to those who are homebound due to poor health or lack of transportation.
- Subcontract provides transportation to Senior Nutrition sites and shopping.
- Under a subcontract, provides Senior Nutrition Services (see listing in this section).

- Under a subcontract, senior citizens will be referred to a local attorney. Seniors can obtain information, guidance and legal representation, dependent on whether or not a legal problem exists.
- In conjunction with R.S.V.P., publishes Mature Living, a monthly newsletter filled with information and opportunities for senior citizens. Also supports the RSVP Telephone Reassurance and friendly visitor programs which provide volunteers who contact senior shut-ins for socialization.
- Provides information and referral about various services. Will help fill out such forms as IT-214 (real property tax rebate), HEAP fuel assistance and Medicare reimbursement claims; insurance and prescription insurance counseling. Also have a wide variety of booklets and brochures of interest to senior citizens.
- Under a subcontract, a special home delivered meals program provides meals for the more rural, isolated elderly in the county (see SNAP listing) and a congregate meals program for senior to gather at 8 sites.
- Under subcontracts, provides in-home care (personal care and/or housekeeper chore) services for older persons (over 60) who require such minimal assistance to remain in their own homes. Participation in program may be required to pay a percentage of the cost of service, or make contributions.

HOURS: Monday - Friday 8:30 AM - 4:00 PM

OSWEGO YMCA SENIOR CITIZEN ACTIVITIES

249 West First Street
 Oswego, NY 13126
 343-1981
 Contact: Mike Perkins

SERVICES: A variety of in-house senior citizen programs. The "Forever Young" and "Silver Sneakers: group exercise class offers mild aerobic activity coupled with strength and flexibility training. Close attention is paid to proper form, safety and individual limitations. Social Swim meets every week day morning and gives participants an opportunity to socialize while they move around in the water. Back/Arthritis Aquatics offers joint mobility exercises and mild aerobic activity in the water to help improve flexibility, the cardio-respiratory system, joint and back health. Seasonal activities include a senior picnic, senior luncheons and National Older Adult Day activities.

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP OF OSWEGO COUNTY)

103 Rich Hall SUNY Oswego
 Oswego, NY 13126
 312-2317 FAX: 312-3374
 e-mail: ellen.wahl@oswego.edu
 Contact: Ellen Wahl, Program Director

SERVICES: Volunteers participate in areas of health, nutrition, education, economic development, conservation/environmental and community service. Volunteers must be 55 years or older and work on a regular committed basis.

SENIOR CAMPING

Oswego City-County Youth Bureau
 70 Bunner Street
 Oswego, NY 13126
 349-3451 FAX:349-3231
 e-mail: kathyf@oswegocounty.com
 Website: www.oswegocounty.com/youth/hollis
 Contact: Kathy Fenlon

SERVICES: Recreation, leisure and camping for people aged 50+. The 2 day program takes place each spring and fall at Camp Hollis in the Town of Oswego. Activities include nature walks, canoeing, arts and crafts, sing-alongs, etc.. Programs for day and overnight are available.

SENIOR CITIZEN CLUBS Contact : The Oswego County Office for the Aging 349-3484

Central Square	Caughdenoy Mature Adults 196 Co. Rte. 33 Central Square, NY 13036 668-2178 Meet 2nd Thursday of Month at Noon
	Central Square Senior Citizen's Club c/o 202 Ruth Road Central Square, NY 13036 668-6441 Meet 2nd Tuesday of Month

Cleveland

Cleveland Senior Citizen's Club
2 Sunset Bay Road
Constantia, NY 13044 623-7322
Meet 1st Thursday

Fulton

Fulton Mill Tenants Association
c/o 265 West 1st Street, Apt. #215 598-4970
Fulton, NY 13069
1st Tuesday 9AM

Fulton Senior Citizen's Club
Meadowbrook Apartments.#112
Fulton, NY 13069 598-7891
Meet 1st Thursday March-November

Holy Trinity Golden Agers
30 Frawley Drive
Fulton, NY 13069 598-1976
2nd Wednesday March – June, Sept. – Dec.

Towpath Towers Tenants' Association
100 Rochester Street. Apt #207
Fulton, NY 13069 592-7815
Meet every Wednesday 9:30 coffee hour

Granby

Granby Senior Citizen's Club
276 Co. Rte. 46
Phoenix, NY 13135 593-8941
Meet on the 1st & 3rd Thursday at Noon

Hannibal

The Elderberries
226 State Rte. 3
Hannibal, NY 13074 564-6264
Meet 2nd and 4th Tuesdays of month

Mexico

Mexico Senior Citizen's Club
PO Box 1172 46 S Jefferson Street
Mexico, NY 13114 963-7309
Meet on 2nd Wednesday May – Dec.; 2nd Saturday Dec. – Apr.

St. Mary's Senior Stars
PO Box 421
Mexico, NY 13114
3rd Tuesday of each month

New Haven

New Haven Senior Citizen's Club
PO Box 52
Oswego, NY 13126 963-8756
Meet last Monday of month

Oswego

Oswego Senior Citizen's Club
126 East 9th Street
Oswego, NY 13126 342-8492
Every Monday 1 – 3PM; 2nd Mon. Bus. Mt.

Oswego Town Senior Citizen's Club
c/o 7993 State Route 104 W
Oswego, NY 13126 343-2977
Meet 2nd and 4th Tuesdays

Palermo	Palermo Senior Citizen's Club 273 Winks Road Fulton, NY 13069 Meet 3rd Wednesday of each month	593-2808
Parish	Parish Senior Citizen's Club 3364 US Rte. 11 Mexico, NY 13114 Meet 3rd Thursday of each month	963-4121
Phoenix	Phoenix Senior Center 69 Co. Rte. 57A Phoenix, NY 13135 Meet 1st & 2 nd Friday of month at 1:30	695-2801
Pulaski	Springbrook Tenants Association 4920 No. Jefferson Street Apt. 7R Pulaski, Ny 13142 Meet 1 st Tuesday of month	509-4085
Sandy Creek	Sandy Creek-Orwell Area Senior Citizen's Club Rte. 11 Sandy Creek, NY 13045 Meet 4th Fridays	387-6521
Scriba	Scriba Senior Citizen's Club 4221 Co. Rte. 4 Oswego, NY 13126 1st (Bus.) 1PM & 3rd (dish) Monday's at Noon	343-1483
Volney Seniors	2171 County Rte. 45 Fulton, NY 13069	593-3139
West Monroe	MIA Senior Citizen Club 267 Co. Rte. 11 West Monroe, NY 13167 Meet 1 st Monday of month	668-6358
Williamstown	Williamstown Senior Citizen's Club c/o 156 Ricard Road Altmar, NY 13302 Meet 2nd Thursday of the month	964-2692

SENIOR CITIZEN HOTLINE

1-800-342-9871

SERVICES: Gives state and local information and referral about services for the aging. Information is provided on local Offices for the Aging, energy, housing, legal problems, tax, transportation, employment, nutrition, in-home services, health care and public benefit programs. Callers also receive information on state publications and forms.

HOURS: Monday - Friday 8:00 AM - 4:00 PM. After hours and on holidays, callers can leave a message with name, area code and county. Calls will be returned as soon as possible.

SENIOR NUTRITION SERVICES

Oswego County Opportunities
239 Oneida Street
Fulton, NY 13069
598-4712
Contact: Trinity Engle, Program Services Coordinator

SERVICES: Oswego County offers two meal services to seniors 60+. The first type of meals provided are the Congregate Meal Sites. These sites provide nutritious hot meals Monday thru Friday at one of the 8 sites located throughout the county. The sites are managed by Oswego County Opportunities and are opened from 11:00 am - 2:00 pm. To make reservations to eat at the Congregate Nutrition Site, please call the actual site you will be attending. Those numbers and locations are listed below:

Constantia

St. Bernadette's Church
1667 State Rte. 49
Deirdre McCarthy, Manager
623-9803 (11:00AM – 2:00PM)

Fulton

Fulton Municipal Building
South First Street
Eileen Lutz, Manager
592-3408 (11:00 AM - 2:00 PM)

Hannibal

Community Senior Center
Oswego Street
Rosemary Kellogg, Manager
564-5471 (11:00AM – 2:00AM)

Mexico

Presbyterian Church
Wilcox Hall, Route 69
Linda McNamara, Manager
963-7757 (11:00 AM - 2:00 PM)

Oswego

Pontiac Terrace Apartments
225 W 1st St, Oneida St Entrance
Rosemary Kellogg, Manager
343-0232 (11:00 AM - 2:00 PM)

Parish

Presbyterian Church
814 Ryder Street
Mary Lou Gindon, Manager
625-4617 (11:00 AM – 2:00 PM)

Phoenix

Congregational Church
Bridge & Jefferson Streets
Arlene Slaski, Manager
695-4841 (11:00 AM - 2:00 PM)

Sandy Creek

United Methodist Church
Harwood Drive
Judy Parker, Manager
298-5020 (11:00 AM - 2:00 PM)

Meals on Wheels: The second meal service offered in Oswego County is the Home Delivered Meal program which is initiated through the Office for the Aging. These meals are delivered directly to the clients homes after an initial evaluation process has been completed. If you are interested in Home Delivered Meals, please call the Office for the Aging at 349-3484 or 1-800-596-3200, ext 3484 to set up an appointment with one of the Case Managers.

Those 60 years of age and older are asked to contribute a donation for either of these services. For those who are under 60 years of age, please call 598-4712 for information about costs.

SPRINGSIDE AT SENECA HILL

Retirement Living Community
10 County Route 45 A
Oswego, NY 13126
343-5658 FAX: 207-0179
e-mail: ferlito@oswegohealth.org
Website: www.oswegohealth.org
Contact: Teresa Ferlito, Chief Operating Officer and VP Oswego Health

SERVICES: Springside at Seneca Hill is a retirement community for independent seniors age 62 and over with support services available. The entire community is designed for those who need a simpler lifestyle and who would like a helping hand with chores that become difficult with age. This community is all one level with no steps or stairs to climb. Services and amenities include housekeeping, some laundry service, main meal of the day prepared by the chef and dining with neighbors in restaurant-style, complimentary local transportation, activities both on and off-site, on-site exercise center, weekly health check with nurse, daily well-being check, Lifeline telephone for emergency needs, all maintenance provided inside and out, and a secure entry system. Once-a-month fee includes all services above as well as all utilities (including air-conditioning), and 50 channel cable television. There are other optional services such as purchasing breakfast or lunch, and garage rental. All residents are able to continue their relationships with same service providers in the local area that they normally have such as hairdresser, doctors, banks shopping, etc.

The community consists of 44 apartment units, both one and two-bedroom, in a congregate building. There are also duplex and cottage style homes, all one level, that are available adjacent to the congregate building.

HOURS: 7:30 AM to 7:30 PM seven days a week

TOWN OF SCHROEPPEL SENIOR CITIZEN ASSISTANCE

Town of Schroepfel Community Services
69 Route 57A
Phoenix, NY 13135
695-2280 FAX: 695-3231

SERVICES: Phoenix and Town of Schroepfel senior citizens are encouraged to call for local program information (trips, recreation programs, etc.) and referrals for other programs (Home Energy Assistance Program, housing information). Senior Outreach Program held weekly at Paddock's Landing (bingo, crafts, etc.).

SERVICES FOR PERSONS WITH DISABILITIES

ARC OF OSWEGO COUNTY

7 Morrill Place
Fulton, NY 13069
598-3108 FAX: 598-3306
email: lclay@oswegoind.org
Contact: Lisa Clay

SERVICES: ARC of Oswego County is a private not-for-profit organization which has been providing programs and services to individuals with disabilities since 1955. Services include Early Intervention and evaluation services for infants and toddlers, guardianship assistance, recreational and respite activities, senior day habilitation programs, and more. Its mission is to be a leader in the field of developmental disabilities, committed to meeting the needs of individual growth, productivity, and independence through education, advocacy, and increased community acceptance and participation. Its sister agency, Oswego Industries, Inc. provides services to adults with disabilities: together creating a comprehensive support system for Oswego County residents with disabilities.

EARLY INTERVENTION – Developmental evaluations, ongoing service coordination, and specialized teaching and therapy services for children birth to age 3.

INCLUSIONARY TRAINING AND CONSULTATION – Training and supports for full inclusion of children with disabilities (0-5yrs.) into community child care/preschool setting.

3-5 PARENT ADVOCACY – Guidance, support and training help empower parents of 3-5 year olds with disabilities to advocate on behalf of their children.

GUARDIANSHIP ASSISTANCE – Help in establishing legal decision-making for personal care and property for individuals with disabilities.

SOCIAL RECREATIONAL SERVICES – Opportunities for individuals with disabilities, aged 18 or older, to participate in recreational activities such as golf, bowling, camping, dances, concerts and more. Activities are designed to enhance independence and promote community inclusion.

RECREATIONAL RESPITE SERVICES – Opportunities for individuals with disabilities, aged 16 or older, to pursue their recreational interest, while providing a “break” for family caregivers.

SENIOR RETIREMENT SERVICES – Day habilitation for individuals with disabilities, 55 years of age or older. Encourages individual growth, community participation, and self-fulfillment. Monitoring and assistance for various medical conditions as well as necessary personal care assistance are provided.

MEDICAID SERVICE COORDINATION – Assisting families in gaining access to necessary services and supports. May include Individualized Service Planning, Advocating, and Record Keeping; for children with disabilities aged 3 to 21.

HOURS: Monday - Friday 8:00 AM to 4:00 PM

ARISE

Center for Independent Living	
9 Fourth Avenue	2 Broad Street
Oswego, NY 13126	Pulaski, NY 13142
342-4088 (V/TTY/Spanish) FAX: 342-4107	298-5726 FAX: 298-5729
e-mail: singerson@ariseinc.org	
Contact: Sabine Ingerson , Oswego	

SERVICES: ARISE is an independent living center serving people with disabilities throughout Central New York, based in Syracuse with a satellite office in Oswego and Pulaski . ARISE's mission is to promote independence among, opportunity for, and inclusion of people with disabilities in every aspect of the community - employment, housing, recreation, education and transportation.

Programs of service include independent living services (peer counseling, information and referral); employment (supported employment and placement); technology (access consulting, adaptive equipment, computers); youth and families (C.S.E., transitioning); and individual and systems advocacy. In addition to its programs of service, ARISE has established a Universal Design Technology Center in Syracuse, and recreation program at Marshall Farms in Chittenango.

HOURS: Monday - Friday 8:00 AM - 4:00 PM

ADVOCACY - ARISE assists persons with disabilities in advocating for their individual rights and seeks to overcome "systems" or institutional barriers to individual freedoms that prevent person with disabilities from fully participating in their communities.

Contact: Jim Karasek
342-4088 ext: 206 FAX: 342-4107
e-mail: jkarasek@ariseinc.org
Website: www.ariseinc.org

COMMUNITY HABILITATION SERVICES – Residential services offer a person-centered approach to helping individuals with developmental disabilities to increase their independent living skills and community involvement. Participants decide valued goals and outcomes through an individualized residential plan.

Contact: Lee Wahlquist
342-4088 ext: 224 FAX: 342-4107
e-mail: Lsperino@ariseinc.org
Website: www.ariseinc.org

DAY HABILITATION SERVICES – offers individuals with developmental disabilities opportunities to develop their skills and abilities while increasing their participation in the community through volunteer work, social and recreational events, and independent living skills training.

Contact: Lee Wahlquist
342-4088 ext:224 FAX: 342-4107
e-mail: Lsperino@ariseinc.org
Website: www.ariseinc.org

EDUCATIONAL ADVOCACY – Our program is geared to provide a free and appropriate education for students with disabilities that they are entitled to under the law. Services include help in assessment, evaluations, attending meetings, educating families and staff, and overall support for the families.

Contact: Sue Dising
342-4088 FAX: 342-4107
e-mail sdising@ariseinc.org
Website: www.ariseinc.org

EMPLOYMENT SERVICES - Supported employment services for people of all abilities offers employment services to individuals and employers. Employment consultants help participants to identify work goals and seek employment. Job coaching assists individuals in their new job.

Contact: Darlene Klock
342-4088 ext: 212 FAX: 342-4107
e-mail: dklock@ariseinc.org
Website: www.ariseinc.org

HOUSING ADVOCACY – provide Housing Advocacy and assistance with locating and securing housing for individuals with disabilities. Provide assistance with architectural barriers such as ramps, railings, and accessible housing.

Contact: Melissa Reeves
342-4088 ext. 207 FAX: 342-4107
e-mail: mreeves@ariseinc.org
Website: www.ariseinc.org

IN-HOME RESPITE – is for individuals with developmental disabilities who live at home with their families. Activities can include engaging the individual in play, helping with homework, serving a meal or assisting with personal care. The goal is to strengthen family relationships by providing a time to recharge.

Contact: Kathy Mahar
298-5726 ext. 204 FAX: 298-5729
email: kmahar@ariseinc.org
Website: www.ariseinc.org

MEDICAID SERVICE COORDINATION ; Service Coordination is based on the “Hallmarks of the Persons Centered Approach” to planning and principles that keep the person and his/her aspirations and abilities the focal point for interaction with the system. Even though the extent to which a person requires assistance from the service coordinator varies, the underlying principles for assistance should not. The services are provided to newborns up to senior citizens and once approved in most cases are eligible for life. The criteria for eligibility is the disability must manifest prior of age 22, a psychological report including intellectual functioning reporting scale and for people with IQ above 60, assessment of adaptive scores and summary reports. There cannot be a cure for the disability.

Contact: Peter Williams
342-4088 ext: 202 FAX: 342-9346
e-mail: pwilliams@ariseinc.org
Website: www.ariseinc.org

TRANSITION SERVICES – The Transition Program at ARISE works with students at Oswego high school. The program assists and supports high school students with various disabilities to prepare for life after exiting high school. Some services include but are not limited to: Education Advocacy, Education and career exploration, accessing housing, health insurance and employment.

Contact: Kelly Howard
342-4088 FAX: 342-4107
e-mail: khoward@ariseinc.org
Website: www.ariseinc.org

VISION NETWORK – The Vision Network of Oswego County is an association of individuals, professionals, and members of public and private organizations working together to address vision-related issues and needs in the community. The purpose of the Vision Network is to assist Oswego County residents of all ages who have vision related needs to improve their quality of life – to live independently and with dignity in the community. The Vision Network provides a forum for raising awareness and expressing concerns, and it is committed to education and advocacy for vision related issues.

Contact: Sabine Ingerson
342-4088 ext: 210 FAX: 342-4107
e-mail: singerson@ariseinc.org
Website: www.ariseinc.org

AURORA OF CENTRAL NEW YORK, INC.

518 James Street
Suite 100
Syracuse, NY 13203
422-7263 FAX: 422-4792
email: auroracny@auroraofcny.org
Website: www.auroraofcny.org

SERVICES: AURORA of Central New York, Inc. is a private, not-for-profit agency which provides rehabilitation services to people who are blind, visually impaired, deaf, hard of hearing, late-deafened or deaf/blind in Oswego, Cayuga and Onondaga counties. Aurora's services include: social work, advocacy, information and referral, employment services, orientation and mobility instruction, rehabilitation teaching, adaptive technology evaluation and training, low vision services, children's instructional services, sign language instruction, as well as professional Sign Language Interpreting through the Marjorie Clere Interpreter Referral Services.

HOURS: 8:30AM – 4:30PM

CAREER EMPLOYMENT SERVICE *A Division of Oswego Industries, Inc.*

200 N Second Street
Fulton, NY 13069
598-3112 FAX: 593-7237

Contact: Gary McIlvain

SERVICES: An employment service designed to meet the needs of people with disabilities who desire community based employment. Services include screening and job-based assessment; job development and job matching; individual job coaching; and unlimited job retention.

HOURS: Monday - Friday 8:00 AM to 4:00 PM

CENTRAL NEW YORK DEVELOPMENTAL SERVICES OFFICE

5 Tower Drive
Fulton, NY 13069
598-6120 FAX: 598-5713
e-mail: laurie.elliott@omr.state.ny.us
Contact: Laurie Elliott, Team Leader

SERVICES: Serves as the local representative of the New York State Office of Mental Retardation and Developmental Disabilities in Oswego County. A major focus of CNY DSO workers' activities is to develop and support community-based services and supports for developmentally disabled individuals and their families. These activities include the direction of a Family Care Program, diagnosis and evaluation, service coordination and advocacy services. In some instances, financial assistance may be available for home modifications and respite. Additionally, CNY DSO has developed community-based individualized residential alternatives for the severely disabled, located in Central Square, Fulton, Mexico, Oswego and Palermo. A limited amount of respite is available at one of these sites.

The CNY DSO works cooperatively with other local provider agencies to support mentally retarded and developmentally disabled individuals in maintaining services in the community.

HOURS: 8:00 AM - 4:30 PM

COMMUNITY RECREATION AND SERVICES

ARC of Oswego County
The Hughes Building
314 Park Street
Fulton, NY 13069
598-6007 FAX: 598-2212
Contact: Marc Warner

SERVICES: Provides a wide range of social and recreational options to all residents of Oswego County with a developmental disability that are age 16 and over. Staff assists individuals in learning and using social and recreational skills that are necessary for successful participation in typical community activities. Some of the activities offered include dances, bowling and golf leagues, tennis, cross country skiing, horseback riding, camping, and trips to amusements parks, museums, sporting events, and the theater. Participants are encouraged to select activities that are of interest to them. Service hours vary, including occasional evenings and weekends.

HOURS: Monday - Friday 8:00 AM to 4:00 PM

MID-STATE EARLY CHILDHOOD DIRECTION CENTER (ECDC)

805 South Crouse Ave
Syracuse, NY 13244
1-800-962-5488 443-4444 FAX: 443-4338
e-mail: ecdc@syr.edu
Website: <http://ecdc.syr.edu>
Contact: Tracey Menapace

SERVICES: ECDC is regional information and referral agency serving six counties in Central New York. ECDC provides free and confidential information for both family members and service providers who have or work with children birth to 5 years old. We have resources on development behavior, disability, inclusion, funding, advocacy, and county and regional services. We also provide parents with information about The Committee on Special Education and referral process. ECDC offers tailored workshops and training's to address the specific needs of parents, providers and agencies. We are located at Syracuse University's Center on Human Policy, Law and Disability Studies

HOURS: Monday - Friday 9:00 AM - 4:00 PM

EARLY INTERVENTION AND SPECIAL NEEDS PRESCHOOL

Little Lukes
10 Burkle Street
Oswego, NY 13126
701-1107 (option 2) FAX: 701-1171
email: Jackie@littlelukes.com
Website: www.littlelukes.com
Contact: Jackie Pullen, Coordinator

SERVICES: Little Lukes provides early intervention, preschool-related services, inclusive preschool classrooms, and inclusive childcare. Early Intervention Services include physical, occupational, speech therapies and special instruction teacher services. Preschool-related services include physical, occupational, speech therapies and special education itinerant teacher services. Our caring, professional staff assists families through the process from referral and evaluation through scheduling and transition. Our enthusiastic therapists and licensed professionals work together to exceed expectations and help children and families meet IEP and IFSP goals.

Inclusive preschool classrooms are available as half day and full day sessions Monday thru Friday. Our in-house team of Little Lukes therapists use small group and push in and pull out therapy sessions to meet the individual needs of the child. Based on the child's specific needs, trained staff members use a variety of special approaches including ABA, DIR and Sensory Integration.

EARLY INTERVENTION SERVICES

ARC of Oswego County
7 Morrill Place
Fulton, NY 13069
598-4859 FAX: 598-3306
email: lclay@oswegoind.org
Contact: Lisa Clay

SERVICES: ARC of Oswego County sponsors the following Early Intervention Services:

INFANT & TODDLER DEVELOPMENTAL EVALUATION SERVICE - A NYS approved assessment service which will evaluate a child's (0-3 years) eligibility for ongoing early intervention services.

INFANT & PRESCHOOL DEVELOPMENTAL SERVICES- Infants & toddlers (0-3 years) found eligible for ongoing early intervention can receive direct services from this NYS approved program. Services are provided at home or in other natural environments. Specialized services such as Special Education, Physical Therapy, Occupational Therapy and Speech Therapy are available.

ONGOING SERVICE COORDINATION- Families of infants/toddlers eligible for Early Intervention are entitled to ongoing service coordination. Service Coordinators are NYS approved, and will assist families with coordinating medical services and assessments; facilitating the development of their child's plan; identifying local service providers; seeking out advocacy; and transition to programs at age 3 years.

HOURS: Monday - Friday 8:00 AM to 4:00 PM

EMPIRE INTERPRETING SERVICE

109 S. Warren Street, Ste. 406
Syracuse, NY 13210
472-1383 FAX: 472-8032
email: info@empireinterpreting.com
Website: www.empireinterpreting.com
Contact: Theresa Slater, President/CEO
Corissa Widger, Director of Spoken Languages

SERVICES: Empire Interpreting Service is an Interpreting Referral Agency in Central New York providing 24/7 professional sign language and spoken language interpreters in legal, educational, medical, mental health, platform and religious settings. This list of venues is continually expanding to meet the increasing need for professional interpreters in a myriad of settings.

Many of our interpreters are state or nationally certified, possessing the years of experience, knowledge and credentials required to fulfill your particular interpreting needs. We care fully match the strengths of our interpreters to each assignment, keeping in mind ADA requirements and consumer preference.

ENABLE Family Support Program

1603 Court Street
Syracuse, NY 13208
410-3335 FAX: 455-1230
e-mail: dweiermann@enablecny.org
Website: www.enablecny.org
Contact: Diane Weiermann

SERVICES: The goals of the Family Support Project are to help families remain intact by providing individual and family support, and to assist people with disabilities to move toward independence. The Family Support Coordinator can provide: information and referral for needed services, informal counseling, advocacy, ongoing support, and assistance to find other funding sources when no personal funds are available. The Adaptive technician can evaluate, design, and build adaptations for home, school, or work place. Services include consultation, project design plans, cost estimates and clerk-of-the works project oversight. Projects include: ramp construction and repairs, custom-made grab bars, custom stairs, bathroom/kitchen modifications and school and worksite modifications. The family support project is funded through a grant from the Office of Mental Retardation and Developmental Disabilities. Eligible individuals must have a developmental disability.

ENABLE Home Service Program

1603 Court Street
Syracuse, NY 13208
410-3335 FAX: 455-1230
e-mail: dweiermann@enablecny.org
Website: www.enablecny.org
Contact: Diane Weiermann

SERVICES: Home Service Program provides mobile services to persons with disabilities and their families in their home communities resulting in a significant improvement in the quality of their lives in their community. Through home visits, the Home Service director works with individuals and their families to identify and address their needs. Children and adults with developmental, physical and health related disabilities and their families are the special groups that benefit from Enable's Home Service Program. In particular, we focus on supports for people with limited funding options who might otherwise "fall through the cracks." Enable's Home Service Program can provide advocacy, information and referral, adaptive equipment design and environmental modification design.

ENABLE TRAIT Center and Project Adapt

1603 Court Street
Syracuse, NY 13208
410-3335 FAX: 455-1230
e-mail: dselover@enablecny.org
Website: www.enablecny.org
Contact: David Selover

SERVICES: Technology Related Assistance for Individuals with Disabilities (TRAIT) is a federally funded project administered by the New York State Commission on Quality of Care for Persons with Disabilities. In New York the TRAIT dollars have been used to establish regional technology centers that provide a variety of information about assistive technology (AT) as well as free assistive technology equipment loans. Equipment can be borrowed to address a short term need or for evaluation purposes. This service is available to individuals of all ages with disabilities, their family members, service providers, educators, employers, and others who are interested in disability issues and/or assistive technology.

A searchable database of all the equipment in the Project Adapt inventory is available on Enable's website. Enable also gratefully accepts donations for items and adapted equipment that are in good condition and can be "recycled" to another individual in the community through the Project Adapt lending library.

GUARDIANSHIP PROGRAM

ARC of Oswego County
7 Morrill Place
Fulton, New York 13069
598-3108 FAX: 598-3306
Contact: Cathy Rice

SERVICES: The Guardianship Program provides free information and a range of educational materials concerning legal guardianship, how to apply to the court, and other future care planning issues such as wills and trusts. The Guardianship Coordinator is available to meet with parents and families about their individual questions and concerns, provide legal referrals and assist families in obtaining professional psychological evaluations. The ARC's Guardianship Program also serves as a resource for other local agencies which serve persons with disabilities.

HOURS: Monday - Friday 8:00 AM to 4:00 PM

NYS COMMISSION ON QUALITY OF CARE AND ADVOCACY FOR PERSONS WITH DISABILITIES

(518)388-2875
Website: www.cqc.ny.gov

SERVICES: Provides information and referral to persons with disabilities, their families and advocates. Also informs persons of their rights within systems to appeal or contest decisions made on their behalf. Trade-in equipment exchange program uses a computer data base to find used assistive devices. An electronic bulletin board on disabilities services and information is available at 1-800-949-4232. The Advocate office is also a referral source for the Americans with Disabilities Act.

HOURS: Monday - Friday 8:30 AM - 4:00 PM

OFFICE OF VOCATIONAL AND EDUCATIONAL SERVICES FOR INDIVIDUALS WITH DISABILITIES - VESID

State Office Building
333 East Washington Street Room 230
Syracuse, NY 13202
428-4179 FAX: 428-4280
Contact: Peg Robinson, Sr. Vocational Rehab Counselor

SERVICES: VESID is a state agency administered by the New York State Education Department which provides vocational rehabilitation services to individuals who meet these criteria: have a physical or mental impairment which causes an impediment to employment.

HOURS: Monday – Friday 8:00AM – 5:00PM

OSWEGO COUNTY OPPORTUNITIES

239 Oneida Street
Fulton, NY 13069
598-4710 FAX: 598-4788
e-mail: mentalhygiene@oco.org

MRDD Program

Residential –

This service is designed to allow adults with mental retardation/developmental disabilities to live in the community at the least restrictive level. Facilities range from 24 hour supervision to semi-independent living situations. Consumers in all phases of this program are assisted in gaining daily living skills and are involved in a wide range of employment and educational situations. As consumers gain living and community skills, they are encouraged to move within the system until they are in the least restrictive environment.

Respite – Free standing Respite is available for temporary care. The consumer must have a developmental disability. The respite component offers 24 hour supervision, recreational activities and room and board. Call 598-4710 or 598-4732 for more information.

Day Habilitation – Day Habilitation provides assistance to consumers with developmental disabilities through self-help, adult daily living skills, socialization, recreation, and other needed skills. Services focus on enabling the individual to obtain his or her maximum functioning level. The Day Habilitation Program operates Monday through Friday from 8:30AM – 3:00PM. Call 598-4729 for further information.

Medicaid Service Coordination – This is a state medicaid service plan to assist eligible persons by providing them with a person centered planning approach which promotes the concept of choice, individual services and supports, and consumer satisfaction. Currently, there are three service coordinators available that a consumer can choose from after they are enrolled in the plan. Call 598-6664 or 598-4732 for further information.

Mental Health Transitional Living Program Contact: 598-9110

Supervised Residence – This residence provides 24 hour supervision to individuals over age 18 who have a mental illness. The consumers must have a desire to participate in treatment that is authorized by the treating psychiatrist. Individuals are assisted with developing skills necessary to attain their highest level of independence, with one goal of reintegration into the community and/or transition to the Treatment Apartment Program.

Treatment Apartments – The apartments provide a less supervised living situation for a more independent life, with staff visits four to seven times weekly depending upon the individual's needs. It also provides 24 hour on-call staffing for emergency and crisis situations for adults with a diagnosed mental illness.

Crisis Bed – This service consists of providing a temporary placement for a hospital diversion and hospital step down. The service provides crisis support to individuals who are not in need of psychiatric hospitalization, but are in need of some level of supervised short term 24 hour support. Must be referred by the evaluating psychiatrist.

OSWEGO COUNTY VISUALLY IMPAIRED

Contact: Laura Smith 343-4781

SERVICES: A group of visually impaired adults in Oswego County who meet monthly to provide support and information to each other. Membership is open to all visually impaired in Oswego County.

OSWEGO INDUSTRIES, INC.

7 Morrill Place
Fulton, NY 13069
598-3108 FAX: 598-3306
email: lclay@oswegoind.org
Contact: Lisa Clay

SERVICES: Oswego Industries, Inc. is a private, not-for-profit Community Rehabilitation Program which has been providing programs and services to adults with disabilities since 1968. Services include pre-vocational and vocational training, day habilitation services, and Medicaid Service Coordination. Its mission is to be a partner in the development of comprehensive community services designed to improve the quality of life for all people, with the primary emphasis on those with disabilities, by providing the necessary support programs to enable individuals to grow with dignity and achieve their highest level of independence and self-fulfillment. Its sister agency, ARC of Oswego County, provides services to children and seniors with disabilities: together creating a comprehensive support system for Oswego County residents with disabilities.

L.I.F.E. DAY HABILITATION – A community-based service designed to teach skills for independence, promote inclusion, and enhance consumer choice and interest. Activities might include Christmas shopping: practicing appropriate social skills, learning money management, and making choices.

PRE-VOCATIONAL TRAINING - Training and work experience assisting with time management skills, appropriate workplace behavior, personal appearance, and good work habits.

VOCATIONAL TRAINING – Consumers can work on real-world jobs subcontracted from local and national business. Paychecks are provided to every working employee with a disability, regardless of their level of productivity, boosting self-esteem and encouraging independence.

ASSISTIVE TECHNOLOGY – Improving a consumer's overall quality of life through the use of assistive devices and technologies. Oswego Industries, Inc. is able to design, build, and/or purchase devices that will enable a person with a disability to perform a desired task.

ENHANCED DAY HABILITATION – A highly specialized service designed to meet the medical, social, and adaptive needs of those who are severely and profoundly multiply disabled. The only such program in Oswego County, our Enhanced Day Hab provides adults with a variety of activities that stimulate senses, teach functional skills, provide meaningful recreation, and further develop physical abilities.

MEDICAID SERVICE COORDINATION – Assisting families in gaining access to necessary service and supports. May include individualized Service Planning, Advocating, and Record Keeping: for children with disabilities aged 3 to 21.

HOURS: Monday – Friday 8:00AM – 4:00PM

PARENTS OF SPECIAL CHILDREN INC.

2 Tower Drive Suite C
Fulton, NY 13069
598-7672 FAX: 598-1774
e-mail: coordinator@pscoswego.org
Contact: Chrystal Hoyt, Program Coordinator

SERVICES: Parents of Special Children, Inc. is a family support organization that offers services to developmentally disabled persons and their families in Oswego County. The Family Reimbursement Program assist families with the cost of respite care and purchases for items related to the individual's disability. Our Education Resource Program can help families in search of answers to the special education process. 'Autism Connections' provides families with an open forum to discuss the challenges and successes of life experiences with a family member diagnosed with Autism. This group meets on the first Tuesday of each month and welcomes all individuals seeking support.

HOURS: Monday – Friday 9:00AM – 4:00PM

PERSON TO PERSON: CITIZEN ADVOCACY OFFICE, INC.

PO Box 551
Fulton, NY 13069
593-2303 FAX: 593-0611
e-mail: WalterSnyder@msn.com
Website: www.ppcadvocacy.org
Contact: Walter Snyder

SERVICES: Citizen advocacy programs bring the needs and interests of an individual who is developmentally disabled and at risk of social isolation to the attention of an advocate. This advocate, with the support of the Citizen Advocacy office, will respond to those needs through a freely given, usually lasting advocacy relationship. Advocates are non-paid volunteers.

HOURS: Monday – Friday 8:30AM – 4:30PM or by an appointment

RECREATION RESPITE

ARC of Oswego County
The Hughes Building
314 Park Street
Fulton, NY 13069
598-6007 FAX: 598-2212
Contact: Marc Warner

SERVICES: The HCBS Waiver program provides “a break” for families caring for a developmentally disabled member age 16 and over by taking the individual out into the community. A Leisure Counselor from the agency will work with the individual and his/her family to select activities and leisure opportunities that meet their needs and preferences. The counselor will provide assistance, supervision, and transportation. A summer weekend overnight camping program is available. Service is provided in the evening and on weekends.

HOURS: Monday – Friday 8:00AM – 4:00PM

SENIOR ADULT DAY PROGRAM

ARC of Oswego County
The Hughes Building,
314 Park Street
Fulton, NY 13069
598-6007 FAX: 598-2212
Contact: Caitlin Prior

SERVICES: A community based program designed to provide elderly adults with developmental disabilities a rewarding alternative to employment. Participants must be at least 55 years old or have a medical problem that causes them to have an early retirement. The program offers participants a wide variety of activities that promote feelings of self-fulfillment, productivity, and independence. These experiences are individualized to the needs and personal preferences of the participants with an emphasis on integration into the natural community environment.

The program is staffed by a Coordinator and trained Day Habilitation Instructors. Transportation is arranged with existing transportation services within the county. Some of the activities offered include arts and crafts, pet therapy, cooking, gardening, Intergenerational projects, fishing, exercise, current events, theme parties, bowling, day trips, community outings, and volunteer opportunities.

HOURS: Monday - Friday 8:00 AM - 4:00 PM

REGIONAL SPECIAL EDUCATION TECHNICAL ASSISTANCE CENTER (RSE-TAC)

Oswego County BOCES
179 County Route 64
Mexico, NY 13114
963-4230 FAX: 963-4369
Website: www.oswegoboces.org/setrc
Contact: Teri Marks, Coordinator
Queenie Nichols, Special Education School Improvement Specialist
Becky Pemberson, Secretary

SERVICES: The SESIS network is an instructional support system organized to train individuals and distribute information to persons involved in the education of people with disabilities in targeted school districts and BOCES. All SESIS assists in the equal educational achievement of students with a variety of disabilities by providing appropriate training, effective instructional materials, the latest research and the development of new teaching materials to identified districts based upon the performance of students with disabilities. Technical assistance on special education issues available to everyone. And extensive lending library is available to anyone in Oswego County.

SPECIAL OLYMPICS

Central New York Region
800 S. Wilbur Avenue
Syracuse, NY 13204
473-2933
Contact: Sean Coakley

SERVICES: To provide year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with mental retardation. Also provides initial and on-going training of volunteers and coaches for Special Olympics.

SYRACUSE UNIVERSITY PARENT ADVOCACY CENTER (SUPAC)

Syracuse University Center on Human Policy, Law and Disability Studies
805 South Crouse Ave.
Syracuse, NY 13244
443-4336 or toll free (877)824-9555 FAX: 443-4338
email: supac@syr.edu
Website: www.supac.org
Contact: Lisa Finnerty Coggi, Director

SERVICES: SUPAC is the Mid-State Region Special Education Parent Center. SUPAC provides parents of children with disabilities information, training, resources, and strategies to promote their meaningful involvement in their children's education; assist in understanding their children's disabilities; promote early resolution of disputes between parents and school districts' promote the use of resolution sessions and special education mediation; assist in understand their procedural due process rights; and enhance parents' skills and levels of confidence to communicate effectively and work collaboratively with schools and other stakeholders to advocate and actively participate in their children's education. Please visit our website for an on-going list of resources and trainings offered.

SUPAC information is also provided in Spanish as well as other languages up request. SUPAC serves the following regions: Herkimer-Fulton- Hamilton-Otsego; Madison-Oneida; Oneida-Herkimer-Madison; Oswego County; Onondaga-Cortland-Madison; Tompkins-Seneca-Tioga; Cayuga-Onondaga and Syracuse City.

SUPPORT GROUPS/SUPPORT ORGANIZATIONS

AL-ANON

Contact: Council on Alcoholism 342-2370 (for schedules)

SERVICES: Offers support through the sharing of experiences of living with an alcoholic. Individuals can be spouses, children, friends or other relatives of an alcoholic. Meetings are held throughout Oswego County. Schedules can be obtained from the Council on Alcoholism or call the Al-Anon Information Service at 471-0190.

AL-ATEEN

Contact: Council on Alcoholism 342-2370 (for schedules)

SERVICES: A fellowship of young people (usually 10 - 18 years old) whose lives have been affected by alcoholism in a family member, parent or close friend. AL-ATEEN believes alcoholism is a family disease because it affects all members emotionally and sometimes physically. HOTLINE 472-5555

ALCOHOLICS ANONYMOUS

Contact: Council on Alcoholism 342-2370 (for schedules)

SERVICES: Self-help groups for people who want to stop drinking. Meetings are held throughout Oswego County at various times during the day and evening. Call the Council on Alcoholism for an updated schedule.

ALLIANCE CENTER

Contact: George Ebert, Project Coordinator 1-800-654-7227 24 hour support line & advocacy

ALZHEIMER'S CARE GIVER SUPPORT GROUP (OSWEGO HEALTH)

Meets the 4th Wednesday of each month 7:00PM – 8:30PM at the Manor at Seneca Hill's Adult Day Health Services Room Contact: Dianne Morrisette 349-5341

BREAST CANCER SUPPORT GROUPS

American Cancer Society
Fulton Group
Contact: Liz Schremp 592-7468

American Cancer Society
The Encouragers (Oswego)
Contact : Emily Coe 343-5417

SERVICES: To share experiences and offer support to those who have breast cancer. The group will discuss concerns or questions regarding breast cancer and provide a place for people to talk. The **Fulton group** monthly meetings are held at the Fulton YMCA on the 3rd Tuesday of every month and offer occasional guest speakers, books and videos. The **Oswego group** meets the 3rd Monday of the month – call for location. NO MEETINGS IN DECEMBER.

SERVICES: A breast cancer support group that meets on the third Monday of every month at the Office Tavern on Seneca Street in Oswego. Meetings are held at 11:30 AM.

BREAST-FEEDING PEER COUNSELING SUPPORT PROGRAM

Oswego County Opportunities
WIC Program
10 George Street
Oswego, NY 13126
343-1311 1-888-730-3803 FAX: 343-9504
Contact: Mary Ellen Pierce or Kim Kelley

SERVICES: Experienced breast-feeding mothers have been trained to be peer counselors to increase breast-feeding rates within the community. Peer counselors are responsible for face-to-face or phone contact to support mothers.

COMMUNITY TASK FORCE OF FULTON NY

239 Oneida Street
Fulton, NY 13069
342-7532 FAX: 342-7554

SERVICES: The Community Task Force of Fulton, NY strives to develop activities and strategies that support parents and families in teaching and practicing responsible and respectful behavior.

DIABETES SUPPORT GROUPS (OSWEGO HEALTH)

OSWEGO – meets the third Wednesday of the month from NOON to 1:00PM at the Oswego Health Services Center, lower level conference room adjacent to Oswego Hospital

FULTON – meets the first Thursday of the month from 10:00AM – 11:00AM at Springside at Seneca Hill

Leading both groups is Certified Diabetes Educator Nola Gardner, R.N., C.D.E.

FAMILIES WITH ATTENTION DEFICIT DISORDER - F.A.D.D.

98 East Bridge Street
Oswego, NY 13126
216-6425 FAX: 216-4240
e-mail: peggy@faddhouse.com
Website: www.faddhouse.com
Contact: Peggy Cuyler-Salem

SERVICES: FADD is an educational and informational and support group for parents and caregivers who have children with Attention Deficit Disorder and other serious emotional disturbances; also grandparents raising grandchildren support groups. There is child care for the groups.

FRIENDS OF CAMP HOLLIS INC.

PO Box 291
Oswego, NY 13126
312-2500
Website: www.friendsofcamphollis.com
Contact: Alyssa Amyotte

SERVICES: The purpose of the Friends of Camp Hollis (FOCH) is to provide a support system which raises capital, receives grants and accepts in-kind donations to maintain and improve Camp Hollis and its programs while keeping the camp experience within reach of all Oswego County residents. To that end, we contribute approximately \$15,000 each year to provide need-based scholarships for Oswego County children.

FRIENDS OF OSWEGO COUNTY HOSPICE, INC.

PO Box 102 34 East Bridge Street Suite 202
Oswego, NY 13126
343-5223 FAX: 343-0278
e-mail: oswegohospice@verizon.net
Contact: Debbie Bishop, Exec. Director

SERVICES: Conduct public education and fund raising activities to support the Oswego County Hospice Program. Funds raised are used for patient and family support, patient sunshine funds, staff and volunteer training and support, Hospice Memorial Gardens and Camp Rainbow of Hope – a bereavement camp for children ages 8 – 12.

HOMELESS INTERVENTION PROGRAM (HIP)

Oswego County Opportunities, Inc.
239 Oneida Street
Fulton, NY 13069
342-7618 (Hotline) FAX: 342-7554

SERVICES: HIP provides supportive services designed to stabilize households by preventing homelessness and by facilitating the transition from homelessness to permanent housing.

HOPE FOR BEREAVED SUPPORT GROUP

Family Life Education
Contact: Adele DelSavio 652-5145
Donna Lupien 342-6326
Myrtle Crow 593-6831

SERVICES: Grief support group in Oswego, still sponsored by Family Life Education. Meets the second Tuesday of each month from 7:00PM – 9:00PM at Oswego Hospital, 110 West 6th Street, in the conference room off of the cafeteria. There is also a bereavement group in Fulton at Fulton Mills Apartments that meet the 2nd Friday of each month, 1st Floor Lounge.

LA LECHE LEAGUE

Meetings are at mothers' homes.

Website: www.LLLI.org

Contact: Amy 342-1443 or Jean 343-4046 (certified co-leaders of the group)

SERVICES: Monthly meetings. 1st Wednesday @6:30PM Topics pertinent to breastfeeding. 24 hour telephone help.

THE LIGHT – LEARNING ABOUT ILLNESS AND GENERATING HOPE TOGETHER

Meets every other Tuesday from 3:00PM – 4:30PM at 74 Bunner Street, Oswego (Behavioral Services Division)

Contact: Linda Nicholas 326-4166

Cindy Volk-Delucia 326-4104

MULTIPLE SCLEROSIS SUPPORT GROUP (OSWEGO HEALTH)

Meets the first Wednesday of each month from 2:00PM – 3:30PM in the first floor dining room of the Manor at Seneca Hill

Contact: Dianne Morrisette 349-5341

PARENT TO PARENT OF NEW YORK STATE

North Central Regional Office

Exceptional Family Resources

1065 James Street, Suite 220

Syracuse, NY 13203

478-1462 ext. 322 FAX:478-1467

e-mail: dnordmark@contactefr.org

Website: www.parenttoparentnys.org

Contact: Dru Nordmark

SERVICES: to support and connect families and individuals with special needs. Parents of children with developmental disabilities can be matched (locally or nationally) with other parents whose children share the same disability via telephone or email. Call to be matched with another parent for support and/or sharing of experiences, or to volunteer to become one of our support parents. P2P also offers presentations to parent groups, professional and community organizations, Family to Family Health Care Information Center, Outreach, Information and Referral. There are regional offices throughout New York State.

PARKINSON SUPPORT GROUP OF OSWEGO COUNTY

Contact: Dick Olsen 652-6857

SERVICES: Social group for Parkinson patients, their care givers, families or anyone interested in learning more about Parkinson Disease. The group shares the latest information from APDA and is an independently affiliated chapter of the National Parkinson Foundation. No dues are charged. Meetings held on the first Monday of the month at Bishop Commons @ 1:30PM. **(NO HOLIDAY HOURS.)**

SMOKING CESSATION PROGRAMS (OSWEGO HEALTH)

Oswego Health offers two smoking cessation classes. There is a class the second Monday of each month from 2:00PM – 4:00PM in the cafeteria conference room of Oswego Hospital. The second class is held the first Wednesday of each month at the Manor at Seneca Hill from 6:30PM – 9:00PM. In addition, a smoking cessation support group is held the second Monday of each month from 6:00PM – 7:30PM in the cafeteria conference room of Oswego Hospital.

The smoking cessation programs are lead by a certified smoking cessation instructor. If you have questions or to register, please call 349-5513

STROKE SURVIVOR'S SUPPORT GROUP (OSWEGO HEALTH)

Meets the last Tuesday of each month at NOON in the first floor Administration Conference Room at the Manor at Seneca Hill

Contact: Jennifer Duval 349-5346

TEEN SUPPORT GROUP

ARISE Child and Family Services Inc.
9 Fourth Avenue
Oswego, NY 13126
342-4088 FAX: 342-4107
e-mail: singerson@ariseinc.org
Contact: Sabine Ingerson

SERVICES: A group for teens with disabilities to share experiences and make friends. This group allows teens to have fun and find support with the many challenges they face. Meetings are held on the 4th Tuesday of each month excluding July and August at the ARISE office in Oswego from 7:00PM – 8:00 PM. Please call for more information.

TREATMENT ADHERENCE PROGRAM

AIDS Community Resources
627 West Genesee Street
Syracuse, NY 13204
475-2430 FAX: 472-6515
e-mail: jjenkinsii@aidscommunityresources.com
Website: www.aidscommunityresources.com
Contact Persons: Michael Crinnin, Executive Director

SERVICES: Provides supports and education to HIV positive persons taking or considering anti-HIV medications. Serves Oswego, Onondaga, Oneida, Cayuga, Madison, Jefferson, Lewis, St. Lawrence, Cortland, Tompkins and Herkimer counties. Individual and group education; Buddy/Peer Support and support groups; collaboration between medical providers and CBOs; case management support; case management support; individualized treatment plan; pill training reminders, tools, personalized videos and education materials.

HOURS: Office 8:30 - 4:30

TRANSPORTATION

A&E Transport Inc.

34 Co. Rte. 31
Minetto, NY 13115
342-0771 FAX: 342-5184
Contact: Nora Malone

SERVICES: Transporting of preschoolers (3 and 4 year olds) with disabilities.

CENTRO Bus of Oswego

512 East Seneca Street
Oswego, NY 13126
342-4400 FAX: 342-2879
e-mail: kkintz@centro.org
Website: www.centro.org
Contact Person: Kathy Kintz

SERVICES: Centro provides transportation for the City of Oswego, SUNY Oswego, City of Fulton, Mexico and Syracuse. Centro also provides ADA Para-transit service for people who cannot access the regular fixed route service due to a disability. The Para-transit service operates around Centro's regular fixed route schedule and deviates up to $\frac{3}{4}$ of a mile off the regular fixed route. Cost for the Para-transit service is double the normal one-way fare.

DAV Van (Disabled American Veterans)

800 Irving Ave
Syracuse, NY 13210
425-4352

SERVICES: Any honorably discharged veteran may avail themselves of this FREE service by calling 425-4352 during the hours of 8:00AM and 2:00PM. We must have 48 hours minimum notice to schedule a ride to either the VA Medical Center in Syracuse or to the Seneca Hill Outpatient Clinic.

Our mission is to pick up veterans at their home on the day of their clinic appointment, bring them to their appointment and then return them home. We ask that veterans make their appointment between the hours of 8:00AM and 1:00PM. Our van leaves Syracuse **no later than 2:00PM** or sooner.

F&C Taxi

598-4797 FAX: 592-7091
Contact: Dennis Miller

Golden Sun Bus

2043 Co. Rte. 8
Oswego, NY 13126
343-4675
Contact: Wally Haskell

Lake City Taxi

54 West Bridge Street #11
Oswego, NY 13126
343-2400 or 343-2500
e-mail: kyledavis@yahoo.com
Contact: Kyle Davis

SERVICES: Taxi and Delivery Service; Senior Discounts; safe, reliable, and clean vehicles; courteous drivers.

HOURS: 24 hours a day/7 day a week (weather permitting)

McFee Memorial Ambulance

52 Watson Ave.
Mexico, NY 13114
963-7244 FAX: 963-0738
Contact: Stan Krawczyk

North Shore Ambulance

PO Box 513
Cleveland, NY 13042
675-3110 FAX: 675-3110
Contact: Kathy LaVigne

North Shore Volunteer Emergency Squad, Inc.

136 Bridge Street Box 513
Cleveland, NY 13042
675-3110 FAX: 675-3110
Contact: Kathleen LaVigne

SERVICES: 24 hour emergency medical transport for the Town of Constantia and Town of Vienna.
Established 1949

Northern Oswego County Ambulance, Inc. (NOCA)

21 Delano Street
Pulaski, NY 13142
298-6220 FAX: 298-2258

SERVICES: Emergency Ambulance Service; Non Emergency Ambulance transports; wheel chair transports

OCO Public Transportation

74 Pierce Drive
Fulton, NY 13069
598-4713 Ext. 6 FAX: 598-1219
e-mail: gmashaw@oco.org
www.oco.org/transportation.htm
Contact: Gary Mashaw

SERVICES: OCO Transportation provides Oswego County Public Transit (OPT) fixed-route service throughout the entire county with route deviation available with 24-hour advance reservation. Call N-Ride and other demand response services with 3 business days advance reservation throughout the county. Monthly passes, tokens and other reduced fares available. Services provided Monday thru Friday. All public routes are wheelchair accessible.

Oswego City Ambulance

Oswego Fire Department
35 East Cayuga Street
Oswego, NY 13126
343-2161 FAX: 343-0243

Oswego County Ambulance

404 Ontario Street
Fulton, NY 13069
592-4145 FAX: 598-7107
Contact: Zachary Mentor, Director of Operations

SERVICES: 24/day medical transportation by ambulance and also able to provide wheelchair van transportation

SAVAC (Student Association Volunteer Ambulance Corps of Oswego, Inc.)

SUNY Oswego Campus
5 Mackin Complex
Oswego, NY 13126
312-4003
e-mail: savac@oswego.edu
Contact: Director of Operations

SOVAC (Southern Oswego County Ambulance Corps)

8 Gertrude Drive PO Box 209
Central Square, NY 13036
676-5071 FAX: 676-3295

SERVICES: Emergency medical services, first aid, CPR classes; public education.

VOLUNTEER PROGRAMS

ADOPT-A-HIGHWAY

New York State Department of Transportation
P.O. Box 420
Mexico, NY 13114
963-3730 FAX: 963-0826
Website: www.nysdot.gov
Contact: Jamie Tompkins
Darlene Campbell

SERVICES : Groups can adopt a two-mile section of a state highway and remove litter. The Department of Transportation (NYSDOT) provides the required safety equipment and supplies and will remove the trash after a group does a pick-up. Periodically, NYSDOT publicizes the group's adoption.

HOURS: Monday - Friday 8:00 AM - 4:00 PM

CHILDREN'S BOARD OF OSWEGO

P.O. Box 373
Oswego, NY 13126
403-8026
email: tanyambaum@yahoo.com
Website: www.oswegochildrenboard.com
Contact: Tanya Baum, President

SERVICES: Provides a variety of services:

- collection of food and clothing for needy families
- scholarship for graduating high school seniors
- poison prevention education programs in the schools and Oswego Hospital
- Arts in the Parks, a summer program featuring crafts and performances at local parks
- annual "Unsung Hero" award honoring a children's advocate
- support for Oswego Hospital through donations for pediatric equipment and hosting pediatric hospital tours for school groups
- free cultural children's performances

FRESH AIR FUND FRIENDLY TOWN PROGRAM

Fresh Air Fund
633 3rd Avenue.
New York City, NY 10017
1-800-367-0003
email: freshair@freshair.org
Website: www.FreshAir.org

SERVICES: The Fresh Air Fund, a not-for-profit agency, has provided a free summer experience in the country to more than 1.7 million New York City children from disadvantaged communities since 1877. Each year thousands of children visit volunteer host families in 13 states and Canada through the Friendly Town Program or attend Fresh Air Fund camps.

YOUTH SERVICES

ACT FOR YOUTH (ASSETS COMING TOGETHER FOR YOUTH)

Fulton YMCA
715 West Broadway
Fulton, NY 13069
598-9622 FAX: 592-3557
Contact: Betty Fadden

SERVICES: Youth Advisory Committee meets Wednesday evenings from 6:00PM – 7:00PM at the Fulton YMCA. The committee promotes youth involvement in the Fulton Community with opportunities to volunteer for various events and committees throughout the school year.

ADVANTAGE AFTERSCHOOL (OSWEGO YMCA)

YMCA Armory Building
265 West 1st Street
Oswego, NY 13126
343-1981 or 342-6082
Contact: Kyle Walton

SERVICES: Free after school activities that offer tutoring, sports, exercise, and programs through Farnham, Inc. and BOCES. Free transportation to the YMCA is provided by the Oswego City School District. Open to 13 – 18 year olds, middle and high school students.

ADVOCACY SERVICES

Youth Advocate Program of Oswego County
1 Beaver Lane
Phoenix, NY 13135
598-1919 FAX: 598-8799
e-mail: stuten@yapinc.org
Website: www.yapinc.org
Contact: Sherry Tuten, Program Director

SERVICES: Offers a community-based program that provides intensive intervention services to youth and families who are presently separated or about to be separated by institutional, group home or foster family care. The program only accepts referrals from the Oswego County Department of Social Services, Preventive Services.

This is a community based, wrap around model, emphasizing strengths of families, while addressing the needs of a family in order to engineer success. A consistent relationship is developed between a supportive, trained staff member (Advocate) and a troubled young person and family. Advocates are assigned to work with youth in individual, small groups and in family activities in the community. Services are provided to the youth, the parent or caretaker, siblings and/or extended family members as needed. Parent involvement is an integral part of service delivery and is expected in order to maximize the possibility of successfully maintaining the child in the home.

Based on the assessment of youth/family needs, a service plan will be tailored to meet specific needs for service, support and education. Services include individual and family advocacy; brokerage of needed services; group work, parent support groups; mentoring; educational and vocational assistance; behavior management; and life skills development.

After the advocate has stabilized the youth in the community, the supportive work program is used for those youth whose goal is employment.

AFTERSCHOOL PROGRAM

Oswego County Opportunities, Inc.
75 East 1st Street Midtown Plaza, Lower Level
Oswego, NY 13126
342-7532 FAX: 342-7554
e-mail: youthservices@oco.org
Contact: Laura Licatese

SERVICES: The Rural AfterSchool Program (RASP) provides academic, emotional and social support to assist youth in building skills that lead to academic excellence, social competence and community responsibility. Youth Development and Violence Prevention is the overall theme. Youth-developed activities include recreation, arts and crafts, tutoring, computers, drama, homework help, academic enrichment, life skills, cooking, sports, cooperative games, community services, discussion groups and many others. The program serves youth at the APW, Hannibal and Mexico secondary schools and Fulton Jr. High School.

HOURS: Monday – Friday immediately after school for 3 hours.

CORNELL COOPERATIVE EXTENSION OF OSWEGO COUNTY

3288 Main Street
Mexico, NY 13114
963-7286 FAX: 963-0968
e-mail: Oswego@cornell.edu

4-H Club Program

Contact: Kathy Porter, Administrative Assistant Ext. 401

SERVICES: An informal educational youth program for ages 5 – 19 in towns, cities or the county. 4-H offers programs for youth in school, after school, through 4-H clubs and through 4-H camp. If interested in joining or obtaining information about the 4-H programs in your areas, contact the 4-H office at 963-7286.

HOURS: Monday – Friday 8:30AM – 4:00PM

CYO MENTORING PROGRAM

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 ext. 253 FAX: 593-8440
email: kdennison@ccoswego.com
Website: www.ccoswego.com
Contact: Ken Dennison, Coordinator

SERVICES: CYO Mentoring Program is designed specifically for the development and enhancement of healthy social skills and to improve the participants' academic skills. The CYO Mentoring Program matches elementary school youth with high school students and provides them with a one-on-one peer relationship for support, guidance and friendship. Students meet weekly throughout the school year and spend time together in a structured environment focusing on tutoring, group activities, games and other outings.

FULTON SCHOOL MENTORING PROGRAM

Oswego County Opportunities, Inc.
75 East 1st Street Midtown Plaza, Lower Level
Oswego, NY 13126
342-7532 FAX: 342-7554
e-mail: youthservices@oco.org (general Information)
Contact: Kathleen Knopp

SERVICES: The Fulton School Mentoring Program is a school based mentoring program for Fulton youth in grades 3 – 8. All mentoring meetings last one hour per week following the school calendar and take place at a Fulton elementary school between the hours of 3:30PM and 5:30PM. The youth being mentored are from all four elementary schools and the junior high school. The mentors are adult volunteers from all over Oswego County. They are supported through on-going training that begins before they are matched with a youth. The mentors and youth are paired by their similar interest and personalities. For the youth a mentor acts as a role model, tutor, listener and friend. Being a mentor makes a difference in the lives of the youth they meet with. Research shows that there are improvements in the youth's academic achievement, social skills, self-esteem, and behavior and we have seen these types of results with mentors right here in Fulton as well.

FULTON YOUTH & FAMILY CASE MANAGEMENT

OCO Administrative Office
239 Oneida Street
Fulton, NY 13069
598.6664 FAX: 598-4788
e-mail: cpost@oco.org
Contact: Cindy Collier-Post

SERVICES: The case management program assists youth at risk and their families to access necessary services in accordance with an individual goal and service plan. This program serves families who are on medicaid and live within the Fulton School District. Each referral is assigned a case manager with the mission to improve social and economic conditions, and the quality of life. For more information call 598-6664.

HORIZON HOUSE

Oswego County Opportunities, Inc.
75 East 1st Street Midtown Plaza, Lower Level
Oswego, NY 13126
342-7532 FAX: 342-7554
e-mail: youthservices@oco.org (general Information)
kmerrill@oco.org (for referrals)
Contact: Karen Merrill

SERVICES: Horizon House is a co-ed community home for adolescents in foster care. Horizon House provides counseling, educational support, independent living skills training, and daily living support for 6 adolescents in a warm, home-like atmosphere.

HOURS: 9:00AM – 5:00PM (office)

LEADERSHIP OSWEGO COUNTY YOUTH

Oswego City/County Youth Bureau
70 Bunner St.
Oswego, NY 13126
349-3451 FAX: 349-3231
e-mail: brian@oswegocounty.com
Website: www.oswegocounty.com
Contact: Brian Chetney

SERVICES: Provides training for Oswego County High School freshman and sophomores who have shown leadership potential. Training includes two weekend retreats at Camp Hollis, day long sessions once a month in Mexico (requires permission to leave school) and a community service project. Youth interested should contact their guidance counselor or the Oswego City-County Youth Bureau.

LIBERTY PARTNERSHIP PROGRAM

Oswego State University
253A Wilber Hall
Oswego, NY 13126
312-2121 FAX: 312-6011
e-mail: putell@oswego.edu
Contact: Shari Purtell, Program Director

SERVICES: Provides counseling, tutoring, career awareness and cultural enrichment to secondary through comprehensive pre-collegiate/dropout prevention programs. At this time we provide services to students at Central Square High School, Hannibal Middle/High School and Mexico Middle/High School.

NATIONAL RUNAWAY SWITCHBOARD

1-800-RUNAWAY (1-800-786-2929)

SERVICES: Serves runaway and homeless youth in crisis throughout the United States by providing non-judgmental, non-directive crisis intervention. The Switchboard provides crisis intervention for adolescents, up to age 18, and their families. The Switchboard serves youth who are thinking of leaving or already left home.

Information and referral is given, conference calls with families are set up on toll-free lines. Conference calls are also made with agencies to confirm the appropriateness and availability of services. Messages can be delivered to parents and guardians. Switchboard volunteers establish rapport ; explore facts and feelings; focus the call; explore options; and establish a plan of action.

The National Runaway Switchboard administers Greyhound's Home Free program which provides free one-way bus tickets for runaway youth who wish to return home.

HOURS: 24 hours a day, 7 days a week, 365 days a year

OSWEGO CITY YOUTH CENTER - FORT ONTARIO

Oswego YMCA (mailing address)
249 West First Street
Oswego, NY 13126
342-4870 FAX: 343-3750
Contact: Michael Lavner, Director

SERVICES: A multifaceted program aimed at youth aged 11 to 18, which provides a wide range of activities which include; field trips, reading materials and educational speakers. The Youth Center has billiards tables, fooseball, television, stereo, Sega and a gymnasium. Activities include basketball, racquetball, aerobics, volleyball, dances, and a wide range of community services. The center is located at Fort Ontario.

HOURS: SEPTEMBER – JUNE: Monday – Friday 4:00PM – 9:00PM; Saturday 11:00AM – 4:00PM
LAST OF JUNE – FIRST OF SEPTEMBER: Monday – Saturday 11:00AM – 4:00PM

OSWEGO CITY WEST SIDE YOUTH CENTER (OSWEGO YMCA)

YMCA Armory Building
265 West 1st Street
Oswego, NY 13125
342-6082 or 343-1981 FAX: 343-3750
Contact: Mike Lavner

SERVICES: A multi-faceted program aimed at youth 11 to 18 which provides a wide range of activities which include: field trips, basketball, racquetball, aerobics, volleyball, and a wide range of community services.

OSWEGO COUNTY FIRE RELATED YOUTH PROGRAM (FRY)

For Oswego:

City of Oswego Fire Department
35 East Cayuga Street
Oswego, NY 13126
343-2161 FAX: 343-0243
email: jmccrobie@oswegony.org
Contact: Jeffrey M. McCrobie

For Fulton:

City of Fulton Fire Department
Municipal Building
170 South 2nd Street
Fulton, NY 13069
592-7477
Contact: Chief Anthony Gorea

For other County Fire Departments:

Oswego County Fire Coordinators Office
720 East Seneca Street
Oswego, NY 13126
349-8800 FAX: 349-8810
Contact: Donald J. Forbes

SERVICES: The primary mission of the Fire Related Youth (FRY) Program is to provide intervention services for families experiencing problems with juvenile fire setting. Fire service caseworkers provide specialized fire prevention education and activities aimed at eliminating repeat behavior. An inter-agency referral network of various public service organizations helps to provide alternative methods of dealing with this serious problem.

HOURS: Monday - Friday 9:00 AM - 5:00 PM

OSWEGO CITY - COUNTY YOUTH COURT

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3575 FAX: 349-3231
e-mail: brian@oswegocounty.com or dmetott@oswegocounty.com
Website: www.oswegocounty.com
Contact: Brian Chetney or Dawn Metott

SERVICES: Youth Court is a family court diversion program aimed at reducing juvenile delinquency in the city/county of Oswego. It's a trial by peers process for the first time offender between the ages of 7 and less than 16 years old, who have allegedly committed a violation or a misdemeanor. Youth Court offers these youth an opportunity to constructively assume responsibility for their actions as well as offer them a chance to learn about the justice system. Youth Court members are students from area middle schools and high schools who volunteer their time to provide a fair and equitable system in which juvenile crime can be handled. Confidentiality is stressed throughout the entire process and hearings are not open to the public.

PROJECT DARE

Oswego County Sheriff's Department
39 Churchill Road
Oswego, NY 13126
349-3314 or 349-3380
Contact: Uniformed Division Road Patrol Lieutenant or First Sergeant

SERVICES: The Drug Abuse Resistance Education Program of the Oswego County Sheriff's Department provides drug education to 5th grade students in the Pulaski School District.

PROMOTING ADOLESCENT SEXUAL HEALTH THOROUGH YOUTH LEADERSHIP AND COMMUNITY ENGAGEMENT

PLEASE REFER TO **PAGE 85** IN THE REPRODUCTIVE HEALTH AND PREGNANCY/PARENTING SECTION

RED CROSS CLUBS

American Red Cross of Central New York
333 West 1st Street
Oswego, NY 13126
email: kferguson@syrc.org
Website: www.syrc.org
Contact: Karen Feruson

SERVICES: Red Cross Clubs serve as an opportunity for youth, elementary through college age, to become involved with and learn about the American Red Cross. Through activities and events the youth learn about the disaster and preparedness services provided, health and safety training, blood services, Armed Forces Service and even some international workings through the Measles Initiative. An excellent opportunity to get youth involved in volunteering and public service.

STREET OUTREACH SERVICES (SOS)

Oswego County Opportunities, Inc.
75 East 1st Street Midtown Plaza, Lower Level
Oswego, NY 13126
342-7532 FAX: 342-7554
e-mail: youthservices@oco.org
Website: www.myspace.com/youthservicesoutreach
Contact: Kathleen Knopp

SERVICES: S.O.S. acts as a bridge to engage youth in services they may not otherwise come in contact with. S.O.S. provides youth with information and referrals in such areas as pregnancy, parenting, STD;s, Runaway and Homeless Youth, sexuality and safety issues and is a link to other community resources for youth. Youth Drop-In centers are built with communities to provide healthy activities for youth after school. Drop-In centers are for youth ages 12 – 20 . Drop-In Centers are open in Hannibal on Thursdays and Mexico on Tuesdays. Please call the office for times and locations.

HOURS: 9:00 AM - 5:00 PM

THE PATH (Program to Assist the Teenage Homeless)

Oswego County Opportunities, Inc.
75 East 1st Street Midtown Plaza, Lower Level
Oswego, NY 13126
342-7532 FAX: 342-7554
e-mail: youthservices@oco.org

SERVICES: The PATH is a transitional living program for homeless young people, ages 16 -21 that provides the opportunity to learn independent living skills, complete educational goals and to become a responsible member of the community.

HOURS: Monday - Friday 9:00 AM - 5:00 PM (Office) ; Emergency Hotline and Services: 24 hours a day

THE Q Center @ ACR

627 West Genesee Street (mailing address)
Syracuse, NY 13204
701-2431
e-mail: qcenter@aidscommunityresources.com
Website: www.myspace.com/qcentersyracuse

SERVICES: The Q Center @ ACR is a safe place for gay youth and their allies, ages 13-22, to gather, share, hang out, have fun and learn. The Center offers three LGBTQ youth and ally groups staffed by trained adult volunteers, educational events, social events, HIV education and testing, opportunities for community involvement, support for area schools and Gay Straight Alliances, and a space for LGBTQ youth to call their own. It offers tutoring, drop-in counseling, peer-to-peer hotline, mentoring, a healthy living program, Express Yourself Arts Program, workshops for youth of color, and a youth speakers bureau. Contact Elizabeth Payne at 701-2431.

YES! (Youth Emergency Services)

Oswego County Opportunities, Inc.
75 East 1st Street Midtown Plaza, Lower Level
Oswego, NY 13126
342-7532 FAX: 342-7554
342-7618 24 hour Runaway and Homeless Youth hotline or Toll Free 1-877-342-7618
email: youthservices@oco.org
Contact: Kathleen Knopp

SERVICES: YES! provides emergency services for youth who have run away, are homeless or are at-risk. YES! provides youth with: information about Oswego County services; choices regarding their situation; support through the decision-making process; mediation for youth and families; advocacy and referrals; emergency shelter.

HOURS: Monday-Friday 9:00AM – 5:00PM

Emergency 24 hour Runaway and Homeless Youth Hotline 1-877-342-7618

YOUTH CENTER OPERATION ALTERNATIVES

Catholic Charities/CYO
365 West First Street
Fulton, NY 13069
598-3980 FAX: 593-8440
Contact: James Smiley

SERVICES: Youth Center Operation Alternatives is designed to work with both probation youth and the general youth population of Oswego County to contact youth through outreach and to provide a drop-in youth center. The center is open Monday through Saturday according to the following schedule : During the school year; Monday through Friday 3:00 PM to 6:00 PM for grades K to 8th, Tuesday and Thursday nights from 6:00 PM - 9:00 PM for grades 7th through 12th, Saturdays 10:00 AM - 2:00 PM for grades K to 12th. When there is no school (vacations, snow days, etc.) the gyms are open from 1:00 PM to 5:00 PM for grades K-12th. There is also a 6 week summer program. Call for detailed information.

YOUTH ADVISORY COUNCIL

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3451 FAX: 349-3231
e-mail: brian@oswegocounty.com
Contact: Brian Chetney

SERVICES: The Youth Advisory Council (YAC) consists of high school students that represent all 9 school districts in Oswego County including private schools and home schools. YAC works closely with the Oswego City-County Youth Bureau to develop programs that youth will truly benefit from.

In addition to raising money for charitable organizations throughout the county, the council participates in an annual Senior Citizens ball, conducts a Youth Voter Registration Drive, sponsors speakers for young audiences, creates brochures targeted at youth and represents young people in Oswego County by advising the Oswego City-County Youth Bureau. The Council meets once a month from September to May at Oswego County BOCES in Mexico to address issues that influence the county.

YOUTHWORKS

Oswego County Division of Employment and Training
200 North Second Street
Fulton, NY 13069
591-9000 FAX: 591-9047
email: jcieszeski@oswegocounty.com
Contact: Youth Team

SERVICES: YOUTHWORKS helps youth aged 16 – 21 achieve their goals in employment and education. Priority is given to youth who have graduated or dropped out of high school. Youth take part in specialized services according to their level of need. Services may include: work experience, tutoring, life skills, counseling, career exploration, job readiness and the opportunity to earn rewards for academic and job performance. YOUTHWORKS is a federally funded program and there are some eligibility guidelines.

HOURS: Monday – Friday 8:30AM – 4:30PM

MISCELLANEOUS

BACK STREET BOOKS AND BISTRO

Oswego County Opportunities, Inc.
201 – 203 Oneida Street
Fulton, NY 13069
598-5669 FAX: 593-6835
e-mail: youthservices@oco.org
Contact: Ann Clark

SERVICES: Back Street Books and Bistro offers a wide variety of used books for a reasonable price, internet service, copying and fax services as well as opportunities to volunteer, intern, or gain employment training and experience.

COMMUNITY DEVELOPMENT OFFICE -

Conway Municipal Building
20 West Oneida Street
Oswego, NY 13126
343-3795, 343-3452, 343-3442 FAX: 342-8231
Website: www.oswegony.org
Contact : Mary Vanouse, Community Development Director
Linda Goodness, Assistant Director
Beverly Mulcahey, Rental Assistance Administrator
Kathy Hoefer, Housing Rehabilitation
Mary Horan, Family Self-Sufficiency Coordinator

Commercial Revolving Loan

Contact person: Linda Goodness e-mail: lgoodness@oswegony.org
Businesses located in the City of Oswego are eligible for the Oswego Commercial Loan Program to fund business projects including acquisition, construction or fixed equipment purchases in the amount of \$7,500 up to \$50,000 with approval of the Oswego Loan Review Board. Financial structuring with Small Business Administration, Oswego County Industrial Development Agency and financial institutions is also available. Program requirements include business investment and growth including job creation of 1 full time equivalent job for each \$20,000 of financing.

Empire Zone

Contact person: Mary Vanouse e-mail: mvanouse@oswegony.org
Oswego Empire Zone Program assists businesses located in the zone to certify as Empire Zone Businesses. Empire Zone Businesses are eligible for a variety of tax incentives and economic development incentives to promote business growth and creation of jobs in Oswego Empire Zone.

Micro Enterprise Program

Contact person: Linda Goodness e-mail: lgoodness@oswegony.org
Provides business training, counseling, business plan preparation and low interest loan funding for start up, costs, rehabilitation of commercial property, purchase of equipment or inventory for small businesses. Micro Enterprise is defined as a small business with 5 or fewer employees including the owner. Loans of \$500-\$25,000 are available to graduates of the Micro Enterprise Training Program.

Facade and Building Renovation Program

Building and facade renovation grants available in select target areas of the city. Projects require owner investment and State Historic Preservation Office review. Call for more information.

COMMUNITY ENDOWMENT FOUNDATION

PO Box 174
Central Square, NY 13036
668-8318
Website: www.CEFNET.net

SERVICES: "To further the education and physical well-being of all giving and willing individuals residing within the boundaries of the Central Square School District, herein after referred to as the community."

EXPERIMENTAL AIRCRAFT ASSOCIATION (EAA) CHAPTER 486

2326 Co. Rte. 176
Fulton, NY 13069
598-4322
Website: www.EAACHAPTER486.com

SERVICES:

AIR ACADEMY PROGRAM: supports 10 day aviation instruction class at Oshkosh, WI annual fly-in; provide information for 16 – 18 year old youth; select candidates each year, interview candidates, and help with application and tuition costs; Chapter has supported teens to Air Academy since 1987

CIVIL AIR PATROL ROBERT SUSSEY COMPOSITE SQUADRON: teenage group that meets weekly; provides CAP aviation instruction; provides trips to museums and introductory flights.

HAWK RADIO CONTROL MODEL CLUB: provides weekly hands-on instruction in RC model building; kids receive adult supervision; 4 – 5 project airplanes are worked on during a session.

ORIENTATION SESSIONS (as needed): cover general aviation topics: EAA National Organization (Oshkosh, WI), and annual fly-in convention; types of general aviation aircraft; requirements to obtain pilot's license; aircraft design features; background to building individual homebuilt aircraft; background to restore older production aircraft; provide aircraft and aviation historical information

YOUNG EAGLES PROGRAM: provides free plane flights to kids ages 8 to 18; provide information on how program is administrated by national EAAA; Chapter has flown Young Eagles since fall 1992. Orientation Sessions (as needed) covering general aviation topics.

LEGAL AID SOCIETY OF MID-NY, INC.

108 West Bridge Street
Oswego, NY 13126
342-2191 FAX: 342-1891
e-mail: oswegolegalaid@wnylc.com
Website: www.lasmny.org

SERVICES: Represents clients with incomes below 125% of the poverty level in a wide range of civil legal matters with an emphasis on housing and government matters. Provides advice and representation in select cases to individuals whose unemployment, SSI/SSD, Public Assistance, Medicaid, Food Stamps or HEAP has been denied, terminated or reduced. Prevents homelessness by defending tenants from eviction. Provides representation on tenants rights issues in public and subsidized housing, as well as representing clients in domestic violence issues, housing discrimination, and housing code enforcement cases.

HOURS: Monday – Friday 9:00AM – 5:00PM

LEGAL CLINIC

Oswego County Office Building
46 East Bridge Street 4th Floor
Oswego, NY 13126
806-6164 FAX: 343-2705
Contact: Robert J. Nicholson

SERVICES: Free legal clinic . Consultation provided on a wide range of legal matters. Qualified individuals will be referred to an attorney to represent them free of charge.

HOURS: Friday afternoons 2:00PM – 4:00PM

NEW YORK CIVIL LIBERTIES UNION - CENTRAL NEW YORK CHAPTER

471-2821
e-mail: cnystaff@nyclu.org
Website: www.nyclu.org
Contact: Executive Director

SERVICES: The office will respond to concerns about civil liberties issues when a 1 or 2 page summary is mailed to New York Civil Liberties Union, 753 James Street Suite 8, Syracuse, NY 13203 or faxed to 471-1077.

OFFICE OF BUSINESS AND COMMUNITY RELATIONS

Oswego State University
103 Rich Hall
Oswego, NY 13126
312-3492 FAX: 312-3374
e-mail: jeffrey.grimshaw@oswego.edu
Website: www.oswego.edu/about/centers/obcr.html
Contact: Jeffrey Grimshaw, Executive Director

SERVICES: The Office of Business and Community Relations supports the public service mission of SUNY Oswego by leveraging the resources of the campus to serve the community and area business. The Center's programs include:

- Small Business Development Center – professional counselors provide one-on-one services to small businesses and entrepreneurs.
- Workforce Development Board – the Board's goal is to create a diverse, high-quality work force. The Board writes and obtains training grants for the private and public sectors.
- Leadership Oswego County prepares individuals to become community leaders. Over a nine month period the class completes and intensive course of study of Oswego County, its resources and residents, vital issues, and develops crucial networking and leadership skills.
- Public Issues Forums – bring information about current issues and technologies to the community.
- RSVP – places and supports people aged 55 and older in volunteer assignments in the community.

OSWEGO COUNTY SPCA-OCAWL

PO Box 4
Oswego, New York 13126
592-5551
email: infor@ocawl-spca.org
Website: www.ocawl-spca.org

SERVICES: The purpose of this organization is to prevent cruelty to animals to the limits of its' ability, to relieve suffering among animals, and to extend humane education. OCAWL strives to seek suitable homes for animals without owners through a strong adoption policy.

OSWEGO COUNTY BAR ASSOCIATION

Website: www.oswego-bar.org

SERVICES: Founded in 1901, the Oswego County Bar Association provides general assistance and coordinates continuing legal education (CLE) programs among practicing attorneys in Oswego County.

The Association is a member organization formed with the following purposes: to maintain the honor and dignity of the profession of law; to promote suitable reforms and necessary improvements in the law; to facilitate the administration of justice; to elevate the standards of integrity, professional competence and courtesy in the legal profession; to cultivate and cherish the spirit of friendship among the members of the Association; and to foster other kindred purposes.

OSWEGO COUNTY SOIL AND WATER CONSERVATION DISTRICT

3105 State Route 3
Fulton, NY 13069
592-9663 FAX: 592-9595
e-mail: information@oswegosoilandwater.com
Contact: John DeHollander, District Manager

SERVICES: An authorized county agency that assists landowners and other groups to protect the county's natural resources. Some services provided include natural resource conservation education, urban erosion and sediment control, storm water and flood control, coastal erosion control, rural erosion control, non-point source pollution control, forestry assistance, tree seedling sales, topographic maps sales, and historical reference aerial photos.

HOURS: Monday - Friday 7:30 AM - 4:00 PM

PROJECT X

PO Box 5387
Oswego, NY 13126
402-6159
e-mail: wildernessx@gmail.com
Contact: Matt Wood or Gina Holsopple

ENVIRONMENTAL AWARENESS PROJECT: Taking youth groups, including school and community groups grades 4 through 8, through workshops that stimulate awareness and interest in the natural world; informing participants about current status of the local environment and how their personal interaction, positive or negative, can affect that status, working to encourage environmental stewardship; program is funded through a grant from Constellation Energy Corporation.

INVENTING SOUND: A program devoted to building and promoting youth self-expression through the creation and use of instruments made from found objects. Workshops focus on personal expression and guiding participants through developing and recording pieces performed using their voices and instruments created. The recording is then duplicated and is available throughout Oswego County.

WILDERNESS EXPERIENCE PROGRAMS: Guiding youth, adult and family groups through two day to week long wilderness camping trips. Programs include a series of classes preparing participants to live out of a park in wilderness settings for up to a week. Trips focus on utilizing wilderness areas within Oswego County and surrounding counties.

UNDER 60 MEAL SERVICE PROGRAM

Oswego County Opportunities
Senior Services
239 Oneida Street
Fulton, NY 13069
598-4712
email: tengle@oco.org

SERVICES: A fee-based home delivered meal program is available through OCO Senior Services to senior citizens and people in Oswego County with disabilities that limit their ability to prepare nutritious meals in their homes. The intention of the program is to serve people being discharged from hospitals, doctor referrals, hospice and nursing facility referrals and referrals by other support people. Meal service description:

- Prospective client must reside within 2 miles of current delivery routs
- Meal service will constitute 2 meals per day
- Cost of meals for self-pay clients are \$9/per day for two meals a day
- Clients are billed at the beginning of the month for meals

UNITED WAY OF GREATER OSWEGO COUNTY

1 South First Street
Fulton, NY 13069
593-1900 FAX: 598-3375
e-mail: melanieunitedway@windstream.net
Web Page: www.oswegounitedway.org
Contact: Melanie Trexler

SERVICES: The United Way of Greater Oswego County is a locally governed organization that conducts a community-wide campaign each year for the benefit of its' 23 member agencies and 39 programs, as well as all 501-C-3 organizations that are designated.

VETERANS COUNCIL – OSWEGO NY

Charles Haws Sr., President
342-3994

SERVICES: To carry on the observances of “honoring our noble dead” and saluting and respecting all veterans who have served our country.

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