

2020 Community Services Directory

COVID-19

315-349-3330

Be sure to wash your hands often and practice social distancing.

For up to date information on the COVID-19 situation visit:

Oswego County Health Department

health.oswegocounty.com

Emotional Support Resources

Warmline (Oswego Catholic Charities)

call 315-598-3980 Press 0 & ask for "Warmline" to chat Mon-Fri 9-2

Mobile Crisis (local providers)

call Crisis Connects @ 315-251-0800 to request the team

Crisis Text Line

text CONNECT to 741741

Suicide Prevention Hotline

call 1-800-273-8255 (TALK)

For additional local services, visit www.oswegocounty.com/mentalhygiene

Oswego City-County Youth Bureau

70 Bunner Street
Oswego, NY 13126
315-349-3451

www.oswegocounty.com/youth

United Way of Greater Oswego County

1 South 1st Street
Fulton, NY 13069
315-593-1900

www.oswegounitedway.org

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ALCOHOL/DRUG/ADDICTION SERVICES

NEW YORK STATE ADDICTION HOPELINE

(1-877-846-7369) 1-877-8HOPENY
Website: www.oasas.ny.gov

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
315-564-5506 FAX: 315-564-7567
E-mail: residential@oco.org

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.

CONIFER PARK INC

79 Glen Ridge Road
Glenville, NY 12302
800-989-6446 eFAX: 518-691-9317
Contact: Michael Kettle 607-760-1063
E-mail: mkettle@libertymgmt.com
Website: www.coniferpark.com

Inpatient and outpatient treatment services for adults, young adults and their families. Detoxification and Medication Assisted Treatment services are also available. Conifer Park also is a provider for most commercial insurances, including Medicaid as well as self-pay.

HOURS: 24 hour availability

CONIFER PARK INC-ALCOHOL AND DRUG TREATMENT CENTER

526 Old Liverpool Road
Liverpool, NY 13088
315-453-3911 FAX: 315-453-0197

Alcohol and drug treatment for adults and adolescents. Day and evening programs are offered. Methadone Maintenance and Medication Assistance Treatment including Suboxone and Vivitrol services offered.

Open Access hours: Monday-Friday, 7:30AM-3:00PM

COUNTY OF OSWEGO COUNCIL ON ALCOHOLISM AND ADDICTIONS INC.

53 East Third Street	4 Tower Drive
Oswego, NY 13126	Fulton, NY 13069
315-342-2370 FAX: 315-342-7570	315-598-6707 FAX: 315-592-9243
Contact: Candy Herbert, CASAC-G, Director of Prevention Services	
E-mail: cherbert@farnhaminc.org	
Website: www.cocooa.org	

Outpatient Clinic Treatment – Clinical services at COCOAA include alcohol/drug evaluations and alcoholism/substance abuse and problem gambling treatment services. Group counseling includes education, relapse prevention, women's group, early recovery, men's group, young adults group and dual focus group. 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

Community Education

COCOAA provides alcohol, problem gambling, & substance abuse information and prevention education to schools, community organizations and residents throughout Oswego County.

Customized Alcohol and Other Drug Professional & Staff Development Programs.

Screening and Referral Consultations - Screenings, assessments and supportive short-term counseling are provided to individuals in referring to the appropriate level of care.

Social Media accounts and online presence providing accurate alcohol and addiction information directly to county residents.

Project U-Turn This program is designed for under-age youths who have been charged with DWI, DWAI or any other zero-tolerance related offense. It is provided in cooperation with the Oswego County STOP-DWI. This program is a client-fee supported series of two, 3-hour sessions. Project U-Turn is an OASAS approved Alcohol Awareness Program for youth.

BASICS: Brief Alcohol Screening and Intervention for College Students

This program is provided for SUNY Oswego students in violation of school conduct policies. BASICS consists of two 50-minute sessions and uses a harm reduction approach in moving a college student in the direction of reducing risky behaviors and harmful effects from drinking.

Project Intervention: This program is designed for non-violent first-time drug offenders aged 25 and younger that are charged with the use or possession of drugs or drug paraphernalia. It is provided in cooperation with the District Attorney's Office. This program is a client-fee supported series of two, 2-hour sessions.

Responsible Server Training (RST) This program is designed for anyone who distributes or serves alcoholic beverages and educates how to sell or serve responsibly. There are two different formats of this program, one for on-site drinking venues and one for venues that sell alcohol to be consumed off-site. Responsible Server Training is a GCASA program certified by the New York State Liquor Authority.

You(th) Decide-Youth Gambling Prevention Decision You(th) Decide is a gambling prevention initiative designed to increase community awareness about risks associated with problem gambling and how adolescents are more susceptible to developing gambling problems. This is a state initiative lead by the New York State Council on Problem Gambling.

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

FARNHAM FAMILY SERVICES INC

Oswego Office:

283 West 2nd

Suite 200

Oswego, NY 13126

315-342-4489 FAX: 315-343-3281

Website: www.farnhaminc.org

Fulton Office:

113 Schuyler Common

Fulton, NY 13069

315-593-0796 FAX: 315-593-6122

Farnham Family Services is a NYS licensed, private, not-for-profit organization that helps people with substance use and behavioral health disorders by providing high quality, recovery oriented and strengths-based outpatient treatment and prevention services that are available to all residents of Oswego and surrounding counties.

Farnham Family Services Training Institute

Contact: Sandra L Waldron ABD, LMSW, CASAC II, CCTP, Director of Operations, Training Institute Coordinator or Candy Herbert, MS, LMSW, CASAC II, CRPA-P, Prevention Services Director

The Farnham Family Services Training Institute was established in 2017 and delivers a growing combination of courses designed to professionally enhance the skills of experienced and new professionals in the Substance Use Counseling field, Peers entering the Certified Recovery Advocacy profession, Prevention professionals and additional human service providers. The individual courses are tailored to a specific topic, however, they are open to individuals at all levels of experience. The trainings are available to both employees of Farnham Family Services and community members alike.

The Training Institute is a certified training program through both the New York State Office of Alcoholism and Substance Abuse (OASAS) and through the New York State Certification Board (NYCB). The Training Institute is certified to provide training for initial certification (350 hour course) recertification courses for Credentialed Alcoholism and Substance Abuse Counselor (CASAC), Certified Prevention Professional (CPP), and Certified Prevention Specialist (CPS) and the initial and recertification for the Certified Recovery Peer Advocate (CRPA).

All the trainings published on the Farnham Website are open to the community and are held in the Farnham Family Services Training Institute which is located in the Farnham Oswego Office at 283 West Second Street, Oswego, NY 13126, unless otherwise noted.

Can't come to us? In support of community providers, Farnham Family Services Training Institute will provide on-site trainings at schools, agencies and local business as well, upon request. There is a fee assigned.

Registration Instructions

All of the training's implemented in the Training Institute are posted on the training calendar on the Farnham Family Services website under Training Institute at www.farnhaminc.org. To register for a single training or a series, click on Training Institute and complete on-line registration form.

Substance Abuse Treatment

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

Provides recovery oriented, strength-based treatment services. Our person-centered philosophy provides the individualized approach, which is identified as a best practice in addiction treatment. Services available include: Comprehensive assessments and evaluations for drugs/alcohol include: medical assessment and comprehensive assessment with individualized recommendations for treatment. Intensive and non-intensive outpatient services, individualized counseling, group treatment counseling: dual diagnosis (substance use/mental illness), opiate, psycho-educational, therapy, and recovery groups. Adolescents, family and couples counseling as well as services for any individual affected by another's chemical use.

Prevention Services

Contact: Candy Herbert, MS, LMSW, CASAC II, CRPA-P, Prevention Services 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 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 predisposition, few skills for stress reduction/coping skills, etc.).

Prevention School Based Services

Contact: Candy Herbert, MS, LMSW, CASAC II, CRPA-P, Prevention Services Director

Program activities include: Prevention services use a pro-active, research-based, data-driven process utilizing proven-effective strategies and programs to reduce or prevent alcohol and other drug abuse in individuals, families, and communities. The program assesses risk and protective factors. A focused prevention approach in planning and using data-based predictors of problem behaviors and positive outcomes. The program services aim to prevent problem behavior and promote healthy development among children, adolescents, and young adults. The program services selected for the site were identified as the most appropriate evidence-based programs and strategies for the target populations to effectively achieve the outcome of reducing or avoiding substance use/abuse, by focusing resources on reducing those risk factors specific to the community the services are provided in.

Prevention counseling services provides short-term, problem-resolution-focused prevention service approach that is designed to assess and improve the levels of youth and family risk and protective factors to prevent or reduce substance use, problem gambling, and the negative consequences of such behaviors. Student Assistance Counselors implement evidence-based curriculum to prevent substance abuse, violence, delinquency and the risk and protective factors that predict these behaviors.

Medication Assisted Substance Abuse Treatment

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

Provides recovery oriented, strength-based treatment services. Our person-centered philosophy provides the individualized approach, which is identified as a best practice in addiction treatment.

Services available include: Comprehensive biopsychosocial assessments for Opiates includes: History and physical and with individualized recommendations for treatment. Intensive and non-intensive outpatient services, individualized counseling, group treatment counseling: dual diagnosis (substance use/mental illness), psycho-educational, therapy, and recovery groups. Family and couples counseling is available as well as services for any individual affected by another's use. The clinic offers both methadone as well as suboxone .

Outpatient Substance Abuse Treatment

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

Provides recovery oriented, strength-based treatment services. Our person-centered philosophy provides the individualized approach, which is identified as a best practice in addiction treatment.

Services available include: Comprehensive assessments and evaluations for drugs/alcohol includes: medical assessment and comprehensive assessment with individualized recommendations for treatment. Intensive and non-intensive outpatient services, individualized counseling, group treatment counseling: dual diagnosis (substance use/mental illness), psycho-educational, therapy, and recovery groups. Adolescents, family and couples counseling as well as services for any individual affected by another's use. We also are now offering medication assisted treatment and ancillary withdrawal services for help with mild withdrawal symptoms.

PEER SUPPORT SERVICES

Peer support is a Person-Centered, Recovery Oriented service delivered by an individual credentialed as a Certified Recovery Peer Advocate (CRPA). The CRPA utilizes their recovery expertise, professional training and lived experience to provide an array of tasks, such as: Engaging with an individual considering entering treatment; Engaging a client to attend treatment or other healthcare services; Engaging an individual in continuing care services post-discharge; Raising awareness of existing social and other support services; Helping peers develop Recovery Plans, learn and practice new skills, modeling coping skills; Attending court and other system meetings as a support; Supporting another peer in advocating for themselves to obtain services.

HOME AND COMMUNITY SERVICES (HCBS)

-Community based, person-centered support to assist individuals in the move from the poverty of addiction to the prosperity of recovery.

-Psychosocial Rehabilitation: Removing or reducing interpersonal; and environmental barriers, while working toward identified goals in an individual's recovery plan.

-“Healthy Relationships” training

-Building social “recovery capital”

-Relapse prevention skills

-Habituation: Building skills toward community integration

-Self-directed housing skills

-Financial (budgeting, money management)

-Independent Daily Living Skills Training

-Family Support & Training: Training and support for families, as requested by the recoveree, toward positive outcomes in the recovery journey.

-Strength based Family trainings on coping skills, relapse prevention, conflict resolution

-Family education on recovery planning

-Empowerment-Peer Services: Structured Peer -delivered services directed towards removing recovery barriers and moving recoverees toward independence.

-Advocacy

-Outreach and Engagement

-Self-help tools

-Recovery supports

-Transitional Supports

-Pre-crisis and Crisis Supports

(Referrals for HCBS services have to come from a local Health Home Care Manager)

CONTACT: Candy Herbert, MS, LMSW, CASAC II, CRPA-P, Prevention Services Director

HARBOR LIGHTS CHEMICAL DEPENDENCY SERVICE

Box 716

111 Hamilton Street

Mexico, NY 13114

315-963-0777 Fax: 315-963-0611

Contact: Sarah Banach or Stanley Long

E-mail: hlcds@verizon.net or sarahbanach@harborlightscds.com

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 5 days per week
- Evening hours
- Evening Treatment Program
- Treatment for individuals with mental illness and substance abuse

- Treatment for individuals with developmental difficulties and substance abuse.
- Treatment for individuals with trauma issues and substance abuse
- Treatment for individuals with addictive and criminal thinking.
- 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: Mexico hours: Monday, Wednesday, Thursday, 8:00AM-7:00PM, Tuesday 8:00AM-5:00PM, Friday 8:00AM-4:00PM.

Mexico Walk In Hours: Monday-Thursday 9:30AM-3:00PM, Friday 9:30AM-2:00PM

Pulaski hours: Monday, Thursday and Friday 8:00AM-4:00PM. (Appt Only)

LIBERTY RESOURCES BEHAVIORAL HEALTH CARE

945 South 1st Street
 Fulton NY 13069
 315-472-4471 FAX: 315-592-7978
 Contact: Anthony Fazzino
 Email: afazzino@liberty-resources.org
 Website: www.liberty-resources.org

Liberty Resources Behavioral Health Care is an outpatient mental/behavioral health clinic that provides therapeutic counseling services for adults and children to include, individual therapy, couple and family therapy, groups and case management services. The clinic treats children and adults with anxiety, depression, mood disorders, panic attacks, school concerns, behavior problems, psychosis, trauma, anger, relationship conflict, substance use disorders and more. The clinic is comprised of a collaborative, multi-disciplinary team of mental health counselors including licensed clinical social workers, marriage and family therapists, mental health counselors, psychiatrists/nurse practitioners and registered nurses and is a satellite clinic of Liberty Resources Behavioral Health Care program in Syracuse (formerly known as the Brownell Center).

Hours: Monday-Thursday 8:30 AM-7:00 PM, Friday 8:30AM- 5:00PM

THE SPOT (SOBER PEERS ON TOP)

Oswego County Opportunities
 Hillside Commons
 9 Fourth Ave
 Oswego NY 13126
 315-342-7532 Option 7
 Website: <https://www.facebook.com/OCO.TheSPOT/>

The SPOT is a safe, substance-free drop-in center for youth ages 12-17 and young adults age 18-21 to engage with peers in group recreational and life skills activities to achieve and maintain a healthy, sober lifestyle. The SPOT is a Clubhouse funded by OASAS (NYS Office of Alcoholism and Substance Abuse Services (OASAS) that provides a community-based, non-clinical setting for promoting long-term recovery through skill building, recreation, education, wellness, evidence-based prevention programs and other social activities.

STUDENTS AGAINST DESTRUCTIVE DECISIONS (SADD)

Community awareness and student involvement with educational programs focused on not driving and drinking.

Contact Persons: SADD Advisors

Hannibal High School 315-564-7910,

J.C. Birdleough High School, Phoenix 315-695-1631

Mexico High School 315-963-8400

Sandy Creek High School 315-387-3465

BUSINESS SERVICES

FULTON COMMUNITY DEVELOPMENT AGENCY

125 West Broadway
Fulton, NY 13069
315-593-7166 FAX: 315-593-7754
E-mail: Director@fultoncda.com

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, of which 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.

COMMUNITY DEVELOPMENT, CITY OF OSWEGO

Conway Municipal Building
20 West Oneida Street
Oswego, NY 13126
315-343-3795, 315-343-3452, 315-343-3442 FAX: 315-342-8231
Contact : Nathan Emmons, Director of Community Development
Website: www.oswegony.org

Affordable Home Ownership Program

Income eligible families are assisted with Homeownership training, budget counseling and financial assistance to purchase their first home.

Commercial Revolving Loan Program

Businesses located in the City of Oswego may apply for commercial loans up to \$50,000 to fund business start ups and expansions. Business plan, owner investment and job creation required for eligibility.

Economic Development

Economic Development assistance for site selection, planning, permitting and coordination with local, state and federal financing sources to develop commercial and industrial projects in the City of Oswego. Excelsior Jobs Program and Regional Economic Development project assistance. Coordination of certified Empire Zone business reporting required for Empire Zone requirements.

NY Main Street Façade and Building Renovation Program

Building and façade renovation grants available in select target areas of the city. Projects require owner investment and State Historic Preservation Office review. Call for more information.

Oswego Micro Enterprise Program

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.

Rental Assistance Program

The City of Oswego Rental Assistance Program provides rental assistance subsidies to low-income elderly, disabled and families with children to assist them in paying their rent for decent, affordable rental units in the City of Oswego, NY.

FORT BREWERTON GREATER ONEIDA LAKE CHAMBER OF COMMERCE

P.O. Box 655
Brewerton, NY 13029
315-668-3408
E-mail: info@oneidalakechamber.com
Website: www.oneidalakechamber.com

The Ft. Brewerton Chamber of Commerce serves the communities of Brewerton, Caughdenoy, Central Square, Hastings, Mallory, West Monroe, Constantia, Bernhards Bay and Cleveland. These towns and villages are located on the west and north shore of Oneida Lake. The chamber's purpose is to serve the local business community and provide an informational resource to our community and visitors. We provide business owners opportunities to network and share information through regular monthly meetings, activities and other events throughout the year. We are always looking for fresh ideas to help you, the business owner, grow your business and attain your goals.

Our members are offered a variety of services and resources. See our website. We E-mail or mail a newsletter monthly and your business is listed on our website, with a link to your company website if you have one.

For more information about the Chamber, please feel free to call our office at 315-668-3408. We look forward to hearing from you.

GREATER OSWEGO-FULTON CHAMBER OF COMMERCE

OSWEGO OFFICE: 121 East First Street
Oswego, NY 13126
315-343-7681 FAX: 315-342-0831
Contact Person: Katie Toomey, Executive Director
E-mail: kttoomey@oswegofultonchamber.com
Website: www.oswegofultonchamber.com

The Greater Oswego-Fulton Chamber of Commerce strives to promote the continuous improvement of the common good and the quality of life in the community through the pursuit of new business; the cultural, social, and economic education of our citizens; and by providing accurate and timely assistance to the business community. Become a member and your listing will be added to the online Membership Directory.

OFFICE OF BUSINESS AND COMMUNITY RELATIONS, OSWEGO STATE UNIVERSITY OF NEW YORK

Business and Community Relations 34 East Bridge St Oswego, NY 13126 315-312-3492 FAX: 315-312-3374 Contact: Chena Tucker Director of Office of Business and Community Relations and Executive Director of Workforce Development Board E-mail: obcr@oswego.edu Website: www.oswego.edu/obcr/	Business Resource Center 121 East First Street Oswego NY 13126 315-312-3493 FAX: 315-312-3374
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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 – a team of professional counselors who can assist you with all aspects of small business ownership.
- Workforce Development Board – a non-profit workforce grant-making organization that oversees employment-related programs.
- Leadership Oswego County prepares a select group of county residents to become the community stewards of the future
- RSVP – RSVP encourages and fosters the development and maintenance of volunteer opportunities for Americans aged 55 & over.
- OTDA Request for Qualifications- Request for Qualifications (RFQ) is an online system that posts bidding opportunities to pre-qualified consultants on behalf of NYS Office of Temporary and Disability Assistance (OTDA).
- Professional Development- OBCR provides professional development training to employees of businesses & other organizations of all sizes.

CHILDCARE, NURSERY AND PRE-SCHOOL

BASCOL. BEFORE AND AFTER SCHOOL CHILD CARE ON LOCATION, INC

4610 Wetzel Road
Liverpool, NY 13090
315-622-4815 FAX: 315-622-4885
Contact: Terry Liberty
E-mail: tliberty@bascol.org
Website: www.bascol.org

BASCOL's mission is to provide every child in grades K through 6 with the best possible before and after school program. Before and after school child care is held at A.A. Cole, Central Square Intermediate and Hastings-Mallory Elementary Schools in the Central Square school district. A nutritious morning and afternoon snack is provided. Care is also available during delays, early dismissal, half days, vacation days and snow days. BASCOL provides a fun and recreation based program with daily planned activities. BASCOL has been providing quality NYS licensed child care since 1992. Call BASCOL at 315-622-4815 or visit our website www.bascol.org for more information.

CAMP TALOOLI. SCHOOL BREAK CHILD CARE

Camp location:	Mailing Address:
520 County Route 54	71A State Street
Pennellville, NY 13132	Phoenix, NY 13135
315-695-5932	315-934-4051
	FAX: 315-272-4020
Contact: Jan Peneston	
E-mail: janmp@campfireusacny.org	
Website: www.campfireusacny.org	

Winter and Spring Camp held during school break weeks (8:30AM-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 the Camp office for brochure and registration information. Open to all children who have completed kindergarten through age 13. Camp Talooli also offers Pre-K Day Camp sessions and a Counselor-in-Training program for teenagers. All camping programs are accredited by the American Camp Association.

CHILD CARE COMPLAINT LINE (OFFICE OF CHILDREN & FAMILY SERVICES)

1-800-732-5207

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, 9:00AM–5:00PM

LITTLE LUKES. CHILDCARE CENTER AND PRESCHOOL

10 Burkle Street
Oswego, NY 13126
315-342-4600 (option 1)
Contact: Meg Kellogg, Director
E-mail: info@littlelukes.com
Website: www.littlelukes.com

Now enrolling children ages 6 weeks to 12 years of age for beautiful childcare centers in Oswego, Fulton and Pulaski. Intergenerational programs on St. Luke healthcare campus in Oswego. This Childcare Center has certified teachers, award winning curriculum, preschool program, before and after school care. Open 7:00AM–6:00PM Monday through Friday; Open school holidays and snow days. Visit www.littlelukes.com and click Childcare or call 315-342-4600 for a personal tour.

PULASKI PRESCHOOL AND CHILDCARE: 20 Castle Drive, Pulaski 315-298-5070
FULTON PRESCHOOL AND CHILDCARE: 706 South 4th Street, Fulton 315-887-5250

CHILD CARE & DEVELOPMENT COUNCIL

317 West 1st Street, Suite 111
Oswego, NY 13126
315-343-2344 ext 15 FAX: 315-343-0442
Contact: Brandy Koproski
E-mail: bkoproski@icpoc.org
Website: www.icpoc.org

The Child Care & Development Council (a division of Integrated Community Planning of Oswego County, Inc.) supports and promotes the development of quality, accessible and affordable child care services in Oswego County. Provides information and referrals to parents/guardians regarding registered and licensed child care programs, tips for selecting a Provider, and information on assistance to pay for child care. Assists with registration of Family and School Age Child Care programs, and enrolls Legally Exempt Providers. Sponsors the Child and Adult Care Food Program. Offers training and technical assistance for parents and providers.

CHILDREN'S CENTER OF OSWEGO

SUNY Oswego
131 Sheldon Hall
303 Washington Boulevard
Oswego, NY 13126
315-312-2587
Contact: Kathleen Lea
E-mail: daycare@oswego.edu
Website: www.oswego.edu/children

The Children's Center of Oswego provides childcare and preschool programs for children ages 18 months to five years of age, Monday through Friday, year round. The program includes activities in the areas of art, science, music, language and cognitive development as well as meals, snacks, and outdoor play. The Center is staffed by well-trained teachers and accredited by the National Academy of Early Childhood Programs.

DISCOVERY LEARNING CENTER

Oswego County Opportunities, Inc.
80 County Route 59
Phoenix, NY 13135
315-695-4838 X222 FAX: 315-695-5279
Contact: Dawn Koelsch, Center Manager
E-mail: dkoelsch@oco.org
Website: www.oco.org/education

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 Learning Center! The center is operated by the Education Services Department of Oswego County Opportunities, Inc. Look for us on Facebook at OCO Discovery Learning Center.

HOURS: 6:30AM-5:30PM

FULTON YMCA, SCHOOL AGE CHILD CARE

715 West Broadway
Fulton, NY 13069
315-598-9622 FAX: 315-592-3557
Contact: Amanda Godfrey
E-mail: agodfrey@fultonfamilyymca.org

A before and after school program held at James E. Lanigan (Granby kids go to Lanigan) and Volney (Fairgrieve kids go to Volney). 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, 7:00AM-8:30 AM and 3:15PM-6:00PM
Vacation & Snow days: 7:00AM-6:00PM * Additional Fee

LITTLE LUKES PRESCHOOL AND CHILD CARE CENTER

20 Castle Drive
Pulaski, NY 13142
315-298-5070 FAX: 315-298-3986
Contact: Lindsey Hermann, Director
E-mail: lindseyhermann@littlelukes.com
Website: www.littlelukes.com

Little Lukes Preschool and Child Care Center is an Integrated Preschool Center. We provide care for infants from 6 weeks to 18 months, toddlers 18 months to 3 years and preschool 3-5 years. There is before, after and summer school care for children ages 5-12 years. We also provide speech, occupational and physical therapy. At Little Lukes, children will receive a healthy breakfast, lunch and snack. Please call or visit our website for more details.

HOURS: Monday–Friday, 6:30AM - 5:30PM

LOW INCOME DAY CARE PROGRAM

Oswego County DSS
100 Spring Street PO Box 1320
Mexico, NY 13114
315-963-5278 FAX: 315-963-5472 or 315-963-5263
E-mail: childcare@oswegocounty.com
Website: www.oswegocounty.com/dss

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

OSWEGO COUNTY HEAD START/PRE-K

Oswego County Opportunities
239 Oneida Street
Fulton, NY 13069
315-598-4711 FAX: 315-598-4764
E-mail: headstartupk@oco.org

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 SACC. SCHOOL AGE CHILD CARE

265 West First Street
Oswego, NY 13126
315-342-6082 FAX: 315-343-3750
Contact: Debbie Yesensky
E-mail: debbie@oswegoymca.org

At the "Y", we believe all kids have the opportunity to discover who they are and what they can achieve. In our before and after school programs, we offer parents the convenience and reassurance of quality child care while encouraging their children's physical, mental and social growth.

Child Care is offered Monday through Friday from 6:45AM until 8:45AM and from 3:30PM until 6:00PM serving families in the Oswego City School District. SACC sites are at Kingsford Park Elementary, serving KPS and Leighton Elementary, Charles E. Riley Elementary, serving CER and Fitzhugh Elementary and Minetto Elementary. We also serve families in the Mexico Central School District. Our SACC site is Mexico Elementary School, serving Mexico, Palermo, and New Haven Elementary. Enrollment may take place at any time. There is a \$25 registration fee due at time of enrollment. This fee is waived for Oswego YMCA Family Members. Costs vary depending on usage. Please call the Y with questions about pricing, registration or any other concerns.

SUNNY DAYS NURSERY SCHOOL

Caughdenoy Methodist
Church 3 County Route 37
Central Square, New York 13036
315-676-4379
Contact: Liz Stewart, Director
E-mail: preschool.sunnydays@yahoo.com
Website: SunnyDaysNurserySchool.com
Facebook: Sunny Days Nursery School

Sunny Days Nursery School is a not-for-profit school established in 1983. We provide our community with a Christian-based, educationally sound program that provides for the development of basic concepts, attitude, skills, and individual creativity. Our curriculum is designed to prepare the children for kindergarten socially, spiritually, physically and academically. We believe meaningful experiences involve active, first-hand experiences and participation. Therefore we provide for each child an educational experience designed to help him/her grow intellectually, socially, spiritually, emotionally and physically. We maintain a program that is child-centered and experience-based. We believe play is a young child's work and natural way of learning. We believe that young children need to experience that they are loved, valued and enjoyed.

HOURS: Classes run September through mid-June. Two or three days per week for 3-yr-olds. Two, three or five days per week for 4-yr-olds. Morning sessions are 9:30AM-12:00PM and afternoon sessions are 12:30PM-3:00PM.

TRINITY CATHOLIC EARLY CHILDHOOD CENTER

Trinity Catholic School
115 East 5th Street
Oswego, NY 13126
315-343-6700 FAX: 315-342-9471
Contact: Barbara Sugar, Principal
E-mail: bsugar@syrdiocese.org
Website: www.oswegotrinitycatholic.org

3 year olds, two - ½ day sessions from 9:00-11:30 AM or three half day sessions

4 year olds, three - ½ day morning sessions - 9:00-11:30 AM or five - ½ day sessions

Before and aftercare is available. Students attend Art, Music and Library classes. Classes follow the school calendar. Please contact the school for more information.

YMCA PRESCHOOL

Fulton YMCA
715 West Broadway
Fulton, NY 13069
315-598-9622 FAX: 315-592-3557
Contact: Amanda Godfrey

Tremendous Three's

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.

* Must be potty trained

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

Adventurous 3's & 4's

3 1/2 - 4 1/2 Year-Old Class (Must be at least 3 1/2 by December 1st) This class is a new addition to our preschool program. It is geared for the older three year olds and four year olds who will benefit from a five days a week class. The primary goal of this class will include (but not limited to) socializing with others, cooperation, perceptual skills, recognition of name, colors, shapes, numbers 1-20 and development of large and small motor skills.

Weekly swim lessons and gym classes are also a part of this program. HOURS: Monday-Friday 9:15AM-11:45AM

WILLIAMSTOWN COMMUNITY PRESCHOOL

William Britton Community Center
P.O. Box 235
2910 B County Route 17
Williamstown, NY 13493
315-964-1132
Contact: Mary Lou Johnson, Teacher

A preschool program that prepares three and four-year-olds both socially and academically for school. The school takes a few field trips.

HOURS: Monday-Thursday Three year olds, 9:00AM-11:30AM, \$35/month
Monday-Thursday Four year olds, 12:30PM-3:00PM, \$35/month

COUNSELING

ADVOCACY AND MENTORING PROGRAM

Catholic Charities of Oswego County
808 West Broadway Street
Fulton, NY 13069
315-598-3980 FAX: 315-593-8875
Contact: Peggy Lallier, Supervisor (ext 248)
E-mail: plallier@ccoswego.com
Website: www.ccoswego.com

AMP is a program available for children and young adults who are experiencing social, emotional, and behavioral issues to have the opportunity for a 1:1 mentoring relationship. Parent/caregiver involvement is encouraged so the program's full potential is maximized for success and completion of established goals. AMP will focus on positive social interactions, self-confidence, self-esteem, etc. The program will also engage parents and caregivers, encouraging them to participate in the development of their child's goals and attend family groups.

Referral sources and ages: Mental Health 7-24, DSS Services 12-18, Employment and Training 14-24, Relatives Raising Relatives 8-18. Referrals come through these agencies.

LIBERTY RESOURCES BEHAVIORAL HEALTH CARE

945 South 1st Street
Fulton NY 13069
315-472-4471 FAX: 315-592-7978
Contact: Anthony Fazzino
Email: afazzino@liberty-resources.org
Website: www.liberty-resources.org

Liberty Resources Behavioral Health Care is an outpatient mental/behavioral health clinic that provides therapeutic counseling services for adults and children to include, individual therapy, couple and family therapy, groups and case management services. The clinic treats children and adults with anxiety, depression, mood disorders, panic attacks, school concerns, behavior problems, psychosis, trauma, anger, relationship conflict, substance use disorders and more. The clinic is comprised of a collaborative, multi-disciplinary team of mental health counselors including licensed clinical social workers, marriage and family therapists, mental health counselors, psychiatrists/nurse practitioners and registered nurses and is a satellite clinic of Liberty Resources Behavioral Health Care program in Syracuse (formerly known as the Brownell Center).

Hours: Monday-Thursday 8:30 AM-7:00 PM Friday 8:30AM- 5:00PM

SERVICES TO AID FAMILIES - SAF

Oswego County Opportunities Inc.
315-342-1544 (office) FAX: 315-342-7554
Hotline: 315-342-1600 (24 hours)
Contact: Cristy King, Director of Crisis and Development
Website: www.oco.org
www.facebook.com/pages/Services-to-Aid-Families/

Crisis Hotline 315-342-1600

SAF accepts calls on a 24 hour, 7 day basis. Hotline personnel are certified rape crisis counselors and are able to assist any victim of domestic violence, dating violence, sexual assault, stalking, and/or innocent victims of crime. The Hotline provides crisis intervention services to victims of violence in need of immediate assistance. In addition, it serves as the portal for clients and their support systems to access residential and non-residential victim services through the SAF program.

Domestic Violence and Sexual Assault Program:

The program provides advocacy to victims of domestic violence, sexual assault, child abuse, stalking, and innocent victims of violent crimes. Services include but are not limited to; Hotline assistance, crisis intervention, advocacy, follow-up, information and referral, assistance with locating and securing safe, affordable housing, transitional housing support, transportation assistance to appointments (when applicable) temporary shelter, and case management services. Victims can request assistance will completing petitions for Orders of Protection and/or Custody, crisis advocacy to survivors of sexual assault by meeting them at hospital emergency rooms and/or law enforcement department offices, emotional support and assistance with navigating through the criminal and/or civil justice systems, assistance with restitution, assistance with preparing a victim impact statement, follow-up advocacy, With advance notice, staff can accompany survivors to court proceedings. 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.

Temporary shelter stays and Transitional housing services may be requested through the Crisis Hotline (315-342-1600) 24 hours a day, 7 days a week. The Transitional Housing program will offer individualized services such as counseling, temporary financial assistance, support groups, safety planning, and advocacy services as well as practical services such as licensed child care, employment services, transportation vouchers, telephones, and referrals to other agencies. Program staff works with victims to help them determine and reach their goals of permanent housing.

Crime Victim's Program: SAF Staff are also funded through the New York State Office of Victim Services to assist any innocent victims of crime. Staff can assist crime victims in applying for compensation for out-of-pocket costs associated with a crime, including, but not limited to: medical costs, loss of personal property, transportation costs, crime scene clean-up, and lost wages. Staff can also provide case management and advocacy to crime victim to address their immediate and on-going needs.

Trainings and Community Education: Presentations are provided, upon request, to community groups and professionals looking to increase awareness, learn more about SAF Services, and learn more about the impact of victimization. SAF Staff can provide training and education on topics related to domestic violence, dating violence, sexual assault, stalking, elder abuse, and human trafficking. Common training topics include: the effects of batterers on children, understanding domestic violence victimization and barriers to leaving, the myth of mutual battering and determining primary aggressor, teen dating violence victimization, the dynamics of abuse in later life, trauma-informed response to victims and survivors, responding to victims of sexual assault, and crime victim's compensation. Staff are available to present to local law enforcement, social service providers, caseworkers, health care staff, teachers and educators, and any other community groups. Community education and professional trainings can be tailored to meet the needs of the intended audience.

School-based Prevention Education: Age-appropriate education on victimization is available to middle school, high school, and college students in Oswego County. SAF Staff utilize a violence prevention curriculum, which includes videos and small and large group activities, to educate students on topics related to domestic violence, dating violence, sexual assault, stalking, and human trafficking. Activities and discussion specifically focus on: warning signs of an unhealthy relationship, types of abuse, barriers to leaving an abusive relationship, qualities of a healthy relationship, bystander response, victim-blaming, consent, drug-facilitated sexual assault, current statistics on victimization, and how to reach out for help. The curriculum can be adapted to accommodate students with a disability.

Victimization Prevention Curriculum: For middle, senior, and college-aged students as used by our Educator/Trainer. At the beginning of each school year, each school district and college personnel are contacted by the Educator/Trainer. Materials reviewed will, at minimum, consist of: age-appropriate prevention curriculum outlines, a description of the Services to Aid Families Programs, and proposed follow-up activities. This curriculum has also been adapted to accommodate classrooms with students who have developmental disabilities.

COUNTY OFFICES

James Weatherup, Chairman of the Legislature 315-349-8230 County Website: www.oswegocounty.com
Linda Lockwood, Vice Chairman 315-349-8230
Philip R. Church, County Administrator 315-349-8235

The County toll-free number is 1-800-596-3200. This line connects residents to various Oswego County government offices.

OFFICE FOR THE AGING

Oswego County Office Complex
70 Bunner Street
Oswego, NY 13126
315-349-3484 FAX: 315-349-8413
Contact: Sara Sunday
Web: www.oswegocounty.com/ofa
Facebook: Oswego County Office for the Aging

The Oswego County Office for the Aging (OFA) helps seniors through directly provided services such as case management, insurance counseling, the Home Energy Assistance Program (HEAP), and outreach. Services contracted to other agencies and funded through OFA include: senior nutrition service, transportation, legal services, health promotion, personal care aides and housekeeper chore aides.

There are no fees for most OFA services. Voluntary contributions are suggested and gladly accepted. Programs are funded by federal, state and county grants through the Administration for Community Living, the NYS Office for the Aging and the Oswego County Office for the Aging, sponsored by Oswego County Government.

Services:

- Outreach Program - Staff outreach into the community to locate those who are unaware of available services. Staff can make visits to those who are homebound due to poor health or lack of transportation.
- Senior Nutrition Program – Eligible participants are provided meals for the more rural, isolated elderly in the county through the Home Delivered Meals Program or may attend a congregate meal site (Senior Dining and Activity Center) located at 6 sites throughout the County.
- Transportation – Participants of our Senior Dining and Activity Centers are eligible for transportation to sites and shopping. OFA also sponsors Call N Ride providing transportation to Doctor Appointments, Social Engagements or Shopping free of charge to Oswego County residents age 60+.
- Legal Referral – Residents 60+ years old can be referred to a local attorney through our legal referral program. Seniors can obtain information, guidance and legal representation, dependent on whether or not a legal problem exists.
- Health Insurance Information Counseling and Assistance Program (HIICAP) Provides unbiased health insurance and prescription insurance counseling for those who are Medicare eligible.
- Home Care Program – Provides (under Subcontract) in-home care (personal care and/or housekeeper chore) services for those 60+ years old who require assistance to remain in their own homes. Participants in program may be required to pay a percentage of the cost of service, or make contributions.
- Caregiver Services Program - Provide caregivers with much needed support through counseling, support groups and respite services. Caregiver services are vital to keeping older people safely in their homes.
- NY Connects Program – Provides Information and Assistance on Long Term Care Supports and Services available to persons in Oswego County, regardless of age.
- Language Interpretive Services are available.

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

AIRPORT

40 Airport Drive
Fulton, NY 13069
315-591-9130 FAX: 315-591-9131 Contact:
Brandon Schwerdt, Airport Manager E-mail:
brandon.schwerdt@oswegocounty.com
Website: www.oswegocountyairport.com

Provides full fuel services, aircraft deicing, aircraft maintenance services, and flight school. Self-serve AV gas available 24 hours a day/7 days a week.

HOURS: Full fuel services: Monday–Friday, 8:00AM-4:00PM

OSWEGO COUNTY DEPARTMENT OF COMMUNITY DEVELOPMENT, TOURISM AND PLANNING

46 East Bridge Street
Oswego, NY 13126
Contact: David R. Turner, Director
315-349-8292 FAX: 315-349-8279
Website: www.oswegocounty.com/planning

Community Development and Planning: Coordinates activities in land use, comprehensive planning, environmental management, and community development. Administers state and federal grants and programs. Administers public transportation programs. Conducts zoning reviews and provides planning assistance to municipalities. Provides planning information, including demographic and census data to local governments and the general public.

Promotion and Tourism: Promotes Oswego County tourism destinations; coordinates ILOVENEWYORK matching funds, public information, county website, 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. 315-349-8322.

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

Website: www.visitoswegocounty.com

Community Development (Housing): Administers the Federal Section 8 Rental Assistance Program through HUD (Housing and Urban Development). Assists low-income families and individuals with their rent, based on their income. 315-349-8263.

Website: www.oswegocounty.com/planning/house.html

COUNTY CLERK

County Office Building
46 East Bridge Street
Oswego, NY 13126
315-349-8621 FAX: 315-349-8383
Contact: Michael C. Backus, County Clerk
E-mail: countyclerk@oswegocounty.com
Website: www.oswegocounty.com/countyclerk

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, 9:00AM-5:00PM

DISTRICT ATTORNEY/COUNTY CORONER

Public Safety Center
39 Churchill Road
Oswego, NY 13126
315-349-3200 FAX: 315-349-3212
Contact: Gregory S. Oakes, District Attorney

The Oswego County District Attorney's Office prosecutes all levels of crimes and offenses that occur in Oswego County. District Attorney Oakes also serves and acts as the Coroner for Oswego County, which involves investigating the cause, manner and circumstances of unattended and suspicious deaths that occur in the county, which includes Lake Ontario and Oneida Lake.

E 9-1-1

County of Oswego
39 Churchill Road
Oswego, NY 13126
315-343-1313 FAX: 315-349-8550
Contact: Kevin Pooley, Director
E-mail: kevin.pooley@oswegocounty.com
Website: www.oswegocounty.com/911

The Oswego County E 9-1-1 Emergency Communications Department provides the county with access to emergency dispatch services of over 49 emergency police, fire and EMS agencies.

OFFICE OF THE BOARD OF ELECTIONS

Business Expansion Center
185 East Seneca Street Box 9
Oswego, NY 13126
315-349-8350 FAX 315-349-8357
Contact: Laura Brazak, Democrat Commissioner
E-mail: laura.brazak@oswegocounty.com

315-349-8351 FAX: 315-349-8357
Contact: Peggy Bickford, Republican Commissioner
E-mail: peggy.bickford@oswegocounty.com

The Oswego County Board of Elections was established by New York State under Article 2-8 of the New York State Constitution and Election Law 3-200 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 110 election districts and 35 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)

OSWEGO COUNTY EMERGENCY MANAGEMENT OFFICE

Oswego County Office Building
200 North Second Street
Fulton, NY 13069
315-591-9150 1-800-962-2792 FAX: 315-591-9176
Contact: Cathleen Palmitesso, Director
E-mail: cathleen.palmitesso@oswegocounty.com

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, 8:00AM-4:00PM

OSWEGO COUNTY ENVIRONMENTAL MANAGEMENT COUNCIL

Community Development, Tourism and Planning
46 East Bridge Street
Oswego, NY 13126
315-349-8292

Advises the Oswego County Legislature on matters affecting the preservation, conservation and proper management of the county's natural resources. Is available to assist the Oswego County Health Department and the Oswego County Department of Community Development, Tourism and Planning in their respective missions related to land use planning, development and environmental management concerns.

FIRE COORDINATOR

Emergency Response Training Center
720 East Seneca Street
Oswego, NY 13126
315-349-8800 or FAX: 315-349-8810
Contact: Donald J. Forbes, Fire Coordinator
E-mail: donald.forbes@oswegocounty.com
Website: www.oswegocounty.com/firecoordinator

Conducts training programs in the different techniques of firefighting for career, industrial and volunteer firefighters in the Oswego and surrounding counties. Coordinates mutual aid services and oversees state fire training programs and 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, 8:30AM-4:00PM

HIGHWAY DEPARTMENT

31 Schaad Drive
Oswego, NY 13126
315-349-8331 FAX: 315-349-8256
Contact: Kurt Ospelt, Superintendent
E-mail: highwaydept@oswegocounty.com
Website: www.oswegocounty.com/highway

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.

OFFICE HOURS: Monday-Friday, 8:00AM-3:30PM

DEPARTMENT OF MOTOR VEHICLES

OSWEGO OFFICE Records Center/DMV
384 East River Road
Oswego, NY 13126
315-349-8300 FAX: 315-349-8309

FULTON OFFICE County Branch Building
200 North Second Street
Fulton, NY 13069
315-591-9136 FAX: 315-591-9139

PULASKI OFFICE Pulaski Courthouse
2 Broad Street
Pulaski, NY 13142
315-298-6521 FAX: 315-298-7566

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 9:00AM and 4:00PM. Road testing can be made by phone at 800-801-3614.

HOURS: All offices: Monday-Friday, 9:00AM-4:30PM. No written tests after 3:30PM. No Commercial Driver tests from 9:00AM to 1:30PM.

SUMMER HOURS: July/August, all offices: Monday-Friday, 8:30AM-3:45PM. No written tests after 3:00PM. No Commercial Driver written tests after 1:00PM.

HEALTH DEPARTMENT

Oswego County Office Complex
Nick Sterio Health Clinic
74 Bunner Street
Oswego NY 13126
315-349-3540 FAX: 315-349-3435
Contact: Jiancheng Huang, Director of Public Health
Website: health.oswegocounty.com

HUMAN RESOURCES

County Office Building
46 East Bridge Street
Oswego, NY 13126
315-349-8209 FAX: 315-349-8254
Contact: Julie Bell, Director
E-mail: humanresources@oswegocounty.com
Website: www.oswegocounty.com/humanresources

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, 8:30AM-5:00PM

RECORDS CENTER

384 E River Rd
Oswego, NY 13126
315-349-8460 FAX: 315-349-8458
E-mail: countyclerk@oswegocounty.com
Website: www.oswegocounty.com/countyclerk
www.visitoswegocounty.com/historical-info/

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, 9:00AM-5:00PM

PROBATION DEPARTMENT

Public Safety Center
39 Churchill Road
Oswego, NY 13126
315-349-3477 FAX: 315-349-3507
Contact: David Hall, Director
E-mail: probationdept@oswegocounty.com
Website: www.oswegocounty.com/probation

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, 8:00AM-5:00PM

REAL PROPERTY TAX SERVICE

Office of Oswego County Real Property Tax
Service County Office Building
46 East Bridge Street
Oswego NY 13126
315-349-8315 FAX: 315-349-8281
Contact: Betsy Knapp, Director
Email: realprop@oswegocounty.com

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 delinquent tax property auction.

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

SHERIFF'S DEPARTMENT

Public Safety Center
39 Churchill Road
Oswego, NY 13126
Emergency Number: 911
Non-Emergency: 315-349-3411 or 1-888-349-3411 FAX: 315-349-3483
Contact: Don Hilton, Sheriff
Email: ocsd.sheriff@oswegocounty.com
Website: www.oswegocounty.com/sheriff

The Oswego County Sheriff's Office is committed to helping provide peace and security for all residents and visitors of 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.

COMMUNITY RELATIONS PROGRAMS

- **STOPPED Program**: A parental notification system developed to help reduce the number of young drivers involved in traffic accidents. The program is entirely voluntary and requires the registration of a vehicle by a parent that will be operated by a person under the age of 21. If the vehicle is stopped by Law Enforcement, a notification is made to the registered owner of the vehicle. Notification includes the time and location of the stop, the driver's name, number of passengers in the vehicle, the reason for the stop and whether or not any citations were issued. Contact Mrs. Trudell at 315-349-3320 for more information.
- **Project Lifesaver**: Project Lifesaver is a non-profit organization whose goal is to assist in the location of lost persons who have Alzheimer's, Down Syndrome, Dementia, Autism and other cognitive related disorders and exhibit wandering. Project Lifesaver partners with Law Enforcement and other public safety agencies, providing the equipment and training necessary to locate victims and aid families living with these disorders. For more information about Project Lifesaver, contact the E911 Emergency Communications Department business office at 315-349-8215 or 1-800-679-3911.
- **Operation Safechild**: The purpose of this program is to raise awareness and ensure safety for the children of New York State. The SAFECHILD card contains biographical information and identifying features about your child as well as a photograph and fingerprints. The same information is stored in a statewide database until your child's 18th birthday. The program is completely free and participation is entirely voluntary. A written consent of a parent or legal guardian is needed for participation. Contact Deputy K. Crast at 315-349-3336 for more information..

- **YELLOW DOT Program:** Yellow Dot is a free program designed to help first responders provide life-saving medical attention during that first “golden hour” after a crash or other emergency. A Yellow Dot in the driver’s side rear window of your vehicle will alert first responders that vital medical information is stored in the glove compartment. Contact the Oswego County Sheriff’s Office at 315-349-3411 for more information.
- **Boater Safety Course:** Contact Miss Kuhl at 315-349-3259 for more information.

HOURS: Office is open Monday – Friday, 8:00AM-5:00PM

SOCIAL SERVICES

Oswego County Department of Social Services (see Human Services Section)

100 Spring Street
 PO Box 1320
 Mexico, NY 13114
 315-963-5000 or 1-800-894-5112
 Contact: Stacy Alvord, MSW, Commissioner of Social Services
 Website: www.oswegocounty.com/dss

Oswego County Mental Hygiene Division (see Mental Health Section)

100 Spring Street
 Mexico, NY 13114
 315-963-5361
 Website: www.oswegocounty.com/mentalhygiene

Oswego County Workforce New York (see Employment Section)

200 North 2nd Street
 Fulton, NY 13069
 315-591-9000

Mexico Associate Location for Workforce New York

100 Spring Street
 Mexico, NY 13114
 315-963-5512

Child Support Unit

100 Spring Street
 Mexico, NY 13114
 E-mail: childsupport@oswegocounty.com

Child Support Statewide Customer Service Help Line
 1-888-208-4485 (Available Monday - Friday 8:30AM - 7:00PM)
 Website: www.childsupport.ny.gov

SELF-SCREENING FOR ASSISTANCE PROGRAMS

Check to see if you may be eligible and/or apply for SNAP (Supplemental Nutrition Assistance Program), HEAP, and other work supports at: www.mybenefits.ny.gov. It’s quick, easy and confidential.

Check to see if you may be eligible and/or apply for Medicaid or other Public Health Insurance programs at www.nystateofhealth.ny.gov

FAX NUMBERS:	Assistance Programs	315-963-5263	315-963-5472
	Fulton Career Center	315-591-9047	
	Mental Hygiene Division	315-963-5530	
	Mexico Administration	315-963-5477	
	Mexico Employment & Training	315-963-5263	315-963-5472
	Mexico Child Support Enforcement Unit	315-963-5559	
	Adult Services	315-963-5009	
	Child Protective/Family Services	315-963-5600	
	Foster Adoptive Home Development Unit	315-963-5008	
	Youth Services	315-963-5008	

SERVICES: Administers a variety of public assistance programs including Cash Assistance under the Family Assistance Program, and Safety Net Assistance; SNAP (Supplemental Nutrition Assistance Program), 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

2801 NYS 481
Fulton, NY 13069
315-591-9280 FAX: 315-591-9203
Contact: Mark Powell, Director of Solid Waste
Programs E-mail: mark.powell@oswegocounty.com
Website: www.oswegocounty.com

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: Bristol Hill, Hannibal, Hastings, Oswego and Pulaski Transfer Stations are all closed different days during the week. Please visit the Department of Solid Waste website under Infrastructure and Technology.

STOP-DWI

Oswego County Public Safety Center
39 Churchill Road
Oswego, NY 13126
315-349-3210 FAX: 315-349-3212
Contact: Robert Lighthall, Program Coordinator
Website: www.oswegocounty.com/stopdwi

Our Purpose: To develop and coordinate a comprehensive DWI counter-measure program to deter the incidence of drunk driving and the occurrence of alcohol and drug related traffic injuries and fatalities. The program is funded by fines from convicted drunk drivers. The STOP-DWI Program is active throughout the county, providing public information and education booths at public health fairs, corporate safety fairs, the Oswego County Fair, and other community events throughout the county. Our activities include use of Fatal Vision alcohol and recreational marijuana impairment goggles with activity mats and pedal karts on serpentine cone courses. Local S.A.D.D. Chapters, C.O.C.O.A.A., Farnham, Oswego City/County Youth Bureau, and other traffic safety partners assist to provide sufficient manpower for these activities. Program staff members and Victim Impact Panelists also travel to local high schools for classroom presentations to driver education and health classes.

Since the spring of 2005, STOP-DWI and a coalition of area public safety agencies have presented "MOCK DWI" crash scenarios at local high schools. This presentation as developed not only contains the "Crash" but includes rescue, police investigation, death notification, defendant arraignment and lastly the funeral itself. School districts generally present the Mock Crashes bi-annually to students in their junior and senior years just before the prom.

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

TREASURER

County Office Building
46 East Bridge Street
Oswego, NY 13126
315-349-8393 or 1-888-349-8392 FAX: 315-349-8255
Contact: Kevin Gardner, Treasurer
E-mail: treasurer@oswegocounty.com
Website: www.oswegocounty.com/treasurer

Custodian of county funds and manager of government finances. HOURS: Monday-Friday, 9:00AM-5:00PM

VETERANS SERVICE AGENCY

County Office Building
200 North Second Street
Fulton, NY 13069
315-591-9100 FAX: 315-591-9103
Contact: Jamie Hamlin, Director
E-mail: veterans@oswegocounty.com

Provides assistance to veterans, dependents and family members on veteran's 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.

OSWEGO CITY-COUNTY YOUTH BUREAU AND PARKS AND RECREATION

Oswego County Office Complex
70 Bunner Street
Oswego, NY 13126
315-349-3451 FAX: 315-349-3231
Contact: Brian Chetney, Executive Director
E- mail: brian.chetney@oswegocounty.com
Website: youthbureau.oswegocounty.com
Facebook: [oswegocity/countyouthbureau](https://www.facebook.com/oswegocity/countyouthbureau)

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 County Youth Court, Leadership Oswego County Youth, and Youth Advisory Council (see YOUTH SERVICES listing), and AmeriCorps (see FEDERAL listing).

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

EDUCATION

ADULT BASIC EDUCATION PROGRAM - ABE (Center for Career and Community Education)

Fulton Campus (Main Office)
167 S 4th St
Fulton, NY 13069
315-963-4251

Fulton Campus (Satellite Office)
11 River Glen Drive
Fulton, NY 13069
315-593-9400

Mexico Campus (Satellite Office)
179 County Route 64
Mexico, NY 13114
315-963-4251

Website: www.ccced.net

Adult Basic Education (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. Registration is ongoing. Call 963-4256 for an appointment to begin classes. Day and evening classes are located throughout Oswego County.

ADULT EDUCATION TRAINING PROGRAMS (Center for Career and Community Education)

Fulton Campus (Main Office)
167 S 4th St
Fulton, NY 13069
315-963-4251

Fulton Campus (Satellite Office)
11 River Glen Drive
Fulton, NY 13069
315-593-9400

Mexico Campus (Satellite Office)
179 County Route 64
Mexico, NY 13114
315-963-4251

Website: www.ccced.net

The Center for Career and Community Education's Adult Education Training Programs offer a variety of opportunities for career preparation for 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.), and trades/technology (advanced manufacturing, auto services technician, heating, ventilation and air conditioning, heavy equipment maintenance and operation, CDL-A, CDL-B, and welding.

ALTMAR-PARISH-WILLIAMSTOWN CENTRAL SCHOOL DISTRICT

639 Co Rte 22
Parish, NY 13131
315-625-5251 FAX: 315-625-7952
Eric Knuth, Superintendent

Altmar-Parish-Williamstown Elementary
APW Junior and Senior High School

315-625-5260 Fax: 315-625-4937
315-625-5220 Fax: 315-625-4638

CAYUGA COMMUNITY COLLEGE - FULTON CAMPUS

11 River Glen Drive
Fulton, NY 13069
315-592-4143 FAX: 315-592-5055
Contact: Amanda Reed
E-mail: reed@cayuga-cc.edu
Website: www.cayuga-cc.edu

Cayuga Community College offers two-year associate degrees in the areas of liberal arts, business, computers, criminal justice, electrical technology, mechanical technology, nursing, occupational therapy assistant 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 315-592-4143 for hours and to make an appointment.

CENTRAL SQUARE CENTRAL SCHOOL DISTRICT

44 School Drive
Central Square, NY 13036
315-668-4220 FAX: 315-676-4437
Thomas Colabufo, Superintendent

Millard Hawk Primary	315-668-4220 ext 19306
Brewerton Elementary	315-668-4220 ext 11309
Aura A Cole Elementary	315-668-4220 ext 12209
Hastings-Mallory Elementary	315-668-4220 ext 18204
Central Square Middle	315-668-4220 ext 40162
Paul V. Moore High School	315-668-4231 ext 53011

CONTINUING EDUCATION – DRIVING COURSES – (Center for Career and Community Education)

Fulton Campus (Satellite Office)
11 River Glen Drive
Fulton, NY 13069
315-593-9400
Website: www.ccced.net

The Center for Career and Community Education currently offers a 5-hour pre-licensing driving course. Course descriptions, updated information and schedules are listed online at www.ccced.net. Go to the website to sign up and pay for these courses.

CORNELL COOPERATIVE EXTENSION OF OSWEGO COUNTY

3288 Main Street
Mexico, NY 13114
315-963-7286 FAX: 315-963-0968
E-mail: oswego-mailbox@cornell.edu
Website: www.thatscooperativeextension.org
HOURS: Monday-Friday, 8:30AM-4:00PM

4-H/Youth Development Program

Contact: Linda Brosch, 4-H Team Coordinator
E-mail: lcr23@cornell.edu

4-H offers educational opportunities for youths 5-19 years of age through 4-H Clubs, school classroom programs and afterschool environments. Educational programs are also provided to scouts, youth groups and youth-serving organizations. A listing of these educational programs for youth can be found on the website or by calling the Cornell Cooperative Extension of Oswego County office.

Agriculture Program

Contact: Paul A Forestiere II, Executive Director, CCE Oswego

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: Linda Brosch
E-mail: lcr23@cornell.edu

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
E-mail: cw99@cornell.edu

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 Eat Smart New York! help families with limited resources develop improved diets.

Nutrition Education

Contact: Cynthia Walsh, Human Ecology Team Coordinator
E-mail: cw99@cornell.edu

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! help individuals and families with limited resources develop improved diets.

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES – ESOL (Center for Career and Community Education)

Catholic Charities
808 West Broadway
Fulton, NY 13069
Monday & Tuesday 4:30-7:30PM

Fulton Campus (Satellite Office)
11 River Glen Drive
Fulton, NY 13069
315-593-9400

Hamilton Homes
Community Room
96 Hamilton Street
Oswego, NY 13126
Monday & Wednesday 3:30-6:30PM

Website: www.CiTiBoces.org/AdultEd

Provides an opportunity for individuals to develop the skills and understanding of the English language. Adults must be an Oswego County resident and age 16 or older.

FULTON CITY SCHOOL DISTRICT

129 Curtis Street
Fulton, NY 13069
315-593-5510 FAX: 315-598-6351
Brian Pulvino, Superintendent
Website: www.fultoncsd.org

Fairgrieve Elementary 315-593-5550
Granby Elementary 315-593-5480
Lanigan Elementary 315-593-5470
Volney Elementary 315-593-5570
Fulton Junior High 315-593-5440
G. Ray Bodley High School 315-593-5400

HANNIBAL CENTRAL SCHOOL DISTRICT

928 Cayuga Street
Hannibal, NY 13074
315-564-8100 FAX: 315-564-7263
Christopher Staats, Superintendent
Website: www.hannibalcsd.org

Fairley School 315-564-8110
DMK Middle School 315-564-8120
Hannibal High School 315-564-8130

HIGH SCHOOL EQUIVALENCY - (OSWEGO COUNTY BOCES)

Fulton Campus (Main Office)
167 S 4th St
Fulton, NY 13069
315-963-4251

Fulton Campus (Satellite Office)
11 River Glen Drive
Fulton, NY 13069
315-593-9400

Mexico Campus (Satellite Office)
179 County Route 64
Mexico, NY 13114
315-963-4251

Website: www.ccced.net

Provides an opportunity for individuals to develop the skills and understanding necessary to pass the High School Equivalency exam (formerly referred to as the GED). Adults must be Oswego County residents no longer enrolled in high school and 17 years or older. There is no charge for this course. Registration is ongoing. Day and evening classes are located throughout Oswego County.

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 315-963-4256 for an appointment to begin classes.

LIBERTY POST

1045 James Street
Syracuse NY 13203
315-425-1004
Contact: Laura Zaferakis
E-mail: lzaferakis@liberty-resources.org

Liberty POST offers a wide range of Early Intervention services, to include; Physical, Occupational and Speech & Language Therapy, Music Therapy, Health Home and Service Coordination, Psychological Services and Parent Support Groups. Liberty POST's mission is to provide superior early childhood care in the areas of evaluation, treatment, and family education through child-directed play.

LITERACY VOLUNTEERS (Through Oswego County Opportunities)

45 East Schuyler Street,
Bldg. 31 Fort Ontario
Oswego, NY 13126
315-342-8839 FAX: 315-342-3489
Contact: Meg Henderson, Program Coordinator
E- mail: ivoswego@oco.org
Website: www.oco.org

One-to-one confidential tutoring at no cost to adults age 16 and over, not in school. Tutoring in reading, writing, simple math, English language and basic computer literacy. Tutoring sessions are provided by certified volunteers and are held at mutually convenient public sites and times. Volunteers are always needed!

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

MEXICO CENTRAL SCHOOL DISTRICT

16 Fravor Rd Suite A
Mexico, NY 13114
315-963-8400 X5400 FAX:
315-963-5801
Sean Bruno, Superintendent
Website: www.mexicocsd.org
New Haven Elementary 315-963-8400 x 3500
Mexico Elementary 315-963-8400 x 2310
Palermo Elementary 315-963-8400 x 1000
Mexico Middle School 315-963-8400 x 4201
Mexico High School 315-963-8400 x 5318

MIGRANT EDUCATION TUTORIAL AND SUPPORT SERVICES PROGRAM - (METS) (Center for Instruction, Technology & Innovation)

CiTi South Campus (Migrant Office)
70 County Route 59
Phoenix, NY 13135
315-963-4265

Mexico Campus (Mailing Address)
179 County Route 64
Mexico, NY 13114
315-963-4251

E-mail: pgugel@oswegoboces.org
Website: CiTiBoces.org

The Migrant Education Tutorial and Support Services program (METS) provides migrant students in Oswego, Jefferson, Lewis and Wayne counties with education 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 METS also offers on-site English as a Second Language (ESL) classes in migrant labor camps for out-of-school youth ages 16 – 21. The METS 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 METS provides services for students who meet the eligibility requirements for the federal migrant education program. A student (age 3 - 21) may be eligible if their parent, guardian, spouse or him/herself has moved across school district or state boundaries within the last three years in order to secure or search for employment in agriculture including picking/harvesting or packing of fruits and vegetables, dairy farming, food processing, tree farming or logging.

OSWEGO COMMUNITY CHRISTIAN SCHOOL

400 East Albany Street
Oswego, NY 13126
315-342-9322 FAX: 315-342-0268
Contact: David Proietti, Principal
E-mail: info@myoccs.org
Website: www.myoccs.org

Pre-K through 8th Grade education

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

CENTER FOR INSTRUCTION, TECHNOLOGY & INNOVATION - ADMINISTRATION

Mexico Campus
179 County Route 64
Mexico NY 13114

Fulton Campus
167 S 4th St
Fulton NY 13069

315-963-4251 FAX: 315-963-4259

Contacts: Christopher J. Todd, District Superintendent
Rosanne Bayne, Assistant Superintendent for Instruction
Mark LaFountain, Assistant Superintendent for Personnel
Michael Sheperd, Assistant Superintendent for Administrative Services

Website: www.CiTiBoces.org

Instructional Support Services

315-963-4293

Contact: Rosanne Bayne, Assistant Superintendent for Instruction

Career & Technical Education

315-963-4433

Contact: Michael Thurlow, CTE Principal

Adult Education (A partnership between CiTi and CCC)

315-593-9470

Contact: Carla DeShaw, Executive Dean at the Center for Career and Community Education

Alternative Education

315-963-4995

Contact: Gary Brisson, Director

Exceptional Education

315-963-4315

Contact: Julie Landy, Director

The Center for Instruction, Technology & Innovation (CiTi) is an organization which provides outstanding educational experiences and cost-effective cooperative services and programs to the more than 21,000 students who attend the nine component school districts in Oswego County. CiTi enhances the lives of county residents by providing High School Equivalency programs, enrichment classes, adult literacy lessons, adult career and training programs, career planning assistance and a range of professional services including distance learning classes.

OSWEGO ENLARGED CITY SCHOOL DISTRICT

Oswego Education Center
1 Bucaneer Blvd
Oswego, NY 13126
315-341-2001 FAX: 315-341-2910
Dr. Dean Goewey, Superintendent
Website: www.oswego.org

Fitzhugh Park School	315-341-2400
Kingsford Park School	315-341-2500
Leighton School	315-341-2700
Minetto Elementary	315-341-2600
Riley Elementary	315-341-2800
Oswego Middle School	315-341-2300
Oswego High School	315-341-2200

PHOENIX CENTRAL SCHOOL DISTRICT

116 Volney Street
Phoenix, NY 13135
315-695-1555 FAX: 315-695-1201
Christopher Byrne, Superintendent
E-mail: cbyrne@phoenixcsd.org
Website: www.phoenixcsd.org

Maroun Elementary	315-695-1561
E.J. Dillon Middle School	315-695-1520
J.C. Birdlebough High School	315-695-1631

PULASKI CENTRAL SCHOOL DISTRICT

2 Hinman Road
Pulaski, NY 13142
315-298-5188 FAX: 315-298-4390
Thomas Jennings, Superintendent
Website: www.pulaskicsd.org
Lura Sharp Elementary 315-298-2412
Pulaski Middle School 315-298-5103
Pulaski High School 315-298-5103

SANDY CREEK CENTRAL SCHOOL DISTRICT

P.O. Box 248
124 Salisbury Street
Sandy Creek, NY 13145
315-387-3445 FAX: 315-387-2196
Kyle Faulkner, Superintendent
Website: www.sccs.cnyric.org
Sandy Creek Elementary, Middle and Senior High 315-387-3445

STATE UNIVERSITY OF NY OSWEGO DIVISION OF EXTENDED LEARNING

151 Marano Campus Center
SUNY Oswego
Oswego, NY 13126
315-312-2270 FAX: 315-312-3078
E-mail: extlearn@oswego.edu
Website: www.oswego.edu/extendedlearning

The Division of Extended Learning at SUNY Oswego offers programs and services to adult and non-traditional audiences to open gateways to new careers, enhance skills, or pursue lifelong learning. Programs and services include Summer and Winter Sessions, Online Degrees & Courses, Evening & Part Time Degrees, Adult & Non Traditional Student Advisement, High School Concurrent Enrollment, English for Academic Purposes, Intensive English Programs, Testing & Proctoring Services, Veteran & Military Services, Instructional Design Services, Non Credit Professional Development, Contract Training, and Youth Programs. In addition we offer programs as well as programs and services at the SUNY Oswego in Syracuse Branch Campus and at the Jefferson Higher Education Center at JCC in the Watertown / Fort Drum area. The Division provides access to higher education at all levels of the educational pipeline to expand horizons and further develop students toward their highest potential. As a collaborative partner, the Division works closely with all offices on campus and external partners to assess an educational need, and craft innovative, flexible and responsive ways to promote lifelong learning and continuing education.

In cooperation with 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 opportunities are available at the SUNY Oswego Phoenix Center, located in Phoenix, NY (phone 315-934-4900) and at the SUNY Oswego Metro Center, located in Syracuse, NY (phone 315-312-2321).

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 extlearn@oswego.edu, or contact the campus office at 315.312.2270. We look forward to helping you achieve your educational goals!

TRINITY CATHOLIC PRE-K - 6

Trinity Catholic School
115 East 5th Street
Oswego, NY 13126
315-343-6700 FAX: 315-342-9471
Contact: Barbara Sugar, Principal
E-mail: bsugar@syrdiocese.org
Website: www.oswegotrinitycatholic.org

The 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

344 West Genesee Street
Suite #100
Syracuse, NY 13202
315-234-2200 FAX: 315-234-2234
Contact: Alan Turner II, CNY Chapter Interim Executive Director
E-mail: info.CNY@redcross.org
Website: www.redcross.org/cny

The American Red Cross

- Provides emergency assistance such as food, shelter and clothing for families affected by disasters
- Provides services to the Armed Forces which receives, verifies and relays emergency messages between serving members of the US military and their family members and offers financial assistance in the form of loans to military families in crisis
- Provides health and safety programs that include CPR and First Aid classes, babysitter certification, swimming lessons and lifeguard training
- Arranges local blood drives to help blood services collect and process half of the nation's blood supply
- Provides utility and home fuel assistance during the primary heating season
- Facilitates the *I'm OK Program* which provides a non-invasive daily wellness check by and for residents at independent senior living sites
- Offers disaster preparedness training to schools, businesses and community organizations
- Provides international tracing and messaging services helping people displaced by conflict to reconnect with their families

THE UPSTATE NEW YORK POISON CENTER

Upstate Medical University
750 East Adams Street
Syracuse, NY 13210
1-800-222-1222 (Nationwide)
LOCAL: 315-464-7078 FAX: 315-464-7077

The Upstate New York Poison Center of Upstate Medical University is a telephone service available 24 hours a day, 365 days a year for poison emergencies or for poison information. The Center manages over 80,000 calls annually, with about 50% of the calls involving children under the age of six. Over 85% of these cases are successfully treated at home through telephone consultation, eliminating unnecessary trips to the Emergency Department. About 30% of total calls to the poison center are from healthcare facilities seeking the expertise of poison center specialists.

The poison center is responsible for a 54-county catchment area of NYS. It is staffed by registered nurses certified by the American Association of Poison Control Centers as Specialists in Poison Information with consultation provided by both medical and clinical toxicologists. 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 conferences held weekly at the center, clinical rotations for physicians, pharmacists, nurses and other health care professionals; in-services conducted for hospital staff throughout the 54 county service area; Toxicology Teaching Day held in Syracuse, NY each Fall; and through the center's 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.

EMPLOYMENT

ADECCO EMPLOYMENT SERVICES

225 Greenfield Parkway
Suite 111
Liverpool, NY 13088
315-461-1270 FAX: 315-461-1276
Contact: Laurlyn Bush
E-mail: laurlyn.bush@adeccona.com
Website: www.adeccousa.com

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.
239 Oneida Street
Fulton NY 13069
315-598-5669 FAX: 315-593-6835
Contact: Carol Ireland, Backstreet Books Program Manager/Employment Specialist
E-mail: cireland@oco.org

The Job Assistance Readiness Training program provides services for low income youth and adults 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 skills necessary for entry level employment and provides a national, portable certification that affirms that individual job seekers have demonstrated the knowledge and skills they need for successful performance as entry-level workers.

LIBERTY RESOURCES SUPPORT FOR EMPLOYMENT

1065 James Street
Syracuse NY 13203
315-425-1004 FAX: 315-479-7904
Contact: Kathleen Langlois
E-mail: klanglois@liberty-resouces.org

Liberty Resources Supports for Employment program is based out of Syracuse, NY and provides employment services to adults with development disabilities in Oswego, Onondaga and Madison Counties. Liberty Resources provides assistance with identifying personal strengths, interviewing, on-site job coaching, off-site support, developing a positive work attitude, developing professional work relationships, safety, time management and dealing with conflicts in the work-place. Liberty Resources Supports for Employment also works directly with employers to help with Federal and NYS tax incentives, diversity trainings and providing connections to available financial incentives for new hires.

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

NEW YORK STATE DEPARTMENT OF LABOR

Division of Employment and Workforce Solutions
200 North Second Street
Fulton, NY 13069
315-591-9302 FAX: 315-591-9309
Website: www.labor.ny.gov

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, 8:30AM-4:30PM

OSWEGO COUNTY WORKFORCE NEW YORK

200 North Second Street

Fulton, NY 13069

315-591-9000 FAX: 315-591-9047

Contact: Christine Weaver, Coordinator of Client Services/One-Stop Operator

E-mail: christine.weaver@oswegocounty.com

Website: www.yourcareerconnection.org

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, computer classes, opportunities for on-line skill development training, 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

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. 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
Oswego County Office Complex
70 Bunner Street
Oswego, NY 13126
315-349-3451 FAX: 315-349-3231
Contact: Christopher Metz
Website: youthbureau.oswegocounty.com/Americorps

AmeriCorps, the "domestic Peace Corps", is a national service program that meets critical needs in local communities. Oswego AmeriCorps members provide fitness and nutrition education activities for youth and housing services for economically disadvantaged individuals.

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, 450 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, community based organizations and county programs. Agencies may apply to become an AmeriCorps site and host a member. Sites pay a share of the member costs.

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

SOCIAL SECURITY ADMINISTRATION

Hillside Commons
17 Fourth Avenue
Oswego, NY 13126
Toll Free 1-866-964-7593
Local 315-343-8319
Website: www.socialsecurity.gov

Offers a variety of services online, over the phone, and in the office. Once you have established a mySocialSecurity account online, you will have access to your benefit estimate and earnings record. You can file a claim for Retirement or Disability benefits online. If you are currently receiving benefits, you can obtain verification of your Social Security benefit amount, a replacement 1099 for your taxes, and make changes to your address, phone number and direct deposit information. The website also provides a wide assortment of informational pamphlets describing the various benefits categories and programs in general. 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. It also processes applications for new and replacement Social Security cards. Appointments may be scheduled by phone or in-office service by calling the National Toll-Free number. Speakers for group meetings and events are available at no charge; SSA employees can only attend meetings/events that fall within normal hours of operation.

HOURS: Monday, Tuesday, Thursday, Friday, 9:00AM-4:00PM
Wednesday, 9:00AM-12:00PM

HEALTH SERVICES

ACR HEALTH

10 George Street
Oswego, NY 13126
315-475-2430 or 1-800-475-2430
FAX: 315-343-4663
E-mail: information@ACRHealth.org
Website: www.ACRHealth.org

Care Management (Health Homes) - Contact Trisha Kelly

A support program for people with chronic health conditions. Care Management helps individuals with chronic health conditions get the treatment and support to stay healthy and out of the emergency room and hospital. Individuals with Medicaid and at least two chronic conditions, such as diabetes or asthma, may be eligible for Care Management.

Support Services – Contact Jennifer Cook

Email: jcook@ACRHealth.org

Case Management and Supportive Services: Must be HIV+

Provides care and support services to individuals with HIV/AIDS who are uninsured or in need of services that are not covered by other third-party payers such as Medicaid, ADAP, or other insurance.

Care Management (Health Homes)

A support program for people with chronic health conditions. Care Management helps individuals with chronic health conditions get the treatment and support to stay healthy and out of the emergency room and hospital. Individuals with Medicaid and at least two chronic conditions, such as diabetes or asthma, may be eligible for Care Management.

Behavioral Health Education and Engagement: Must be HIV+

Behavioral Health Education and Engagement helps individuals with mental and substance abuse connect with care they need to live more stable and productive lives. BHE: Screens for mental and substance abuse treatment readiness; refers to mental health and substance abuse treatment providers; assists in retention to behavioral healthcare; supports adherence to medical treatment.

Medical Transportation: Must be HIV+

Serves consumers whose transportation needs cannot be met by Medicaid Transportation and to ensure they have access to medical appointments, HIV related services, including appointments to assist in maintaining medical care. Individuals do not have to be clients of ACR Health to be served; anyone who is HIV positive is eligible to receive services. Individuals are provided cab rides, bus tokens or gas cards to ensure they are able to meet with their medical providers including primary care and specialist doctor's appointments, dentists, mental health and substance use providers and other care management appointments.

Housing Opportunities for People With AIDS (HOPWA) and Housing Support Services; Must be HIV+ Safe, affordable housing is essential for people living with HIV/AIDS to benefit from new treatments and adhere to medication regimens. Without stable housing, the ability to take medications on a routine schedule can be severely impaired. Housing services assist in locating housing; link people to public assistance, rental subsidies, and financial assistance; advocate with landlords; assist in conflict resolution.

Employment Initiative: Must be HIV+

Helps prospective employees get jobs and keep a job by completing new resumes, practicing job interview techniques, mastering the soft skills that employers are looking for, and focusing on the skills needed for employment.

Nutrition Health Education and Food and Meal Services: Must be HIV+

Health-enhancing nutritional education sessions for individuals and groups, and food assistance through pantry bags and food vouchers. Educates eligible participants on a variety of nutritional and skill building topics, ultimately improving their overall health outcomes.

INSURANCE AND CONSUMER ADVOCACY – Contact Steve Wood

Email: swood@ACRHealth.org

Health Insurance Navigators

A team of highly-trained "Navigators" to steer New Yorkers to the best and most affordable health insurance coverage available from the state insurance exchange under auspices of the Affordable Care Act (ACA).

Independent Consumer Advocacy Network - MLTC/HARP Ombudsman

An effective advocate and resource for older adults and persons with disabilities who live in nursing homes, assisted living and other licensed adult care homes. Ombudsmen help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life. The Ombudsman advocates for residents by investigating and resolving complaints made by or on behalf of residents; promoting the development of resident and family councils; and informing government agencies, providers and the general public about issues and concerns impacting residents of long-term care facilities.

Facilitated Enrollment for the Aged, Blind and Disabled:

Medicaid enrollment for individuals who have Medicare.

Minority Outreach, Education and Enrollment Program:

Education and assistance focused on HIV+ individuals to assist in enrollment into ADAP, APIC, Health Insurance, Medicare and Medicaid.

Community Health Advocates

Open to all regardless of age, health, insurance status of income. Provides one-on-one consultation with people in need of assistance and information. We assist consumers, communities, and health and human service organizations in navigating New York's healthcare systems and services. We assist consumers, communities, and health and human service organizations in finding the best price on prescription medications. We help people understand and access Medicaid, Medicare, Child Health Plus, Family Health Plus, commercial insurance and other health care options.

YOUTH PROGRAMS – Contact Marissa Rice

E-mail: mrice@ACRHealth.org

Adolescent Health Initiative: The Adolescent Health Initiative is a targeted prevention program focused reducing the rates of HIV/AIDS, STDs, hepatitis C (HCV) substance use/abuse, and teen pregnancy among our youth. The program equips young people with information and skills to make healthy choices throughout their lives by providing evidence-based sexual health education sessions, Peer Education workshops, HIV, STD, and Hepatitis C testing, and linkages to local health and human service providers. LGBTQ youth programs which includes the Q Center in Syracuse, provide a safe space for LGBTQ youth to gather and receive support from caring adults. The program also provides case management services, Special events, HIV/STD and Hepatitis C testing, crisis intervention and referrals for LGBTQ affirming clinical services, and referrals to LGBTQ affirming health and human service providers. The Q Center offers after-school programming, support groups for youth, parents and families. Groups vary by age (Tuesday 13-17) Thursday (18-25) & 1st & 3rd Wednesdays (trans youth & trans parent). For more information add/like us on Facebook @ QCenter Youthpage or on Instagram QCenterCNY.

PREVENTION PROGRAMS – Contact Jeanette O'Connor-Shanley

E-mail: joconnorshanley@ACRHealth.org

Communities of Color – MENS Project. A program to prevent the spread of HIV, Hepatitis C and other sexually transmitted diseases among adult African American and Latino men who have sex with men. Testing for HIV, Hepatitis C, Chlamydia, and Gonorrhea is offered free of charge. Free condoms.

Communities of Color – Heterosexual. A program to prevent the spread of HIV, Hepatitis C and other sexually transmitted diseases among adults in the minority heterosexual population. Testing for HIV, Hepatitis C, Chlamydia, and gonorrhea is offered free of charge. Free condoms.

Safety First Syringe Exchange Program Provides new sterile syringes and other safer injection and safer sex supplies. Provides safe disposal of used syringes. Helps injection drug users adopt behaviors to reduce risk of contracting HIV or viral hepatitis. Offers risk reduction counseling and referral to HIV/STD/Hepatitis C counseling and testing, healthcare, substance use programs and social services. Syringe exchange offices in Syracuse and Utica.

Women's Program Teaches women how to take charge of their lives and sexual safety and how to decrease their risk, and their partners' risk of getting HIV, Hepatitis C, and other sexually transmitted diseases. Testing for HIV, Hepatitis C, Chlamydia, and gonorrhea is offered free of charge. Free condoms.

Criminal Justice Initiative ACR Health's Criminal Justice Initiative provides comprehensive HIV, STD and Hepatitis C prevention programs for inmates. The program works individually with HIV+ inmates to develop transitional plans for health care, risk reduction, and services upon release from prison, and conducts peer education groups for those housed in eight New York State Department of Corrections facilities in the Watertown and Elmira HUBS.

AMERICAN CANCER SOCIETY

6725 Lyons Street
PO Box 7
East Syracuse, NY 13057
1-800-227-2345 315-437-7025
Website: www.cancer.org

The American Cancer Society is here for you 24 hours a day, seven days a week. We offer information for you and your family, helpful guidance for day-to-day life, caring emotional support including patient navigation, transportation, support groups, clinical trial match, prevention and early detection.

AMERICAN DIABETES ASSOCIATION

Upstate New York Office
5 Pine West Plaza
Suite 505
Albany NY 12205
315-438-8687 OR 1-800-342-2383 FAX: 315-463-2064
Email: ADAupstateNY@diabetes.org
Website: www.diabetes.org

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

AMERICAN HEART ASSOCIATION

(MAILING ADDRESS)	PO Box 3049 Syracuse, NY 13220-3049 315-728-7540 FAX: 315-424-2507 Website: www.heart.org	(PHYSICAL ADDRESS)	2 Clinton Square Suite 305 Syracuse NY 13202
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Provides cardiovascular education programs in schools, health care facilities, communities and the workplace. Over one million dollars is spent on research locally each year. Literature and educational materials are available. The Association conducts fund-raising activities and programs for research and education.

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

BREAST CANCER HOTLINE 1-877-465-6636

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 a trained specialist or oncologist in English and Spanish.

Callers will receive emotional support and general, objective advice. Specialists 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.

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.

Numerous support groups and educational forums are provided throughout the year.

HOTLINE HOURS: Monday – Friday, 9:00AM - 10:00PM

CANCER INFORMATION SERVICE

1-800-422-6237
Website: www.cancer.gov

National Cancer Institute (NCI) specialists are available to help answer your cancer-related questions whether you are a patient, family member or friend, health care provider or researcher. LiveHelp – live on-line chat is available in English, Monday through Friday, 9:00AM – 9:00PM.

HOURS: Monday - Friday, 9:00AM - 9:00PM, English and Spanish

CENTRAL SQUARE MEDICAL CENTER

3045 East Avenue (Route 49)
Central Square, New York
315-668-5212 FAX: 315-668-5242

The Central Square Medical Center offers urgent care, medical imaging, lab and physical therapy services. The facility's urgent care center features eight private exam rooms and is open from 9:00AM-8:30PM daily, including weekends and holidays. The medical imaging department offers general x-rays and computed tomography (CT). In addition, the health facility has a private women's suite offering digital mammography, bone density and ultrasound testing.

The PrimeCare Medical practice is located in the lower level of the facility, offers primary care to those of all ages. The practice also accepts most insurances. Primecare can be reached by calling 315-668-1202.

CHILD HEALTH PLUS & MEDICAID INFORMATION HELPLINE

1-800-698-4543

Website: www.nystateofhealth.ny.gov

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 and 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, noon – 5:00PM; Closed on Sundays

CONNEXT CARE

Oswego Health Center
10 George Street Suite 200
Oswego, NY 13126
315-342-0880 FAX: 315-593-6195
Website: www.connexcare.org

Fulton Health Center
510 South Fourth Street, Suite 600
Fulton, NY 13069
315-598-4790 FAX: 315-593-6195

Primary Care 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.

CONSUMER-DIRECTED PERSONAL ASSISTANCE PROGRAM

ARISE
293 St. Rt. 104E
Oswego, NY 13126
315-342-4088 EXT 4937 FAX: 315-342-4107
Contact: Rochelle Kandt
E-mail: rkandt@ariseinc.org
Website: www.ariseinc.org

The Consumer-Directed Personal Assistance Program (CDPAP) is an alternative to traditional home healthcare for individuals receiving or eligible for Medicaid. The CDPAP program gives people of all ages the opportunity to manage and direct their home health care services.

CYSTIC FIBROSIS FOUNDATION

Central New York Chapter
200 Gateway Park Dr, Bldg C
Syracuse, NY 13212
315-463-7965 FAX: 315-463-8221
Contact: Amy Spranger, Executive Director
E-mail: central-ny@cff.org
Website: www.cff.org
Chapter Website: www.cff.org/CentralNY/

Focusing and driving all of our efforts is our mission - to assure the development of the means to cure and control cystic fibrosis and to improve the quality of life for those with the disease.

FULTON MEDICAL CENTER

522 South 4th Street
Fulton, NY 13069
315-592-3555
Urgent Care: 315-592-3500 FAX: 315-592-3512
Medical Imaging: 315-592-3541
Laboratory: 315-592-3550
Occupational Health: 315-592-3506 FAX: 315-592-3579

The Fulton Medical Center offers urgent care, medical imaging, lab, physical therapy and occupational health services. The facility's new urgent care center features nine private exam rooms and is open from 9:00AM-9:00PM daily, including weekends and holidays. Medical imaging and laboratory services are available weekdays beginning at 6:30 AM.

GROWING UP HEALTHY HOTLINE 1-800-522-5006

The Growing Up Healthy Hotline is a call referral center for social service programs in New York State, such as state-wide insurance, food stamps and maternal – prenatal care.

HOURS: 24 hours a day, seven days a week

HOME AIDES OF CNY(NASCENTIA HEALTH)

1050 West Genesee Street
Syracuse, NY 13204
315-476-4295 FAX: 315-476-7252
Website: www.nascentiahealth.org

Central Square Office
315-668-0111

Home Aides of Central New York, a division of VNA Homecare, provides home care services including home health aides, personal care aides, companions/homemakers, respite care, a personal emergency response system, caregiver referrals, RN assessments and home health aide training.

Philips Lifeline Medical Alert Service Lifeline is a personal emergency response system that links the user to 24 hour emergency assistance at the push of a button. A Lifeline Communicator connects to your existing phone system. In an emergency, with the push of a button, the Communicator automatically calls the Lifeline Response Center and trained professionals will help. Services are provided 24 hours a day, seven days a week. Administrative staff are on call 24/7. We proudly serve the Central New York region surrounding Syracuse, New York, with most of our clients residing in Onondaga, Madison and Oswego counties.

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

IN PERSON ASSISTOR NAVIGATOR PROGRAM

10 George St
Oswego NY 3126
315-342-0888 EXT 1450
Contact: Christen Anderson
E-mail: caanderson@oco.org

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 Qualified Health Plans, Essential Plans and Medicaid. Staff are on site at several locations throughout Oswego County at a variety of times including evenings and Saturdays(as needed). This service offers assistance in determining eligibility, picking a plan and in applying for health insurance coverage through New York State of Health Marketplace. The Navigators also help Small Businesses, under the new health care regulations, see if they are eligible for tax credits and what health plans are offered in their county . The Navigators will meet with families, Small Business Owners and individuals at convenient times and locations to gather the necessary documents to complete an application and enroll in a plan.

KINDRED AT HOME

19 Fourth Avenue
Oswego, NY 13126
315-342-0510 FAX: 315-342-2451

315-461-0209 Liverpool Office
315-255-1781 Auburn Office

Gentiva Home Health 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, and Home Health Aides. 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.

HOURS: Monday-Friday, 8:00AM-5:00PM
Answering service - all other hours

OSWEGO HEALTH HOME CARE, INC.

113 Schuyler Street Suite 3
Fulton, NY 13069
315-598-1544 FAX: 315-598-6868
Contact: Valerie Favata
Website: www.oswegohealth.org

OHHC, 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. OHHC can also provide physical therapy, speech therapy, occupational therapy, intravenous infusion and wound management, and nutrition information.

OSWEGO HOSPITAL LIFELINE

The Health Services Center
110 West 6th Street
Oswego, NY 13126
315-343-1887 FAX: 315-349-5702
Contact: Lauri Clark, Lifeline
Manager Website:
www.oswegohealth.org

The Oswego Hospital Lifeline Program, a part of the Oswego Health system, provides fast access to help 24 hours a day, 365 days a year for residents of Oswego and surrounding counties with a push of button. New equipment now makes it possible to provide service to people with or without landline phone service. In addition, we also offer Lifeline with Auto Alert which has specialized fall detection capabilities, a "Go Safe" system that can get you help no matter where you are, as well as a managed medication dispensing service.

LIFESTYLES CENTER

SUNY Oswego
Walker Health Center
1 Rudolph Road
Oswego, NY 13126
315-312-5648 FAX: 315-312-2502
Contact: Shelly Sloan
E-mail: lifestyle@oswego.edu
Website: www.oswego.edu/lifestyles-center/

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, 9:00AM-3:00 PM and by appointment

LIONS CLUB

Oswego Lions Club
Contact: Matthew Warren, President
Website: www.e-clubhouse.org/sites/oswegony

Fulton Lions Club
Contact: David Guyer, President
Website: www.fultonlionsclub.com

SERVICES: Lions Clubs provide assistance for the purchase of eyeglasses, hearing aids, 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 ALLIANCE OF UPSTATE NEW YORK

1-800-300-4198
E-mail: info@lupusupstateny.org
Website: www.lupusupstateny.org

HOURS: Monday-Thursday, 10:00AM-4:00PM, closed Fridays

Our mission:

- Provide information and support to the extended lupus community and those with related autoimmune diseases, including patients, caregivers and families;
- Raise awareness and increase understanding among providers, law makers and the public;
- Fund research that will lead to earlier diagnosis, more effective treatments and, ultimately, a cure.

Services provided:

- Informational and educational materials
- In-service programs for health professionals.
- New patient orientations.
- News and research updates
- Quarterly newsletter
- Research funding
- Rheumatologists listed by county
- Scholarship program
- Support group meetings
- Symposiums
- Telephone support buddies
- Web-based virtual meetings

MEXICO HEALTH SERVICES CENTER

5856 Scenic Drive
Mexico, NY 13114
315-963-4133 FAX: 315-963-2192
Website: www.oswegohealth.org

HOURS: Monday & Friday, 7:30AM-4:30PM
Tuesday, Wednesday, Thursday 7:30AM-5:00 PM
Saturday 9:00AM-1:00PM
WALK IN HOURS: Monday & Wednesday 1:00PM-3:00PM

MIGRANT HEALTH

522 South 4th Street Suite 500
Fulton NY 13069
315-598-4740
Contact: Adriana Becker
E-mail: abecker@oco.org

Provide a variety of services to Seasonal/Migrant Farmworkers including: In-Camp/In-Home Health Screenings, Health Education, Farm Worker Clinic, Preventive Services, Medication Assistance, Financial Advocacy, Case Management, Dental Services, Advocacy, Interpretation and Transportation.

NEW YORK STATE HIV COUNSELING HOTLINE 1-800-872-2777

Offers trained counselors who can answer questions, assess risk, assist in prevention strategies, and discuss a variety of HIV/AIDS/STD issues. Offer free literature.

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

NEW YORK STATE HIV/AIDS INFORMATION SERVICE 1-800-541-2437

Provides up-to-date, information on Human Immunodeficiency Virus 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. The hotline also offers referrals to testing sites, community service programs, designated AIDS care facilities, and other services including free literature.

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

NORTH COUNTRY CANCER SERVICES PROGRAM

315-592-0830
Contact: Carolyn Handville or Christina Wallace
E-mail: chandville@oco.org or cwallace@oco.org

Provide free screenings for breast cancer, cervical cancer, and colon cancer to eligible women and men in Oswego county.

NORTHWAY MEDICAL ASSOCIATES

21 North 2nd Street
Fulton, NY 13069
315-598-7105 FAX: 315-598-4857
E-mail: fultonoffice@northwaymedical.com
Website: www.northwaymedical.com

NMA is a non-emergency, primary care practice for patients 10 and up.

HOURS: Monday, Wednesday, Thursday, Friday 8:00AM-5:00PM
Tuesday 8:00AM-6:00PM

OCCUPATIONAL HEALTH CLINICAL CENTER

Central New York Regional Office
6712 Brooklawn Parkway, Suite 204
Syracuse, NY 13211-2195
315-432-8899 or 800-432-9590 FAX: 315-431-9528
E-mail: cnyohcc@upstate.edu

Provides occupational and industrial health 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, 9:00AM-4:30PM

OSWEGO COUNTY OPPORTUNITIES HEALTH EDUCATION

Oswego County Opportunities, Inc
315-342-7532 Option 7
Text: 315-297-5757

10 George St
Oswego NY 13126
315-342-0888 ext 1456

E-mail: C&DS@oco.org
Website: <https://www.facebook.com/OCOHealthEducation>

Provides information and education to individuals, school classrooms and community groups regarding a variety of sexual health topics including: adolescent and reproductive health; adolescent pregnancy prevention; and sexually transmitted infections including HIV/AIDS. Health Education provides individual and group services & education sessions, transportation to and from the OCO Centers for Reproductive Health, and safer sex supplies (i.e. condoms & dental dams). Health Education's main goal is to provide education and information so that individuals can make informed choices regarding their own sexual health.

HOURS: Monday-Friday, 9:00AM-5:00PM
Presentations are available at other times

OSWEGO COUNTY DEPARTMENT OF SOCIAL SERVICES

Oswego County Department of Social Services
100 Spring Street
PO Box 1320
Mexico, NY 13114
315-963-5000
Website: www.oswegocounty.com/dss

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

Oswego County Office Complex
74 Bunner Street
Oswego, NY 13126
315-349-3545 FAX: 315-349-3435
Contact: Vera Dunsmoor, Director of Patient Services
Website: www.health.oswegocounty.com

PUBLIC HEALTH NURSING SERVICE

Licensed Homecare Service Agency (LHCSA) – The mission 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. Office hours are Monday-Friday, 8:30AM-4:00PM.

Contact: Chantel Eckert, SPHN 315-349-3553 FAX: 315-349-8431

Hospice – Oswego County Hospice offers a comprehensive program of home care for persons with a life-limiting illness who are no longer receiving aggressive or curative medical care. Hospice promotes 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; prefer your medical treatment focus on comfort and pain control; need assistance with personal care and grooming; desire support for yourself and significant persons in your life. Services include:

- Home visits by Registered Professional Nurses
- Bereavement counseling
- Pastoral visits
- Home Health Aide services
- Medical Social work services
- Volunteer services
- Equipment, supplies, and covered medication
- Registered dietician services
- Physical, occupational and speech therapy
- 24 hour RN on call for consultation or after hours visits

Contact: Becky Miller, SPHN, Patient Care
Coordinator 315-349-8259 FAX: 315-349-8269

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
- STD (Sexually Transmitted Disease) screening
- HIV testing
- Immunization Clinics (state required immunizations for all ages, plus flu and pneumonia vaccine)
- Childhood Lead Poisoning Prevention Program (prevention, investigation, and abatement)
- Health education programs (programs available to the community on a variety of health issues)
- Public health emergency preparedness activities provided by all nursing programs.
- Healthy Families Oswego County Home Visiting Program offers home-based services to support expectant families and new parents with the changes and needs that often come with the birth of a new child. Services are voluntary and provided at no cost

Contact: Jodi Martin, SPHN 315-349-3547 FAX: 315-349-8431
Health Education: Diane Oldenburg, SPHE 315-349-3587

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 315-349-3546 FAX: 315-349 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, call 315-349-3500 FAX: 315-349-3537.

Child Find The 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 315-349-3500; FAX: 315-349-3537.

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 315-349-3510 or FAX: 315-349-3537

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. Other programs target specific needs such as interventions to prevent illness from rabies, lead poisoning, failing septic systems, and sale of tobacco to minors. The Environmental Division has regulatory authority to enforce Public health Law and the New York State Sanitary Code.

Assessment services:

- Rabies Prevention - animal bite investigations, rabies clinics
- Arthropod-borne Disease Surveillance and Prevention
- Eastern Equine Encephalitis (EEE), West Nile Virus (WNV), Lyme Disease
- Childhood Lead poisoning prevention program
- Public health nuisances - garbage complaints
- Chemical and Biological Exposures
- Hazardous Materials Incident Response
- Indoor air issues
- Emergency Preparedness Planning and Response
- Radiological Monitoring
- Landfill Monitoring

Contact: 315-349-3564 FAX: 315-349-3228

Rabies Response: Business Hours (M-F 8:30AM-4:00PM)

315-349-3564 Nights, Weekends, Holidays 315-341-0086

Community Environmental Health and Food Protection:

- Food Service - restaurants, schools, and colleges, senior nutrition sites, mobile vendors, temporary food service, food vending machines, summer feeding sites
- Food borne illness investigations
- Fire safety – hotels, motels, lodges, cabin colonies
- Children's camps- day camps, overnight camps
- Injury and illness investigations - children's camps, pools and beaches
- Public swimming- pools & beaches
- Campgrounds, recreational vehicle parks
- Migrant farm worker housing
- Mobile home parks
- Water monitoring at permitted facilities such as restaurants, children's camps, and campground
- Complaints against permitted facilities
- Public and mass gatherings
- Clean Indoor Air Act - smoking at public facilities
- Adolescent tobacco enforcement- sale of tobacco to minors
- Agricultural fairground inspections

Contact: 315-349-3557 FAX: 315-349-3228

Water Supply & Engineering Services

- Individual household well water testing
- Public Water Supplies - inspection, water monitoring, investigate water quality complaints
- Bulk water truck inspections
- Commercial and residential septic system plan review
- Reality subdivision plan review
- Investigate residential water complaints
- Investigate residential septic complaints
- Engineering Plan Review

Contact: 315-349-3557 FAX: 315-349-3228

OSWEGO HOSPITAL

110 West Sixth Street
Oswego, NY 13126
315-349-5500
E-mail: dearoh@oswegohealth.org
Website: www.oswegohealth.org

SERVICES: More than 240 physicians are on staff at Oswego Hospital, 30 of which provide care in a specialty area.

Oswego Hospital is part of Oswego Health, a nonprofit healthcare system that includes the hospital, a 164-bed community hospital providing acute medical, emergency, surgical, maternity and behavioral health care, as well as outpatient centers located throughout Oswego County including the Fulton Medical Center, offering urgent care, lab, medical imaging, physical therapy and occupational health services; and the Central Square Medical Center, offering urgent care, lab, medical imaging and physical therapy services.

The health system also operates The Manor at Seneca Hill, a skilled nursing facility that provides complete rehabilitation services and an Adult Day Health Services Program; Springside at Seneca Hill, an independent retirement community and Oswego Health Home Care, the only hospital-based certified home health care agency in Oswego County.

In addition, Oswego Health includes the Oswego Health captive professional corporation, Physician Care P.C., providing physician services in orthopedics, cardiology, otolaryngology (ENT), general surgery and primary care.

OSWEGO HOSPITAL OCCUPATIONAL HEALTH DEPARTMENT

Health Services Center	Fulton Medical Center
140 West Sixth Street Suite 180	510 S 4th St
Oswego, NY 13126	Fulton NY 13069
315-349- 5676	FAX:315-349-5726
	315-592-3506 FAX: 315-592-3579

Oswego Health's Occupational Health Services Department offers area companies/businesses comprehensive healthcare services, which include physicals with DOT/19-A, fitness for duty and pulmonary function testing; OSHA medical surveillance; industrial/asbestos x-rays; DOT/forensic urine drug screening; breath alcohol testing and more.

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

OSWEGO HOSPITAL BREAST CANCER PROGRAM

Oswego Hospital
140 West 6th Street
Oswego, NY 13126
315-349-5513
Website: www.oswegohealth.org

PARISH HEALTH SERVICES CENTER

10 Carlton Dr.
Parish, NY 13131
315-625-4388 FAX: 315-625-4535
Website: www.connexcare.org

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.

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

WALK IN HOURS: Monday & Friday 1:00PM-3:00PM

PHOENIX HEALTH SERVICES CENTER

7 Bridge Street
Phoenix, NY 13135
315-695-4700 FAX: 315-695-4706
Website: www.connexcare.org

Phoenix Family Practice provides primary care for the health and wellness of you and your family. Services include comprehensive care for all ages, women's wellness and immunizations. Department of Transportation physical exams provided. Lab draws are provided in an adjacent office. Now offering pediatric services such as well-child check-ups and vaccinations.

CLINIC HOURS: Monday 7:30AM-6:30PM
Tuesday 7:30AM-5:00PM
Wednesday 7:30AM-6:30PM
Thursday 7:30AM-5:00PM
Friday 7:30AM-5:00PM

WALK IN HOURS Monday, Tuesday, Thursday 2:00PM-4:00PM
Wednesday 10:00AM-12:00PM
Friday 1:00PM-3:00PM

PULASKI HEALTH CENTER

61 Delano Street
Pulaski, NY 13142
315-298-6564 FAX: 315-298-7488
Website: www.connexcare.org

Family healthcare; 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.

CLINIC HOURS: Monday 7:00AM-8:00PM
Tuesday 7:30AM-8:00PM
Wednesday 7:30AM-8:00PM
Thursday 7:00AM-8:00PM
Friday 7:00AM-8:00PM

WALK IN HOURS:
Monday - Friday, 8:00AM-10:45AM and 1:00PM-3:45PM

RONALD MCDONALD HOUSE CHARITIES of CNY

1100 East Genesee Street
Syracuse, NY 13210
315-476-1027 FAX: 315-476-5022
Contact: Beth Trunfio, Executive Director
Email: house@rmhcny.org
Website: www.rmhcny.org

The Ronald McDonald House of CNY (RMHC of CNY) is a handicap accessible home away from home with 25 guest rooms with private bathroom that accommodates families with children from age newborn to 19. For a family to stay at RMHC, the radius is 15 miles within the Syracuse area. We request a donation of \$25 per night, per family. High-risk pregnant mothers are eligible with local referral.

At RMHC of CNY, a family will have access to three meals per day and snacks, drinks, etc. Laundry facilities, fitness center, teen center, playroom, resource library with internet access are among many of the amenities that are offered at RMHC of CNY.

Since opening our doors in 1982, RMHC of CNY has served over 18,000 guest families from 48 counties in NYS, 45 other states and numerous foreign countries. It is our mission at RMHC to keep our families together while their child is receiving medical care.

SAMARITAN HEALTH

Samaritan Family Health Center - Lacona
3 DeMott Street
Lacona, NY 13083
315-387-3400 FAX: 315-387-3246
Contact: Toni Russell, Office Manager
Website: www.samaritanhealth.com

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

HOURS: Tuesday, Thursday, Friday 8:00AM-4:30PM

STAFKINGS HEALTHCARE SYSTEMS, INC.

106 West Utica Street, Suite D
Oswego, NY 13126
315-342-1390; FAX: 315-342-3810
Contact: Lisa Searor
E-mail: oswego@stafkings.com

Stafkings Healthcare offers individuals and families a high-quality alternative to facility-based assisted living. Nurses and aides provide in-home solutions that empower clients with a wide range of choices of how they will live their lives.. Stafkings Healthcare 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, 8:00AM-4:00PM, Services available 24 hours/day

VETERANS HEALTH ADMINISTRATION

Oswego VA Outpatient Clinic
437 State Rte. 104 East
Oswego, NY 13126
315-207-0120
Website: www.va.gov

Located in the Lowe's Plaza in Oswego, NY, the VA Out-Patient Clinic offers primary care, mental health services, dietary services, and blood draw for veterans by appointment only. The clinic is staff by an MD, PA, RN's, LPN's, Registered Dietician, MH Social Worker, Psychiatrists, Phlebotomist, and clerks.

HOURS: Monday – Friday, 8:00AM - 4:30PM
Closed weekends and all Federal holidays.

2-1-1

Website: www.211cny.com
Email: 211cny@contactsyracuse.com

Connecting people with services in Central and Northern New York. It is a non-emergency, confidential number used to access services and programs throughout the area.

HISTORIC SITES/MUSEUMS

FORT ONTARIO STATE HISTORIC SITE

Fort Ontario
1 East Fourth Street
Oswego, NY 13126
315-343-4711 FAX: 315-343-1430
Website: www.historicfortontario.com or
www.nysparks.com

Self-guided tours of The Fort. Special events. Historical lectures.

HERITAGE FOUNDATION OF OSWEGO COUNTY INC

Heritage Foundation of Oswego County Inc.
PO Box 405
Oswego, NY 13126
315-342-3354

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

H.L WHITE MARINE MUSEUM

1 West First Street
P.O. Box 101
Oswego, NY 13126
315-342-0480
Web site: www.hleewhitemarinemuseum.com

The H. Lee White Marine 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 1927 NYS Derrick Boat 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. Adult, family and youth sailing lessons (ages 9 -17 years) are offered in July and August. A family boat-building workshop is offered one time in the summer. Call 315-342-0480 or visit www.hleewhitemarinemuseum.com for more information on programs and events.

OSWEGO COUNTY HISTORICAL SOCIETY

Richardson-Bates House Museum
135 East Third Street
Oswego, NY 13126
315-343-1342
Contact: Mary Kay Stone, President
E-mail: ochs@rbhousemuseum.org
Website: www.rbhousemuseum.org

The Richardson-Bates House is a 19th century Tuscan Villa style residence built in two stages between 1867 and 1889 that contains over 90% of the original 19th century period furnishings. The Oswego County Historical Society collection consists of objects, photographs and records that document the history of the county. The museum is open for tours on Thursday, Friday and Saturday from 1:00PM - 5:00PM, April through December. Additional tours, group visits and research hours can be made by appointment.

SAFE HAVEN MUSEUM AND EDUCATION CENTER

2 East 7th Street
Oswego, NY 13126
315-342-3003 FAX: 315-342-1411
E-mail: safehavenmuseum@gmail.com
Website: www.safehavenmuseum.com

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 WW II 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 315-342-3003 or email above.

HOUSING

CITY OF FULTON COMMUNITY DEVELOPMENT AGENCY

125 West Broadway
Fulton, NY 13069
315-593-7166 FAX: 315-593-7754
E-mail: cdaprograms@fultoncda.com
Website: www.fultoncda.com

Affordable Home Ownership Program

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 includes adherence to HUD determined maximum household income limits, plus the standard prerequisites 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.

Housing

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

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

44 East Bridge Street
Oswego, NY 13126
315-343-3795 FAX: 315-342-8231
Contact : Nathan Emmons, Director of Economic Development
Website: www.oswegony.org

Affordable Home Ownership Program

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

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

Rental Assistance Program

The City of Oswego 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. The Family Self Sufficiency Program is available to Rental Assistance participants who set goals to increase their earnings, reducing the need for economic assistance. There is a waiting list for this program. Applications are accepted Monday-Friday, 9:00AM-5:00PM.

OSWEGO COUNTY HOUSING ASSISTANCE PROGRAM

Oswego County Department of Community Development, Tourism and Planning
County Legislative Building
46 East Bridge Street
Oswego, NY 13126
315-349-8263 FAX: 315-349-8417
Website: www.oswegocounty.com/housingassistance

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.

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

OSWEGO HOUSING DEVELOPMENT COUNCIL, INC.

805 W Broadway
Fulton, NY 13069
315-625-4520 FAX: 315-625-7347
E-mail: oswegohousingdevelopmentcouncil@yahoo.com

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
- First Time Homebuyers Program
- Housing Rehabilitation
- Grants for construction of new homes

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

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

PEACE INC-Weatherization

Department of Energy and Housing Weatherization
4086 State Rte. 3
Fulton, NY 13069
315-297-4205 FAX: 315-402-2305
Contact: Chris Matteson
E-mail: christine.matteson@peace-caa.org

Provides energy saving measures for 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 measures needed to save energy.

SUBSIDIZED HOUSING

Austin Court Apartments

42 Maplehurst Drive
Phoenix, NY 13135
315-695-4836 FAX: 315-695-4836
Website: www.rockpmc.com

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

Bradley Place Apartments

56 Davis Street
Phoenix, NY 13135
315-695-2347 FAX: 315-695-4836
Website: www.rockpmc.com

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

Christopher Court Apartments

22 Maplehurst Drive
Phoenix, NY 13135
315-695-4836 FAX: 315-695-4836
Website: www.rockpmc.com

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

Creekside Apartments

6216 US Route 11
Sandy Creek, NY 13145
315-387-6006 FAX: 315-625-7347

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

Fulton Housing Authority

Manager of Emery Grove Apartments and Gilbert's Grove Apartments
1100 Emery Street
Fulton, NY 13069
315-592-2201 FAX: 315-592-2202
Website: www.fhafulton.org
Email: colleen@fultonhousingauthority.com

One, two, three, and four-bedroom apartments for low income and moderate income families and senior citizens. Gilbert's Grove and Emery Grove senior building rent includes all utilities, Emery Grove non-senior building rent includes heat & hot water, 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 townhouse style apartments and laundry facilities are available for the one-bedroom units . The senior building offers a community room with TV, a hair salon, and a laundry room on each floor.

HOURS: Monday, Tuesday, Thursday, Friday, 8:00AM-3:00PM

Fulton Mill Apartments

265 West First Street South
Fulton, NY 13069
315-593-2738 FAX: 315-593-8779
Contact: Marcia Prignon
E-mail: mprignon@hallkeen.com
Website: www.hallkeen.com

Provides housing for seniors 62 years old and older, handicapped or disabled of any age. Income restrictions apply. Three community rooms, one with DVD player and a big screen TV, laundry room on the third floor, pavilion, gas grill and shuffle board. Bus stops many times throughout the day; walking distance to local stores, churches, pharmacies, restaurants. Coffee hour every Tuesday morning; many planned activities during the week. 24 hour on-call maintenance; Resident Services Coordinator on site 28 hours a week.

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

Housing Visions at Hamilton Homes

96 Hamilton Street
Oswego, NY 13126
315-343-9683 FAX: 315-342-2452

Provides quality affordable housing for families and individuals with townhouse style living. One to five-bedroom apartments including handicap 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, and computer lab. 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, 9:00AM-4:00PM

Meadowview Apartments

800 Meadowview Drive
Central Square, NY 13036
315-668-8086 FAX: 315-668-6154
Website: www.hmrproperties.com

Housing is HUD subsidized. Seniors 62 or older, or handicapped or disabled, regardless of age
HOURS: Monday, Tuesday, Wednesday, 8:30AM-5:00PM

Minetto Senior Housing

12 Schuyler Street
Oswego, NY 13126
315-343-2513 FAX: same as phone
Website: www.rockpmc.com

Subsidized housing of 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: Wednesday, 9:00AM-5:00PM

Paddock's Landing

116 State Street
Phoenix, NY 13135
315-695-2347 FAX: 315-695-4836
Website: www.rockpmc.com

Patrick Court Apartments

32 Maplehurst Drive
Phoenix, NY 13135
315-695-2347 FAX: 315-695-4836
Website: www.rockpmc.com

Provides housing for individuals 62 years of age or older, or permanently disabled of any age. Need of housing and financial status determines eligibility. Community room, laundry room and mail delivery are within the building. On-site manager.

Parkview Manor Apartments

11 North Street
Mexico, NY 13114
315-963-3854 FAX: 315-963-8899

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, 9:00AM-3:00PM

Pontiac Terrace Apartments

225 West First Street
Oswego, NY 13126
315-342-1101 FAX: 315-343-3038

Housing for 62 or older or handicapped or disabled.

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

Simeon-Dewitt Apartments

150 East First Street
Oswego, NY 13126
315-343-0440 (Office) FAX: 315-343-0440

Superintendent: 315-343-5464

Housing for the elderly

HOURS: Office - Monday-Friday, 8:00AM-2:00PM
Superintendent, daily 7:00AM-4:00PM

Springbrook Apartments

4920 Jefferson Street
Pulaski, NY 13142
315-298-6101 FAX: 315-298-6101

Superintendent 315-298-4713

Housing for the elderly

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

St. Luke Apartments

131 West First Street
Oswego, New York 13126
315-343-0821 FAX: 315-343-0619

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

Towpath Towers

100 Rochester Street
Fulton, NY 13069
315-598-4700 Office FAX: 315-598-4700
Superintendent:315-598-7905

Senior Citizen apartments

HOURS: Manager's Office, Monday-Friday, 8:00AM-2:00PM
Superintendent, Monday-Friday, 7:00AM-4:00PM

Village Center Apartments

456 Main Street
Phoenix, NY 13135
315-695-2347 FAX: 315-695-4836

Subsidized family complex of one and two-bedroom apartments. Income restrictions apply.

HUMAN SERVICES

CATHOLIC CHARITIES OF OSWEGO COUNTY

Catholic Charities
Diocese of Syracuse
808 West Broadway
Fulton, NY 13069
315-598-3980 FAX: 315-593-8875
Contact: Mary Margaret Pekow, Executive Director

A non-profit social service agency that provides a number of services for Oswego County residents including emergency assistance; help with food, clothing, and the Catholic Youth Organization. The CYO provides positive recreational and educational activities for children in our community, with many more helpful programs.

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

DEXTERVILLE COMMUNITY SERVICES

9 Rathburn Road
Fulton, NY 13069
Text: 315-593-1607

DCS is a volunteer-run organization that provides food, clothing, furniture, toys and household items free of charge to individuals and families in need. Furniture and houseware items 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 back to set up an appointment.

HOURS: Monday evenings, 6:00PM-9:00PM by appointment only and in emergency situations, by appointment based upon volunteer availability.

DOMESTIC VIOLENCE HOTLINE

1-800-799-7233(Multilingual)
Deaf and Hard of Hearing: 1-800-787-3224

New York State Coalition Against Domestic Violence
1-800-942-6906
E-mail: nyscadv@nyscadv.org
Website: www.nyscadv.org

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 agencies.

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

EMERGENCY SERVICES AND FOOD PANTRY

Catholic Charities of Oswego County
808 West Broadway
Fulton, NY 13069
315-598-3980 ext. 253 FAX: 315-593-8875
Contact: Susan Mayer
E-mail: smayer@ccoswego.com
Website: www.ccoswego.com

The Emergency Assistance program provides a wide array of vital services to meet the basic needs of those less fortunate in Oswego County. These services include assistance with medical cost, prescription drug cost, utility payments, diapers and baby formula, clothing and personal hygiene items, and furniture and household items depending on eligibility and available funding.

The Food Pantry is a client choice pantry that provides nourishment to families and individuals in desperate need of food. The pantry provides emergency food for three days and holiday baskets when available.

FAMILY / YOUTH / ADULT SERVICES

Oswego County Department of Social Services
 100 Spring Street, P.O. Box 1320
 Mexico, New York 13114
 315-963-5445 or 315-963-5446 *Family/Youth Services*
 315-963-5339 *Adult Services*
New York State Child Abuse Reporting Center 1-800-342-3720

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.

Family Assessment Response (FAR) Protective Services: FAR begins in the same manner as an investigative response: a report of child abuse or maltreatment is received by the State Central Register. Once the report of abuse or maltreatment is transmitted to the local district, it is screened for the most appropriate response based on the county's FAR criteria. Child Safety is achieved through family engagement and collaborative partnerships. Parents are seen and engaged as partners in maintaining child safety. Families lead the process of identifying solutions, appropriate resources and services, both formal and informal, that they feel will best meet their needs. Within FAR, the focus is on gaining and understanding of the family's functioning through a comprehensive assessment of safety, risk, strengths and needs.

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.

Food \$en\$e Program:

Food \$en\$e offers the opportunity to stretch your food budget by purchasing quality food at a discount. No donated food is used in this program.

- **Who is eligible?**
 - Anyone who needs to stretch their food dollars can participate. It's a buying club – you are not required to show proof of income.
- **How does it work?**
 - It's simple, Call or visit the nearest site in your county, order and pay in advance. Cost is \$20.50 per unit. Cash or EBT cards are accepted (NO Checks). Packages are picked up near the end of the month at your local site.
- **What is in a unit?**
 - 12-15 food items including fresh fruits and vegetables, meats and grocery staples.

For more information contact the site nearest you.

Oswego	Salvation Army 73 West 2nd St	Capt Heather Odom 315-343-6491
Central Square	Divine Mercy Downstairs Scotty 592 Main Street	Deb Lombard 315-676-5528
Fulton	United Methodist Church 1408 State Rte. 176	Amanda Allen 315-427-4534
Phoenix	First Congregational Church 43 Bridge Street	Cathy Coville 315-427-6105
Pulaski	Park United Methodist Church 2 Hubble Street	Peggy Balcom 315-298-0395

LISTED BELOW ARE SATELLITE PICK-UP SITES ORDERS NEED TO BE ORDERED THROUGH PULASKI		
Mexico	First Methodist Church 4372 Church Street	See Pulaski contacts
Lacona	S.O.A.R. as Eagles Apostolic Comm 65 Snyder Road	See Pulaski contacts
West Amboy	West Amboy Community Church 1276 Co. Rte. 26	See Pulaski contacts

FRIENDSHIP THRIFT SHOP and Sandy Creek - Lacona Food Pantry

6046 S. Main Street
Sandy Creek, NY 13083
315-387-6673 FAX: 315-387-2739
Contact Person: Peggy Manchester
Website: www.friendshipshop.weebly.com

Friendship Thrift Shop is open Monday-Friday, 9:00AM-4:00PM, Saturday 9:00AM-1:00PM. It sells good, reusable household items and clothing at low prices.

The Pantry is open Monday through Friday, 11:00AM-1:00PM. Provides food to residents of Sandy Creek School District. You can reach the pantry at 315-387-5323.

HOMELESS SERVICES

Oswego County Opportunities, Inc.
Hillside Commons
9 Fourth Avenue Oswego, NY 13126
315-342-7532 ext 2621 FAX: 315-342-7554
Crisis 24-hour Hotline 315-342-7618/ 1-877-342-7618
E-mail: C&DS@oco.org

Homeless Services provides crisis intervention and case management services to individuals who are homeless or at risk of becoming homeless. Individuals must meet program-specific eligibility guidelines to receive services. OCO Homeless Services can provide the following: assistance with parent/guardian mediation, referrals to needed community resources, assistance locating permanent housing, landlord/tenant mediation, assistance with coordinating school based services within the school districts listed below, temporary shelter for youth in need of emergency housing, advocacy for services with other providers, and limited program specific financial assistance. In Oswego County, Homeless Services School-based Specialists are available at the Fulton, Oswego, and Phoenix high schools. Services are available to youth and/or their families who are or are at risk of becoming homeless. Staff in these areas receive special training about rights of students under the McKinney-Vento Act. If you or someone you know is homeless or at risk of becoming homeless, services can be accessed 24/7/365 through the Crisis Hotline listed above.

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

LIBERTY RESOURCES

945 South 1st Street Fulton NY 13069 315-598-4642 FAX: 315-592-7978 E-mail: info@liberty-resources.org Website: www.liberty-resources.org	Main Office 1045 James Street Syracuse NY 13203 315-425-1004
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Liberty Resources, Inc., headquartered in Syracuse, New York, is one of Central New York's most diversified and trusted human service agencies. Liberty Resources provides a variety of programs in Oswego County to include an outpatient Behavioral Health Clinic, Family Foster Care, Kinship Caregiver, Prevention Services for at-risk youth, Mobile Crisis, Short-Term Crisis Respite, and Self-Direction and Supports for Employment for individuals with intellectual disabilities. Liberty Resources provides Individualized, and progressive community-based services in the least restrictive manner possible.

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

NEW JUSTICE CONFLICT RESOLUTION SERVICES, INC.

172 East Bridge Street
Oswego, NY 13126
315-343-8370 FAX: 315-343-8369
Contact: Annette Saule
Website: www.newjusticeservices.org

New Justice Services provides Family Court, Community and parent/child mediation services in Oswego County. Family Court mediations include original child custody and visitation, as well as 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.

NEW YORK STATE TEMPORARY ASSISTANCE HOTLINE

Office of Temporary and Disability Assistance 1-800-342-3009
Website: otda.ny.gov

The OTDA answers such questions as: How do I find out if I am eligible for benefits? How do I apply for SSI/Social Security Disability? How do I ask for a Fair Hearing? How do I apply for Child Support Services? How do I apply for the Supplemental Nutritional Assistance Program (SNAP)? How do I apply for Temporary Assistance? How do I apply for the Home Energy Assistance Program (HEAP)? See also www.mybenefits.ny.gov.

OSWEGO COUNTY DEPARTMENT OF SOCIAL SERVICES

PO Box 1320
100 Spring Street
Mexico, New York 13114
315-963-5000 or 1-888-963-5377
Website: www.oswegocounty.com/dss

SERVICES:

Assistance Programs:

SNAP (Supplemental Nutrition Assistance Program): SNAP 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, verification of identity and citizenship for persons earning up to 130% of the federal poverty level. This requires an application to be filed and an interview to be conducted. Applications may be filed online at www.mybenefits.ny.gov or requested from the Oswego County Department of Social Services.

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 until the funding is exhausted.

New York State of Health (*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. Applications may be obtained through the NY State of Health website (www.nystateofhealth.ny.gov), by calling 1-855-355-5777.

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 for a child whose parent is unable to take care of them may be able to receive assistance on behalf of the child.

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.

MAILING ADDRESS:

PO Box 436
Mexico, NY 13114

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

OSWEGO COUNTY FOOD PANTRIES:

<p>Amboy Center Food Pantry State Rte 69 & 183 Amboy Center Wed. 10:00AM-12:00PM 2nd and 4th Wed of the month</p>	<p>North Shore Food Pantry 315-675-3536 2 Clay St Cleveland, NY 13042 2nd Saturday of each month 8:30AM-11:30AM by appt. 4th Wed of month 5:00PM-7:00PM by appt</p>	<p>Central Square 315-676-2898 Divine Mercy Parish 592 South Main Street Central Square, NY 13036 Tues & Thurs 9:00AM-12:00PM</p>
<p>Dexterville Community Services 315-593-1607 9 Rathburn Road Fulton, NY 13069 Mondays by appt. 6:00PM-9:00PM Clients can call directly</p>	<p>Fulton Alliance Church 315-593-6842 Route 48 – South Fulton, NY 13069 No specific times/call when in need. Clients can call directly</p>	<p>Fulton Salvation Army 315-593-8442 62 S. 1st Street Fulton, NY 13069 Tues & Thurs. 10:00AM–3:00PM Clients can call directly</p>
<p>Catholic Charities 315-598-3980 808 West Broadway Fulton, NY 13069 Mon – Fri 8:30AM-2:00PM</p>	<p>Believer’s Chapel 315-593-8989 614 S 4th Street Fulton, NY 13069 3rd Monday of every month Starts at 3:00PM</p>	<p>Fulton United Methodist Church 315-592-7347 1408 State Route 176 Fulton, NY 13069 Mon and Wed 10:00AM-2:00PM Clients can call directly</p>
<p>Pulaski Community Food Cupboard 315-298-4357 12 Bridge Street Pulaski, NY 13142 Mon 9:00AM-11:00AM & 3:00PM – 5:00PM Wed 9:00AM-12:00PM Fri 9:00AM – 3:00PM</p>	<p>Human Concerns Center 315-342-7301 85 East 4th St. Oswego, NY 13126 Mon-Fri 12:00PM-2:45PM Must show proof of residency in Oswego City School District and provide ID for each family member Client can call directly</p>	<p>Oswego Salvation Army 315-343-6491 73 West 2nd St Oswego NY 13126 Mon, Wed, Fri 10:00AM-3:00PM</p>
<p>Sandy Creek/Lacona Food Pantry 315-387-5323 6046 South Main St Sandy Creek, NY 13145 Mon-Fri 11:00AM-1:00PM</p>	<p>Mexico Food Pantry 315-963-0701 5863 Scenic Ave Mexico, NY 13114 Mon 1:00PM-3:00PM Wed 5:00PM-7:00PM Clients can call directly</p>	<p>Hannibal Resource Center 315-564-9995 927 Cayuga Street Hannibal, NY 13074 Monday 11:00AM-2:00PM Tuesday 5:00 PM-7:00PM Clients can call directly</p>
<p>Parish Ecumenical Food Pantry 315-625-7833 or 315-625-4575 814 Rider Street Parish, NY 13131 Tuesdays from 2:00PM-5:00PM</p>	<p>Phoenix First Congregational Church 315-695-4841 41 Bridge Street Phoenix, NY 13135 Mon- Fri. 9:30AM-12:00PM Clients can call directly Proof of residence and income required</p>	<p>Redfield Food Pantry 585-330-8434 8 School Road Redfield, NY 13437 Alternating Tues. 12:00PM-2:00PM and 5:00PM-7:00PM Clients can call directly.</p>

OSWEGO COUNTY SOUP KITCHENS/FREE DINNERS:

<p>Fulton Salvation Army 315-593-8442 62 S 1st Street Fulton, NY 13069 Mon-Fri Lunch 11:30AM-12:30PM Clients can call directly</p>	<p>Lacona Soup Kitchen 315-387-2090 North Country Christian Church 49 Salisbury Street Lacona, NY 13083 Mon-Fri 11:30AM-1:00PM Sun 10:00AM-11:00AM All are welcome</p>	<p>All Saints Episcopal Church 315-592-2102 153 S 1st Street Fulton, NY 13069 Free Dinner every Tuesday from 5:30PM-6:30PM Clients can call directly</p>
<p>Mexico First United Methodist Church 315-963-3066 4372 Church Street Mexico, NY 13114 Every Monday 11:30AM-12:30PM Clients can call directly</p>	<p>Minetto United Methodist Church 315-343-3465 Corner of State Rte 48 & Co Rte 8 Minetto, NY 13115 Free dinner the last Sunday of the month 4:00PM-6:00PM. Donations are not expected, but will be accepted.</p>	<p>Oswego Salvation Army 315-343-6491 73 West 2nd Street Oswego, NY 13126 Mon-Sat Lunch 11:30AM – 12:30PM Clients can call directly</p>

OSWEGO COUNTY OPPORTUNITIES, INC.

239 Oneida Street
Fulton, NY 13069
315-598-4717 FAX: 315-592-7533
Contact: Diane Cooper-Currier, Executive Director
Website: www.oco.org

Oswego County Opportunities (OCO) operates a number of programs at various locations throughout Oswego County:

- Education Services for preschool, afterschool, employment readiness and adult literacy services
- Crisis & Development Services for the runaway or homeless youth, homeless and nearly homeless individuals and families and victims of sexual assault or domestic violence
- Case Management Services for families at risk, pregnant and parenting women and people with multiple health conditions
- Nutrition programs including Meals on Wheels, Women, Infants and Children’s Program (WIC), Summer Feeding programs for children and Dining and Activity Centers for Seniors
- Health care services including Reproductive Health Care Centers, Cancer Services, Health Education & Outreach, Health Insurance Navigators and Rural Health Network
- Public and contract transportation services including public bus routes, Medicaid Transportation and Call-N-Ride
- Residential Housing for the homeless, developmentally disabled, mentally ill, and chemically addicted
- Emergency housing for runaway and homeless youth and victims of domestic violence
- Day Habilitation and Respite Services for the developmentally disabled

OCO’s mission is to inspire partnerships and provide services that empower people, support communities and change lives. OCO is a private, non-profit agency that has been supporting communities throughout Oswego County since 1966.

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

OSWEGO HOSPITAL CASE MANAGEMENT DEPARTMENT

Oswego Hospital
110 West Sixth Street
Oswego, NY 13126
315-349-5736
Contact: Katie Pagliaroli, Case Director of Clinical Quality and Patient Safety
Website: www.oswegohealth.org

This service assists patients and their families with discharge planning following hospitalization.

HOURS: Monday-Friday 7:30AM-3:30PM

OSWEGO STATE UNIVERSITY COMMUNITY SERVICES

145 Marano Campus Center
Oswego, NY 13126
315-312-2505 FAX: 315-312-5406
Contact: Jeremy Galvin
E-mail: service@oswego.edu
Website: www.oswego.edu/commserv

The Center for Service Learning and Community Service is a clearinghouse for current student and post-graduate student volunteers and Community Service Partners. It functions as an umbrella organization encompassing such programs as Adopt-A-Grandparent, Mentor Oswego, Habitat for Humanity Campus Chapter, and the Oswego Red Cross Club. In addition, resources for volunteer opportunities within and around Oswego County are available.

PATHSTONE CORPORATION

4075 Ridge Road
Williamson, NY 14589
315-483-9151 FAX: 315-589-0069
Contact: Charimine Hunter
E-mail: chunter@pathstone.org
Website: www.pathstone.org

Employment and training for migrant and seasonal farm workers, supportive services, referrals, ESL, and food pantry. There is an emergency food pantry also available.

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

RURAL AND MIGRANT MINISTRY OF OSWEGO COUNTY INC

15 Stewart Street
PO Box 192
Richland, NY 13144-0192
315-298-1154 FAX: 315-298-7532
Contact: Selena Belser, Executive Director
E-mail: RMMOC@myoswego.com

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.

SAFE HARBOUR (ANTI-HUMAN TRAFFICKING)

Child Advocacy Center of Oswego County
163 S First St
Fulton NY 13069
315-59CHILD 315-592-4453
Contact: Jessica Westberry, Outreach and Prevention Advocate
E-mail: advocate@oswegocac.org
Website: www.oswegocac.org

Anti-Human Trafficking, Safe Harbour Coordinator:

- Provides support to survivors of sex trafficking, Labor Trafficking and Commercial Sexual Exploitation (CSEC).
- Provides referrals for counseling and outside agencies as needed to survivors and their loved ones.
- Assists survivors with meeting day to day needs.
- Provides training to community members and service providers.
- Attends community events to provide outreach, education and prevention strategies to the public.

SALVATION ARMY FULTON COMMUNITY SERVICE CENTER

62 South 1st Street
Fulton, New York 13069
315-593-8442 FAX: 315-343-5039

Office Hours: Monday, Wednesday and Friday, 10:00AM-1:00PM Tuesday and Thursday, 10:00AM-3:00PM

Soup Kitchen: Serving lunch Monday-Friday, 11:30AM-12:30PM

Food Pantry: Tuesday and Thursday, 10:00AM-3:00PM

SALVATION ARMY OSWEGO COMMUNITY SERVICE CENTER

73 West 2nd Street
Oswego, New York 13126
315-343-6491 FAX: 315-343-5039

Office Hours: 10:00AM-3:00PM, Monday-Friday

Soup Kitchen: Serving lunch Monday-Friday, 11:30AM-12:30PM, Saturday lunch schedule posted at location weekly

Food Pantry: Monday, Wednesday and Friday, 10:00AM-3:00PM

Some services provided include daily lunch at soup kitchens, monthly food pantry for families, counseling, financial assistance, housing referrals, programs for troubled young people, summer camp, holiday dinners, gifts for children at Christmas, programs for spiritual development and character building for children and adults. If unable to assist directly, we can assist with referrals to area agencies or service providers that may be able to help. If you would like to volunteer, please call 207-3359 and speak with our volunteer coordinator.

OFFICE OF CHILDREN AND FAMILY SERVICES

1-800-342-3720 New York State Child Abuse and Maltreatment Register
www.ocfs.ny.gov

This is a mandated reporters hotline, available 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 contacts 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 subject of the complaint 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 thereafter. 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.

THRIFT STORE

Catholic Charities of Oswego County
808 West Broadway
Fulton, NY 13069
315-598-3980 FAX: 315-593-8875
Contact: Susan Mayer or Milca Hernandez
E-mail: smayer@ccoswego.com or mhernandez@ccoswego.com
Website: www.ccoswego.com

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

Donations are accepted Monday-Friday from 8:30AM-4:00PM.

The Thrift Store sells a wide variety of second hands goods such as clothing, furniture and household items. The Thrift Store is run by the Step By Step Wellness Program Job Skills Training and offers hands on skills training for adults with a mental health diagnosis looking to gain the skills necessary to obtain gainful employment in the community.

SUPERVISED VISITATION CENTER

315-598-6988 EXT 1708 FAX: 315-598-8214
Contact: Karen Merrill

This program provides a safe, neutral space for children during their scheduled supervised visits with a non-custodial parent. Separate entrances and timed appointments help to create a safe space. Visits are monitored by Visitation Specialists. Toys and activities are provided to meet the needs of the children and encourage positive communication between adults. Every person using the center must complete a contract prior to scheduling visits. At least one parent must live in Oswego County. Parents can choose to use the center on their own, be ordered by a court, or referrals can be made by other agencies they are working with. The Center is open 7 days a week, evening and weekend visit times are offered. All services are free of charge.

LIBRARIES

ANNIE PORTER AINSWORTH MEMORIAL LIBRARY

6064 South Main Street PO Box 69
Sandy Creek, NY 13145
315-387-3732 FAX:315- 387-2005
E-mail: scrib@ncls.org
Website: ainsworthmemoriallibrary.org

We have 11 public use computers with internet access, free wi-fi, a fax machine (\$1.00 charge per page), and a photocopier (\$.25 per b&w copy; \$1.00 per color copy). We have a Genealogy department that is staffed Mondays and Thursdays from 2:00PM-4:00PM. We also provide a year round Story Time Friday mornings from 10:30AM-11:30AM for preschool children. LEGO Fun Day is held every third Saturday of the month from 10:30 AM-12:00PM for children ages 4-12. Movie Night is held every second Thursday of the month starting at 6:00 PM and is for all ages. We also participate in the annual NYS Summer Reading Program.

HOURS: Monday, Tuesday, Thursday and Friday, 10:00AM-6:00PM
Saturday, 10:00AM-1:00PM. Closed for major holidays.

DOLLY PARTON IMAGINATION LIBRARY

Dolly Parton's Imagination Library is a program available to children from ages birth to their fifth birthday that mails a free age-appropriate book to the child's home each month. This program is available to all children in Oswego County. Children can be registered online by visiting imaginationlibrary.com and locate Oswego County on their website. Phone numbers and email addresses are required to enroll children.

COGSWELL FREE PUBLIC LIBRARY

1999 County Route 2, PO Box 35
Orwell, NY 13426
315-298-5563 FAX: 315-298-5859
E-mail: orwlib@ncls.org

Books with large print, and many children's books available, DVDs, audio books and videotapes may be borrowed through inter-library loan. Copy machine, fax and computer are available to the public.

HOURS: Tuesday, 12:00PM-7:00PM; Wednesday 10:00AM-12:00PM, 3:00PM-6:00PM ;Thursday, 12:00PM-5:00PM;
Saturday, 9:00AM-1:00PM

FULTON PUBLIC LIBRARY

160 South First Street
Fulton, NY 13069
315-592-5159 Main Floor FAX: 315-592-4504
Children's Room: 315-593-2665
Contact: Douglas Moore, Director
Website: www.fultonpubliclibrary.org

Genealogical and historical research assistance, year-round story hours for children and other programming for all ages. More information is available at the library or on our website.

There are 8 adult and 4 child free public use computers. There are charges for: printing (black and white or color), faxing, and photocopying.

Also available with a current library card are DVDs, video tapes, eBooks, audio tapes, large print books, young adult books, current best sellers, newspapers, magazines, and much more. Materials not found in our library can be borrowed through inter-library loan.

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

HANNIBAL FREE LIBRARY – UPSTAIRS AT THE LIBRARY

162 Oswego Street
PO Box 174
Hannibal, NY 13074
315-564-5471 FAX: 315-564-5471
Contact: Alicia Annal or Shelly Stanton
E- mail: hanlib@ncls.org
Website: hannibalfreelibrary.org

SUMMER – July & August – reading program and activities – Tuesday, Wednesday and Thursday 10:00-11:00AM
WINTER – Story Hour – Tuesdays & Thursdays, 10:00AM-11:00AM
AFTER SCHOOL PROGRAM – Wednesdays, 3:45PM-4:45PM
TEEN PROGRAM- Tuesdays, 6:00-7:00 PM
LIBRARY HOURS: Monday, Wednesday, Friday, 10:00AM-4:30PM. Tuesday, Thursday, 10:00AM-8:00PM. Saturday, 9:00AM-3:00PM

LITTLE FREE LIBRARIES OF OSWEGO

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
315-349-3575 FAX: 315-349-3231
Contact: Kristen Slimmer
E-mail: kristen.slimmer@oswegocounty.com
Website: youthbureau.oswegocounty.com
Facebook: <https://www.facebook.com/OswegoLittleFreeLibraries>

Little Free Libraries mission is to get books into the hands of children and adults, promote literacy and the love of reading by building free book exchanges worldwide and to build a sense of community as we share skills, creativity and wisdom across generations. "Take a book, leave a book!" We encourage you to do just that! Little Free Libraries are totally free and conveniently located in the City of Oswego at Breitbeck Park, West Park, Oak Hill Park, Shapiro Park and the Oswego Health Department. Visit one today!

OSWEGO PUBLIC LIBRARY

120 East Second Street
Oswego, NY 13126
315-341-5867 FAX: 315-216-6492
Contact: Carol Ferlito , Director E-
mail: oswegopl@northnet.org
Website: www.oswegopubliclibrary.org

Our library provides a wide assortment of materials from books, dvds and blu-rays, magazines, books on cd, internet access, computer training in our Library Learning Center, research through microfilm of the local papers, in-library use of Ancestry and special programs for children. You can print to our printers from any wireless device at printer.on.net/oswegopl/ny/webprint . Our Community Room is available for local nonprofits and community groups and includes a projector, laptops, 55" TV, videoconferencing and a small kitchenette.

Many of our services are available online from anywhere in the world with your library card including ebooks, digital audio books, magazines, and digitized city directories from 1852 to the 1920's. See our offerings at ncls.org and nyheritage.org. Programs for children include story hour on Wednesday at 10:30AM & 1:30PM and Fridays at 10:30AM. Check oswegopubliclibrary.org or call 341-5867 to see what's happening at the Oswego Public Library.

REGULAR HOURS: Monday-Thursday, 10:00AM-8:00PM, Friday, 10:00AM-5:00PM; Saturday, Sunday, 12:00PM-5:00PM

SUMMER HOURS: July 1 through Labor Day:

Monday-Thursday, 10:00AM-8:00PM, Friday 10:00AM-5:00PM, Saturdays 12:00PM-5:00PM

Closed on Federal holidays.

PARISH PUBLIC LIBRARY

3 Church St
Parish, NY 13131
315-625-7130
Contact: Linda McNamara, Library Director
E- mail: parlib@ncls.org
Website: www.parishpubliclibrary.org

An excellent collection of fiction and non-fiction including best sellers, books on tape and CD, large print books, and a special collection of local history and New York State history. Preschool story hour and summer reading programs available for children. Friends of the Library group meets the first Thursday of the month at the library, conducts fund-raisers, and provides programs. An on-going book sale is held during library hours. The library also sponsors the Parish Writers group. Four computers, a color printer and copiers are available for patron use. The library also has WiFi .

HOURS: Monday& Wednesday 11:00AM - 5:00PM

Tuesday, 3:00PM-7:00PM
Thursday, 6:00PM-8:00PM
Saturday, 10:00AM-3:00PM

PENFIELD LIBRARY

Oswego State University
Oswego, NY 13126
315-312-4267 FAX: 315-312-3194
Contact: Sarah Weisman, Library Director
E-mail: askalibrarian@oswego.edu
Website: www.oswego.edu/library

Penfield Library is a high tech information center with services ranging from Internet access to our Lake Effect Café. The Library houses over 400,000 bound volumes, videos, and CD's; and is a partial US and NYS government documents depository. Penfield subscribes to large collections of electronic books and journals which may be used by community members visiting the library. Librarians at the Research Help desk are available to provide assistance on request. 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 (open limited hours, call for current information). Community users may purchase limited borrowing privileges for \$10 per year. Please call 312-4267, or visit our website for our current hours.

PULASKI PUBLIC LIBRARY

4917 Jefferson Street
Pulaski, NY 13142
315-298-2717 FAX: 315-298-2717
Contact: Margaret Weigel, Library Director
E-mail: pullib@ncls.org
Website: www.pulaskinypubliclibrary.org

Pre-school Story Hour every Friday at 10:00AM for children and their parents and caregivers.

HOURS: Monday, Wednesday, Friday, 9:00AM-5:00PM
Tuesday and Thursday, 9:00AM-7:00PM
Saturdays, 9:00AM-1:00PM

MENTAL HEALTH SERVICES

ARISE

Individual and Group Psychotherapy, Mental Health Assessment; Medication Evaluation and Management; Consultation; Crisis Intervention; Referral

Clinic-Based

Oswego Office
293 St Rte 104E
Oswego, NY 13126
315-342-4088

School-Based MH

Central Square Intermediate
248 U.S. Route 11
Central Square, NY 13036
Intake Line: 315-671-2955

Fulton Office

113 Schuyler Street
Fulton, NY 13069
315-887-5156

AA Cole Elementary School
1683 Ny 49
Constantia NY 13044
Intake Line: 315-671-2955

Services provided for:

Children
Adolescents
Adults
Individual and Family

Millard Hawk Elementary School
74 School Drive
Central Square NY 13036
Intake Line: 315-671-2955

Issues Addressed:

Mood Disorders (Depression, Anxiety, BiPolar)
Grief and Loss
Substance Abuse
Relationship Issues
Life Stress

Goals of ARISE Mental Health Services includes building upon strengths to help the individual move forward to an increased sense of well-being and overall quality of life improvement. The program is person-centered and goal-focused.

Hours: Weekdays; Monday-Friday

8:30AM-4:30PM

Hours may vary per site, with alternative appointments available

Payment Options:

Medicaid
Managed Care Medicaid
MVP
POMCO
Medicare
BC/BS
Other insurances accepted that may not be listed here. Please call to confirm.

BEHAVIORAL HEALTH CARE (LIBERTY RESOURCES)

945 South 1st Street
Fulton, NY 13069
315-472-4471 FAX: 315-592-7978
Contact: Anthony Fazzino
Email: afazzino@liberty-resources.org
Website: www.liberty-resources.org

Liberty Resources Behavioral Health Care is an outpatient mental/behavioral health clinic that provides therapeutic counseling services for adults and children, to include: individual therapy, couple and family therapy, groups and case management services. The clinic treats children and adults with anxiety, depression, mood disorders, panic attacks, school concerns, behavior problems, psychosis, trauma, anger, relationship conflict, substance use disorders and more. The clinic is comprised of a collaborative, multi-disciplinary team of mental health counselors including: licensed clinical social workers, marriage and family therapists, mental health counselors, psychiatrists/nurse practitioners and registered nurses, and is a satellite clinic of Liberty Resources Behavioral Health Care program in Syracuse (formerly known as the Brownell Center).
Hours: Monday-Thursday 8:30AM-7:00PM and Friday 8:30AM-5:00PM

COMMUNITY BASED FAMILY CARE

Oswego County Opportunities, Inc
239 Oneida Street
Fulton, NY 13069
315-402-2661 FAX: 315-887-1562
Contact: Penny Foster-Pratt, Family Care Specialist
E-mail: ppratt@oco.org

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.

CONSUMER-DIRECTED PERSONAL ASSISTANCE PROGRAM

ARISE
293 St. Rt. 104E
Oswego, NY 13126
315-342-4088 EXT 4937 FAX: 315-342-4107
Contact: Rochelle Kandt
E-mail: rkandt@ariseinc.org
Website: www.ariseinc.org

The Consumer-Directed Personal Assistance Program (CDPAP) is an alternative to traditional home healthcare for individuals receiving or eligible for Medicaid. The CDPAP program gives people of all ages the opportunity to manage and direct their home health care services.

LIBERTY RESOURCES MOBILE CRISIS- ADULTS & YOUTH

945 South 1st Street
Fulton, NY 13069
315-251-0800
Contact: Theresa Hummenyj
E-mail: thummenyj@liberty-resources.org
Website: www.liberty-resources.org

The Liberty Resources Mobile Crisis Team responds to individuals in crisis, over the phone or in person, in order to reduce emergency room visits and ensure everyone receives proper care. Our team of professionals are highly trained in mental health crisis management and suicide prevention. Mobile crisis teams can provide mental health engagement, intervention and follow-up support to help overcome resistance to treatment. The teams may offer a range of services, including: assessment, crisis intervention, supportive counseling, information and referrals to community-based mental health services and other support services.

HOURS: Monday-Friday 5:00PM-Midnight Weekends & Holidays 6:00AM-Midnight

LIBERTY RESOURCES SHORT-TERM CRISIS RESPITE-ADULTS

315-216-4320 FAX 315-741-5205
E-mail: oswegocrisisbeds@liberty-resources.org
Website: www.liberty-resources.org

Liberty Resources Short Term Crisis Respite programs are embedded within the community and provide a home-like setting for individuals experiencing a mental health or psychiatric crisis. Guests have private bedroom space and share a common living area and kitchen. Support and Respite Services are delivered by certified Peer Support Specialists and/or Crisis Respite Counselors. Staff help Guests with needed referrals, the establishment of a safety and recovery plan, and are available to listen and provide support when needed. The respites are not locked and Guests are free to come and go as they please. Guests are encouraged to maintain their regular routines and responsibilities including spending time with family, friends, and other supports, working, attending appointments and meeting with providers, preparing meals, and having visitors.

CONTACT: Angela Stebbins – astebbins@liberty-resources.org

HOURS: Referrals are accepted by phone 24/7

HEALTH HOME CARE MANAGEMENT PROGRAM

Catholic Charities of Oswego County
808 West Broadway
Fulton, NY 13069
315-598-3980 ext. 245 FAX315-593-8875
Contact: Hannah Alton, Supervisor
Website: www.ccoswego.com

This program is designed to assist individuals with coordination needs such as goal setting, health promotion, transitional care, referrals to community, social supports, patient and family supports, and advocacy. Individuals work with a primary Care Manager to create their own Plan of Care. Designed by the client and for the client, the Plan of Care includes other service providers and supports in their life. Individuals have responsibilities in the plan, as will others, to help them accomplish their goals and meet their needs. The Care Manager will, with permission, collaborate with other agencies and service providers to help meet the individual needs and coordinate services. Common goals include: stabilizing housing, financial management, medication management, finding employment, furthering education, and physical wellness. Care Management is a short term (based upon individual needs), voluntary program designed to assist individuals so that they can learn to manage their overall health and wellness, and be able to meet their needs on their own. It helps individuals work through crises, stabilize, and coordinate services so that supports are in place for continued wellness. Care Management does not provide housing or transportation.

For eligibility for Health Home Care Management

- Individual currently has active Medicaid; and
- Individual meets the NYS DOH eligibility criteria of: two chronic physical health conditions, or HIV/AIDS and the risk of developing another chronic condition or, one or more serious mental illnesses; and
- individual has significant behavioral, medical or social risk factors which can be addressed by care management.

HEALTH HOME CARE MANAGEMENT PROGRAM

Oswego County Opportunities
1001 S. 1st Street
Fulton, NY 13069
Phone: 315-598- 6664 Ext. 1712 FAX: 315-598-8214
Contact: Athena Krause, Supervisor
Facebook: Oco HealthHomes

A Health Home provides Care Management services to help make sure everyone involved in an individual's care is working well together and sharing information that is important in supporting a person's recovery. A Health Home Care Manager is expected to help coordinate not just medical, mental health, substance abuse services, but the social service needs of the individual as well. The individual takes the lead in what they wish to pursue.

The Health Home Program is about improving not just physical health, but mental and social health The Health Home assists to:

- get involved in activities to improve health
- obtain housing, legal assistance, food and other essential needs
- learn more about meaningful social and community activities
- successfully move from one type of care to another
- make sure everyone involved understands the individual's goals and the care plan created

HEALTH HOME NON-MEDICAID CARE MANAGEMENT

Catholic Charities of Oswego County
808 West Broadway
Fulton, NY 13069
315-598-3980 ext. 245 FAX: 315-593-8875
Contact: Peggy Lallier
Website: www.ccoswego.com

Offers a service model where all an individual's caregivers communicate with one another to ensure that the patient's needs are addressed in a comprehensive manner. The Care Manager oversees and provides access to all of the services and individual needs to assure that they receive everything necessary to stay healthy, out of the emergency room and out of the hospital. The program is designed to assist individuals diagnosed with a serious mental illness, and who do not have Medicaid, with coordination needs. Those needs include goal setting, health promotion, transitional care, referrals to community and social supports, patient and family supports, and advocacy. Individuals work with a primary Care Manager to create their own Plan of Care. Designed by the client and for the client, the Plan of Care includes other service providers and supports in their life.

Individuals have responsibilities in the plan, as will others, to help them accomplish their goals and meet their needs. The Care Manager will, with permission, collaborate with other agencies and service providers to help meet the individual needs and coordinate services. Common goals include: stabilizing housing, financial management, medication management, finding employment, furthering education, and physical wellness. Care Management is a short term (based upon individual needs), voluntary program designed to assist individuals so that they can learn to manage their overall health and wellness, and be able to meet their needs on their own. It helps individuals work through crises, stabilize, and coordinate services so that supports are in place for continued wellness. Care Management does not provide housing or transportation.

Referrals for this program come from the Mental Health Services Coordinator (MHSC) at Oswego County Department of Social Services/Mental Hygiene Division, 100 Spring St, POB 1320, Mexico, NY 13114, phone 315-963-5361, fax 315-963-5530.

Available for individuals diagnosed with a serious and persistent mental illness

MENTAL HEALTH ASSOCIATION IN NEW YORK STATE

Mental Health Association in New York State, Inc.
194 Washington Avenue, Suite 415
Albany, NY 12210
518-434-0439
Email: info@mhanys.org

MHANYS is a not-for-profit organization that works to end the stigma against mental illness and promotes mental health wellness in New York State. MHANYS achieves this through training, education, advocacy and policy, community-based partnership programming, and by connecting individuals and families to help.

MENTAL HEALTH FIRST AID WORKSHOP

Contact Community Services
6311 Court Street Road
East Syracuse, NY 13057
315-251- 1400 Ext. 104
Contact: Lindsey Treat
E-mail: ltreat@contactsyracuse.org
Website: www.contactsyracuse.org

A course designed to teach community members how to respond to someone in a mental health crisis or developing a mental health problem. The class is two days. This course is free to the public. Please call for class days and times. Organizations can also arrange to have the class held on-site.

MENTAL HEALTH SERVICES

ARISE
113 Schuyler Street Suite 2
Fulton, NY 13069
315-887-5156 EXT 202 FAX: 315-887-5163
Contact: Intake Coordinator
Website: www.ariseinc.org

Individual, family and group therapy sessions to help adults, teens and children build on their own strengths and improve their overall quality of life. Therapy with Master's degree therapists is designed to explore symptoms, stressors, and strengths; develop new coping skills; improve family relationships; and improve emotional, behavioral and social outlook. ARISE accepts most insurance plans including Medicaid and Medicaid Managed Care, and has a sliding scale fee for people without insurance. ARISE accepts referrals through the Oswego County Department of Social Services and many other organizations. Walk-ins are welcome.

MENTAL HYGIENE DIVISION

Oswego County Department of Social Services
100 Spring Street
Mexico, NY 13114
315-963-5361 FAX: 315-963-5530
Contact: Nicole Kolmsee, Director of Community Services
E-mail: nicole.kolmsee@oswegocounty.com
Website: www.oswegocounty.com/mentalhygiene

DIVISION OF MENTAL HYGIENE ADMINISTRATION is responsible for providing an affordable, comprehensive, quality system of mental hygiene (Mental Health, Alcohol and Substance Abuse, and 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 8:30AM-4:00PM

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 315-963-5361.

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 for mental health case management and ACT services must be received, processed, and assigned in a coordinated and consistent manner at the local level. The SPOA process provides linkages to services. For more information, or to make a referral for services, call 315-963-5361.

Police/Mental Health Coordination Project – Law enforcement (Oswego County Sheriffs, SUCO, CCC, 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. 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 315-963-5361.

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.

The Division also provides information and referral services.

OSWEGO HOSPITAL BEHAVIORAL SERVICES

Behavioral Services Division	Child and Family Services
74 Bunner Street	98 North Second St
Oswego NY 13126	Fulton NY 13069
315-326-4100 FAX 315-326-4782	315-326-3555 FAX 315-592-2176

Behavioral Services: The Oswego Hospital Behavioral Services Division, located at 74 Bunner Street in Oswego, provides a wide range of comprehensive mental health services to residents of Oswego County. These services include emergency services, in-treatment, out-treatment, assertive community treatment (ACT) and school-based mental health services. The phone number is 315-326-4100.

Child and Family Services: Oswego Health’s Child and Family Services Program, located at 98 N. Second Street in Fulton, offers a full array of services. On staff are child and adolescent psychiatrists, psychologists and social workers. The phone number is 315-326-3555.

NEW YORK STATE OFFICES

NYS DIVISION OF CONSUMER PROTECTION HELPLINE 1-800-697-1220

Consumer advisors are available to answer calls. Complaints must be submitted in writing and mailed to: 99 Washington Avenue, Albany, NY 12231. Complaints can be filed electronically at www.dos.ny.gov/consumerprotection.

NYS DEPARTMENT OF ENVIRONMENTAL CONSERVATION (NYSDEC)

615 Erie Boulevard West
Syracuse, NY 13204-2400
315-426-7403 FAX: 315-426-7408
Contact: Regional Director's Office
E-mail: info.r7@dec.ny.gov
Website: www.dec.ny.gov

The DEC is responsible for the administration and enforcement of the Environment Conservation Law. The Department's major responsibilities as assigned in Environmental conservation Law are:

- Regulate the disposal, transport and treatment of hazardous and toxic wastes in an environmentally sound manner;
- Manage the state program for oil and chemical spills;
- Provide for the abatement of water, land and air pollution, including pesticides;
- Monitor environmental conditions and test for contaminants;
- Encourage recycling, recovery and reuse of all solid waste to conserve resources and reduce waste;
- Administer fish and wildlife laws, carry out sound wildlife management practices; and conduct fish and wildlife research;
- Manage New York's marine and coastal resources
- Conduct sound forestry management practices on state lands, provide assistance to private forest landowners and manage fire prevention and control efforts;
- Manage the Adirondack and Catskill forest preserves and recreational facilities, including campsites;
- Protect tidal and freshwater wetlands and flood plains;
- Promote the wise use of water resources
- Administer the wild, scenic and recreational rivers program;
- Regulate mining, including reclamation of mined lands, extraction of oil and gas, and underground storage of natural gas and liquefied petroleum gas;
- Inform the public about environmental conservation principles and encourage their participation in environmental affairs

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

NYS DIVISION OF HUMAN RIGHTS

333 East Washington Street, Room 543
Syracuse, New York 13202
315-428-4633 FAX: 315-428-4638
E-mail: infosyracuse@dhr.ny.gov
Website: www.dhr.ny.gov

The NYS Division of Human Rights enforces the Human Rights Law that prohibits discrimination in employment, housing, credit, places of public accommodations, and non-sectarian educational institutions, based on age, race, national origin, creed, sex, sexual orientation, sexual harassment, pregnancy, marital status, familial status, disability, military status, domestic violence victim status, arrest record, conviction record, or and other specified classes.

The DHR accomplishes enforcement through:

- The vigorous prosecution of unlawful discriminatory practices;
- The receipt, investigation, resolution of complaints and discrimination;
- The creation of studies, programs, and campaigns designed to, among other things, inform and educate the public on the effects of discrimination and the rights and obligations under the law;
- The development of human rights policies and proposed legislation for the State.

To file a complaint, visit the website or call 1-888-392-3644 or contact the local office.

HOURS: Monday-Friday, 8:45AM-5:00PM

NYS PARKS, RECREATION AND HISTORIC PRESERVATION

Central Region
6105 E. Seneca Turnpike
Jamesville, NY 13078
315-315-492-1756 FAX: 315-492-3277
Website: www.parks.ny.gov

Provided at parks and historic sites is recreation programming; site tours and historic interpretive programming, environmental education programming, camping, swimming, boating, fishing, picnicking, nature and hiking trails, and golfing.

NYS PUBLIC SERVICE COMMISSION

1-800-342-3377

Website: www.dps.ny.gov

Complaints regarding gas, water, electric, telephone and cable television services can be submitted in writing to the NYS Public Services Commission at 3 Empire State Plaza, Albany NY 12223 or online at www.dps.ny.gov.

NYS DIVISION OF VETERAN AFFAIRS

Hughes State Office Building
333 East Washington Street Room 430
Syracuse , NY 13202-1422
Phone: 1-888-838-7697

The New York State Division of Veterans' Services (DVS or Division) advocates on behalf of New York's Veterans and their families, as individuals and as a group, to ensure they receive benefits granted by law for service in the United States Armed Forces.

The Division provides free benefits advising. Experienced and dedicated advisors — each a Veteran — work in a network of field offices across the state and offer Veterans and their families with professional help to resolve social, medical, and economic matters.

Veterans Benefits Advisors assist the claimant — whether a veteran, spouse, child, or parent — in completing applications, obtaining necessary documentation, and filing claims for a broad spectrum of federal, state, local, and private veterans' benefits. Veterans Benefits Advisors also assist by responding to follow-up correspondence and, appealing an unfavorable ruling.

By working closely with other State, federal, local, and private agencies, the Division of Veterans' Services utilizes the expertise and resources of others to help Veterans and their families with specific needs, such as economic, employment, rehabilitation, medical treatment, home health care, education, and tax exemption.

A toll-free information and referral hotline — 1-888-VETS-NYS (1-888-838-7697) — is available to refer Veterans and their families to the nearest Veterans Benefits Advisor Office.

NURSING AND ADULT HOMES

ADULT DAY HEALTH SERVICES PROGRAM

Seneca Hill Manor
20 Manor Drive
Oswego, NY 13126
315-349-5344 FAX: 315-349-5342
Contact: Kathy Cocciole, Program Director
E-mail: Kcocciole@oswegohealth.org
Website: www.oswegohealth.org

The Manor at Seneca Hill's Adult Day Health Services program offers a comprehensive array of services in a homelike environment. This "medical model" integrates activities and socialization with the individual healthcare needs of all qualifying individuals.

Our participants are 18 years or older with a wide range of cognitive and physical needs that need nursing care and supervision in a structured community setting.

The program is designed to meet the healthcare needs of chronically ill, frail and disabled adults, who require certain primary, preventive, diagnostic, therapeutic, and rehabilitative services. Program services are offered Mon. - Fri., 10 a.m. - 4 p.m. Attendance options range from one to five visits per week. Participants in the program come from all areas of Oswego County and transportation can be provided.

Individuals with a variety of needs attend our program. We assist in monitoring medical conditions such as diabetes, high blood pressure and Alzheimer's Disease.

The program works in conjunction with the participant's primary care physician. On-site physical, speech and occupational therapy can be provided with a physician's referral. The program provides all of the services that are available in the nursing home with the goal to keep participants living in their own home.

The program accepts Medicaid, private pay, long term care insurance and veteran's benefits may also pay for the program.

MANOR AT SENECA HILL

20 Manor Drive
Oswego, NY 13126
315-349-5300 FAX: 315-349-5316
Contact: Jason Santiago, Oswego Health Vice President and Chief Operating Officer
Rose Hartle, Admissions Coordinator
E-mail: jsantiago@oswegohealth.org
Website: www.oswegohealth.org

Seneca Hill Manor 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 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 – Seneca Hill Manor'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. 315-349-5344 FAX: 315-349-5342

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.

MORNINGSTAR RESIDENTIAL CARE CENTER

17 Sunrise Drive
Oswego, NY 13126
315-342-4790 FAX: 315-342-5365
Contact: E. Rebello, Social Services Director
E-mail: erebello@morningstarcares.com

Morningstar Care Center is a 120-bed long-term and sub-acute 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 employees are dedicated to providing the highest quality of care possible while paying close attention to the personal, physical, and emotional needs of our residents/clients.

HOURS: Visiting hours, preferred but flexible - 10:00AM-8:00PM

Social Services, Monday-Friday, 8:00AM-4:00PM

PONTIAC CARE AND REHAB CENTER

303 East River Road
Oswego, NY 13126
315-343-1800 FAX: 315-343-1821
Contact: Joe Corradino, Administrator
E-mail: admin@pontiaccare.com

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 - 10:00AM-8:00PM

ST. LUKES ADULT DAY HEALTH CARE

St. Luke Health Services
299 East River Road
Oswego, NY 13126
315-342-3166 FAX: 315-343-0790
Contact: Deborah Hursh, Program Director
E-mail: info@stlukehs.com
Website: www.stlukehs.com

Registrants in our Adult Day Health Care program are offered a variety of services that are individualized to meet specific needs. Personal care services include

- Health and medical care, including case management
- Health assessment
- Physical rehabilitation therapy, occupational therapy, speech therapy
- 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 and outings to area attractions are designed to keep registrants engaged and involved while they receive quality health care in a safe and supportive environment.

Adult Health Care at St. Luke serves all of Oswego County. Because we are centrally located in the city of Oswego and easily accessible, local medical transport agencies, family or friends can bring registrants to us or we can arrange to have your loved one picked up and returned home. Adult Day Health Care is a Medicaid eligible program.

HOURS: St. Luke Adult Day Health care offers sessions Monday-Friday from 9:30AM-3:30PM

ST. LUKE HEALTH SERVICES

299 East River Road
Oswego, NY 13126
315-342-3166 FAX: 315-343-6531
Contact: Anne McGivney, Admission Coordinator
Deborah Hursh, Program Director – Adult Day Health Care
Nicole Greenier, Program Director – The Cornerstone Club
E-mail: info@stlukehs.com
Website: www.stlukehs.com

St. Luke Health Services is located in the City of Oswego, overlooking the scenic Oswego River. We are dedicated to helping the people we serve live to their maximum potential and promote dignity of life throughout all of its stages.

St. Luke is a trusted and experienced provider of residential skilled nursing and short-stay physical/occupational rehabilitation services serving the Oswego County area since 1975. For Palliative Care, Wound Care or IV Antibiotic Therapy services, turn to our caring, experienced professionals.

Our services extend into our community. Our adult day programs - both St. Luke's "medical model" Adult Day Health Care, and The Cornerstone Club, a social adult day program, offer supportive services and activities to help older adults remain in their home settings.

For help in the home our Home Health Services provides personalized services to meet your individualized needs in your home setting, all designed to help you maintain or achieve maximum independence. Our New York State Department of Health licensed home care agency serves Oswego, Jefferson and Onondaga counties.

St. Luke Health Services is a part of The St. Luke Family of Caring, an affiliation of community-based, not-for-profit healthcare providers serving the greater-Oswego County area. Affiliates also include Bishop's Commons Enriched Housing Residence and St. Francis Commons Assisted Living Residence. Together we provide care and services to over 300 people daily.

PARENTING/FOSTER CARE

LIBERTY RESOURCES BEHAVIORAL HEALTH CARE

945 South 1st Street
Fulton NY 13069
315-592-7978 FAX: 315-592-7978
Contact: Anthony Fazzino
Email: afazzino@liberty-resources.org
Website: www.liberty-resources.org

Oswego Preventive Services is designed to work with Oswego County families that have youth at risk of possible placement due to issues related to PINS or JD behaviors. Services are delivered from a strength-based perspective and work to develop partnerships with families to assist them with addressing issues that place the youth at risk. A primary belief of the program is that children learn best in the context of their own family, that placing a child out of the home is a last resort and should only occur when all other options have been exhausted or when issues of safety are a concern. Referrals are made through the Oswego County Department of Social Services. The program offers casework services to families. During an initial assessment phase, the program's caseworkers assist families with identifying issues that place children at risk and then with developing goals to address those concerns. The program provides both home-based and school-based counseling services, crisis intervention, advocacy and referral to other support services in the community.

CONTACT: Karla Barnes - kbarnes@liberty-resources.org

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

Liberty Resources Family Foster Care

This program is designed to provide clinical and case management support to children, their biological families and the foster families who participate in the program. The program goal is to provide the level of care and support which would enable children to be successful in a community-based setting. The primary purpose of the program is the prevention of institutionalization for these children. In addition to providing services to children, Liberty Resources recruits and certifies the foster families with whom these children are placed.

CONTACT: Stephanie Haynes – shaynes@liberty-resources.org

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

Liberty Resources Kinship Caregiver

The Liberty Resources Kinship Caregiver program provides services to families in Oswego County who are providing full-time care on a formal or informal basis for youth with whom they have a connection by blood or prior relationship. The Kinship Caregiver Program offers an array of services tailored to meet the needs and build on the strengths of the individual family. For many families, referral and linkage to available resources that offer supports such as financial, educational or legal information and community programs will be sufficient. Other families may take advantage of the program's case management or the availability of small financial grants for specific needs. The excellent "Caring for Our Own" training curriculum is presented on an ongoing basis as are other parenting courses and training opportunities. Intensive Therapeutic Case Management support is provided by a Master's level clinical social worker.

CONTACT: Betsy Neal – neal@liberty-resources.org

Priscilla Heilveil – pheilveil@liberty-resources.org

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

OSWEGO CITY-COUNTY YOUTH BUREAU- CIRCLE OF SECURITY

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
315-349-3451 FAX: 315-349-3231
Contact: Tiffany Halstead or Kristen Slimmer
E-mail: tiffany.halstead@oswegocounty.com
or kristen.slimmer@oswegocounty.com
Website: youthbureau.oswegocounty.com

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Using the COS-P model developed by the Circle of Security originators, our trained Facilitators work with parents and care-givers to help them to: Understand their child's emotional world by learning to read emotional needs, Support their child's ability to successfully manage emotions, Enhance the development of their child's self esteem and honor the innate wisdom and desire for their child to be secure. Classes are held weekly for an hour and a half each session. This program runs for eight weeks.

PARENT EDUCATION PROGRAM (PEP)

Catholic Charities of Oswego County
808 West Broadway
Fulton, NY 13069
315-598-3980 ext. 224 FAX: 315-593-8875
Website: www.ccoswego.com

The Parent Education Program serves families who live in Oswego County, who have an open Preventive or Foster Care case with OCDSS, and who have children between the ages of birth and 18 years to prevent placement of children in Foster Care and/or to return them home from Foster Care. Through engaging with the PE program families will have the opportunity to strengthen and improve their parenting skills in order to prevent a child (or children) from being removed from their home as well as increase the chances of returning a child (or children) to the home from Foster Care. Families enrolled will have opportunities to work toward improving and strengthening their knowledge and skills by setting and accomplishing goals in the 8 Parenting Domain areas (environment, parental capabilities, family interactions, family safety, child well-being, social/community life, self-sufficiency, family health). All referrals come through the Department of Social Services.

PARENTING AFTER SEPARATION AND DIVORCE

Cornell Cooperative Extension of Oswego County
3288 Main Street
Mexico, NY 13114
315-963-7286 315-963-0968
Contact: Cindy Walsh
E-mail: cw99@cornell.edu
Website: www.thatscooperativeextension.org

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 goals are 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
315-963-7286 Ext. 400
Contact: Linda Brosch, 4-H Team Coordinator, Ext. 400
Website: www.thatscooperativeextension.org/amboy

The Amboy 4-H Environmental Education Center is a 150 acre nature preserve located on State Route 183 in Eastern Oswego County. It has three miles of marked trails which are open to the public daily and year-round 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.

BOY SCOUTS OF AMERICA

Longhouse Council
2803 Brewerton Road
Syracuse, New York 13211
315-463-0201 FAX: 315-463-5729

Educational program for boys and girls 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
315-592-2474 FAX: 315-592-3412
Website: www.fulton.ny.gov

Bull Head Point Park has a pavilion and walking pier. People can reserve the pavilion for \$30 per day on weekdays, \$60 per day on weekends.

CAMP HOLLIS

Oswego City - County Youth Bureau
70 Bunner Street
Oswego, NY 13126
315-349-3451 FAX: 315-349-3231

Camp Hollis
40 Health Camp Road
Oswego, NY 13126
315-349-3241 FAX: 315-349-3243

Contact: Zach Grulich
E-mail: zach.grulich@oswegocounty.com
Website: youthbureau.oswegocounty.com/hollis

Residential program – Seven one week long camping sessions for boys and girls ages 8-14. Sessions focus on traditional camp activities and emphasize teamwork and respect for nature. Applications to attend are available in elementary and middle schools and also on the Youth Bureau website and available at the Youth Bureau office.

Day Camp program -- Camp Hollis' Day Camp program is offered all of the weeks that resident camp is in session. Our day camp is offered to campers ages six-12, daily from 9 a.m. - 4 p.m. (extended care option from 7 - 9 a.m. and 4 -6 p.m.), Monday - Friday. Day campers get to enjoy all of the same day programs offered to resident campers and have lunch with the rest of camp.

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

Rental options – The camp is available from late April through late October. Please call the Youth Bureau for availability, pricing and additional information.

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: Youth Bureau Office, Monday-Friday, 8:00AM-4:00PM. For more information, please visit Camp Hollis on Facebook.

CAMP ZERBE

Oswego City - County Youth Bureau
70 Bunner Street
Oswego, NY 13126
315-349-3451 FAX: 315-349-3231

Camp Zerbe
253 State Route 104
Williamstown, NY 13493
315-298-2007

Contact: Zach Grulich
E-mail: zach.grulich@oswegocounty.com
Website: youthbureau.oswegocounty.com/zerbe

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. There are nature trails (including one for the sight impaired), the newly renovated Camp Zerbe Lodge, the "Paco" Malone Meeting Center, and access to Lake Lorraine and playground. The park is open to the public for daily trail use, the Interpretive Center, and access to Lake Lorraine. Reservations through the Youth Bureau office are required to use the Center, Zerbe Lodge, pavilion, or for boating and 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
315-598-4399 FAX 315-592-3412 Recreation Office: 315-592-2474
Contact: Ronica Sivers, Manager,

The Marina has 20 boat slips for boats up to 42' in length. There are hot showers and private bathrooms. Complete marine water and electric hook ups. Dumping pumpout station is available. 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. Overnight docking available free of charge. Seasonal boat slips available. Please contact City Parks for pricing.

CENTRAL SQUARE/HASTINGS RECREATION

315-668-2558
Contact: Marie Loran
E-mail: centralsquarevillageclerk@cnymail.com
Website: www.villageofcentralsquare-ny.us

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, table tennis and field trips.

CITY PARKS AND WALKING TRAILS

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
315-592-2474 FAX 315-592-3412
Website: www.fulton.ny.gov

Nine of the fourteen city parks have playground equipment. Wooded walking trails available behind G. Ray Bodley High School and Bullhead Point Park. North Bay Campground has trails, but they are closed from May 1 to Sept. 30 during the camping season. All other trails are available all year long.

CLEVELAND RECREATION

315-675-8611
Contact: Julie Simpson
E-mail: info@village-cleveland.org

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
315-420-9024
Contact: Krista Lewis

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 Christmas decorating, trimming a community Christmas tree, caroling, and Halloween family fun night.

HOURS: Summer Playground, 10:00AM-3:00PM
Swimming Area, 12:00PM-7:00PM

4-H CLUB

Cornell Cooperative Extension of Oswego County
3288 Main Street
Mexico, NY 13114
315-963-7286 FAX: 315-963-0968
Contact: Erin Wheeler, 4-H Club Support Specialist, Ext. 401
E-mail: Oswego-mailbox@cornell.edu

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 315-963-7286.

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

CATHOLIC YOUTH ORGANIZATION (CYO)

Catholic Charities of Oswego County
808 West Broadway Street
Fulton, NY 13069
315-598-3980 ext. 278 FAX : 315-593-8875
Contact: Ken Dennison, CYO Supervisor
E-mail: kdennison@ccoswego.com
Website: www.ccoswego.com

CYO programs work toward providing and promoting positive youth development for youth in Oswego County. CYO programs provide a free, safe, well supervised, friendly, non-threatening environment where youth in grades 2-12 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 give back to their community as adults. CYO staff provide positive role modeling and offer guidance, advice and support to area youth. Youth have access to a variety of activities such as basketball, ping pong, billiards, Wii, X-Box and PS4 games, arts and crafts, computers with internet access and tutoring services. There is also a snack and dinner provided daily through OCO. All programs offered by CYO are free to all youth in Oswego County.

The CYO Afterschool Program is open from the day after Labor Day thru the last Friday in June, Monday - Friday, 2:30PM-6:30PM (Open the same hours on snow days unless the agency closes early).

The CYO is closed on following holidays: Columbus Day; Thanksgiving Day; day after Thanksgiving; Christmas Eve; Christmas Day; New Year's Day; Martin Luther King Day; 4th of July; Labor Day; President's Day; Good Friday; and Memorial Day.

During week-long school breaks, the CYO is open 12:00PM-4:00PM.

The CYO Summer Program runs from the Monday after the 4th of July thru the 4th Friday in August, from 9:00AM-3:00PM.

FULTON ADULT INDOOR TENNIS PROGRAM

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
315-592-2474 FAX 315-592-3412
Website: www.fulton.ny.gov

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-12:00PM.

FULTON COMMUNITY BAND CONCERTS

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
315-592-2474 FAX 315-592-3412
Website: www.fulton.ny.gov

The Fulton Community Band Concerts are held at Bullhead Point Park, 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 COMMUNITY ROOM

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
315-598-3593 FAX: 315-592-3412
Contact: Joann Cavalier
E-mail: jcavalier@cityoffulton.com

The Community Room is available to rent for all types of functions. Alcohol is prohibited. Call or email Joann for rates.

FULTON MEN'S AND WOMEN'S SOFTBALL LEAGUES

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
315-592-2474 FAX: 315-592-3109
Website: www.fulton.ny.gov

Recreational softball leagues for adult men and women. The leagues start the first week in May and run through August. Fall leagues start the last week in August and run through the last week in October.

FULTON MEN'S LEAGUE BASKETBALL

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
315-592-8505 FAX: 315-592-3412
Contact: Jerry Schremp, Basketball Director

Offers adult men's basketball leagues for 30 and 40 year olds. Leagues run from November to March, also summer men's league for 18 years old and older.

HOURS: Sundays, 2:00PM-10:00PM and Wednesdays, 7:00PM-10:00PM

FULTON SUMMER CONCERT SERIES

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
315-592-2474 FAX 315-592-3412
Website: www.fulton.ny.gov

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
315-598-9622 FAX: 315-592-3557
Contact: Amy Leotta, Executive 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, summer camp and school age child care for children (K-6). The YMCA offers a free-weight room and fitness center. Contact the Y for more information on programs and membership fees. Ask about the YMCA's Membership for All income based membership.

FULTON YMCA DAY CAMP

715 West Broadway
Fulton, NY 13069
315-598-9622 or 315-592-3557
Contact: Jennah Lamb
E-mail: jlamb@fultonfamilyymca.org
Website: www.fultonymca.com

SERVICES: Day camp runs in one-week sessions for nine 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 9:00AM-4:00PM, arrangements can be made for earlier drop-off or later pick-up

FULTON YMCA FAMILY PROGRAMMING

715 West Broadway
Fulton, NY 13069
315-598-9622 FAX: 315-592-3557
Contact: Jennah Lamb, Family Director
Website: www.fultonymca.com

Fulton YMCA offers a wide range of programs to enhance the family experience with activities focused on parents and their children. Programs include Splash and Play, Cosmic Bingo, Movie Night, Parent's Night Out and much more. For more information and programming times, contact the Fulton Family YMCA. To keep up to date on what's going on at the Y, you can also like us on Facebook.

FULTON YOUTH BASKETBALL PROGRAM LEAGUE

City of Fulton
141 S 1st Street
Fulton, NY 13069
315-593-5215 FAX: 315-593-3412
Contact: Sean Broderick, Youth Basketball League Director
Website: www.fulton.ny.gov

This program offers children from pre-kindergarten through 6th 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.

GIRL SCOUTS

8170 Thompson Road
Cicero, NY 13039
315-698-9400 FAX: 315-698-9500
Contact: ToniLynn Davis or Customer Care
E-mail: tdavis@gsnypenn.org or info@gsnypenn.org
Website: www.gsnypenn.org

A personal leadership development program for girls in grades K - 12. Girls of all ages gain self-confidence and knowledge that enable them to become tomorrow's community and family leaders. Girl Scouts discover more about themselves, connect with their communities, and take action to make the world a better place. Girl Scouts welcomes girls of all racial, ethnic, religious, and socio-economic backgrounds. Troops and membership opportunities are available in each community throughout the county. *Volunteers, mentors, and leaders are welcome. Visit the council website to find a listing of troop and volunteer opportunities in your community.*

GRANBY RECREATION

Contact: Jennifer Brown
315-447-1796
E-mail: granbyyouth@gmail.com

Granby youth, ages 5 to 15 participate in educational and recreational activities. During the summer, a series of special events and field trips will take place.

HANNIBAL AREA JOINT RECREATION PROGRAM

Contact: Liz Quaile, Clerk
315-564-6037 Ext. 24
E-mail: hannibalclerk@yahoo.com
Recreation Director: Carl Emmons Jr Ext. 29

Baseball, basketball, soccer, softball and volleyball and wrestling programs are offered for both boys and girls. Programs are open to students in grades 2 through 12 from the Town and Village of Hannibal and the Towns of Oswego, Sterling and Granby.

UPSTAIRS AT THE LIBRARY - HANNIBAL FREE LIBRARY

162 Oswego Street
PO Box 174
Hannibal, NY 13074
315-564-5471 FAX: 315-564-5471
Contact: Alicia Annal or Shelly Stanton
E-mail: Hanlib@ncls.org
Website: www.hannibalfreelibrary.org

SUMMER: July & August – reading program and activities, Tuesday, Wednesday, and Thursday, 10:00AM-11:00AM

SPRING & WINTER: Story Hour, Tuesdays and Thursdays, 10:00AM-11:00AM

AFTER SCHOOL PROGRAM: Wednesdays, 3:45PM-4:45PM

TEEN PROGRAM: Tuesdays, 6:00PM-7:00PM

HOURS: Monday, Wednesday, Friday, 10:00AM-4:30PM, Tuesday, Thursday, 10:00AM-8:00PM
Saturday, 9:00AM-3:00PM

MEXICO RECREATION

Contact: Traci Wallace
315-963-7564
E-mail: mexclerk@cnymail.com

NORTH BAY CAMPGROUNDS

City of Fulton Parks and Recreation
925 Phillips Street
Fulton, NY 13069
315-592-2256 FAX 315-592-3412
Website: www.fulton.ny.gov

North Bay Campgrounds has 79 campsites including 36 seasonal sites, 32 electric and water sites and 11 non-utility sites. Campsites are available on the waterfront, in the woods or in the clearings. Two bathroom facilities, one is equipped with hot showers. Campground store and dump station are available to campers. Public boat launch docking is available. Season runs from mid May until mid October. Call for rates.

OSWEGO LACROSSE CLUB INC.

P.O. Box 5315
Oswego, NY 13126
Email: oswegolacrosseclub@icloud.com
Website: www.oswegolacrosseclub.com

This is a youth lacrosse program for boys and girls, instructional and competitive teams. A summer indoor league is also available. Children participating are age 4 to adult. Not limited to Oswego residents.

OSWEGO YMCA

265 West First Street
Oswego, NY 13126
315-342-6082 FAX 315-343-3750
Website: www.oswegoymca.org
Contact: Kerrie Ann Webb, Executive Director

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. With over 1,600 members, one in nine people living in the Oswego community is a member of Oswego YMCA. Daily, youth, adults and families find the support and services they need to improve their quality of life. The Oswego YMCA serves as a community resource providing programs including a variety of Aquatics programs and Swim Lessons, Youth, Adult and Family Fitness, Active Older Adult with Silver & Fit and Silver Sneakers opportunities, School Age Childcare, Summer Camp, Parents Night Out and family and parent/ child programs. The Oswego YMCA is located at 265 W. First Street, Oswego, NY. For more information, call (315) 342-6082 or visit www.oswegoymca.org.

PALERMO RECREATION PROGRAM

315-593-1825 FAX: 315-598-5194
Contact: Donna Miller
Email: recreation@townofpalermony.gov

Children ages 5-15 will participate in field trips, Arts & crafts, play games and have FUN! The program is located at Palermo Town Park on Co Rt 45. Monday - Friday 9am-3pm. MUST bring immunization records to register when you come to the park for the first time. There is a Summer Feeding Program. The Central New York Food Bank will be providing breakfast and lunch.

CITY OF OSWEGO PARKS AND RECREATION

114 Mitchell Street
Oswego, NY 13126
315-342-8180 FAX: 315-342-8236
Contact: Keri Guynn

Provides a variety of recreational programs. From November to March, programming includes ice skating at Crisafulli and Cullinan Rinks. There is youth and adult basketball, and adult volleyball. 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. Referrals available to other non-profit recreation service providers.

RICHLAND YOUTH PROGRAM

315-298-5174
Contact: Daniel Krupke
E-mail: supervisorclerk@townofrichland.org

Summer recreation program for youth ages 5 through 14 includes arts and crafts, organized sports, special events, junior Olympics, swimming, and games.

SANDY CREEK/ LACONA RECREATION

Contact: Michelle Shirley
315-387-5781
E-mail: villagesc@frontier.com

Provides a five or six-week summer day camp program of playground activities, beach trips, field trips, sports activities, arts & crafts, with special educational and entertainment programs at a Sandy Creek Central School. The program serves youth ages 5 - 12 years old with qualified counselors and an on-site director.

SCRIBA RECREATION CENTER/TOWN PARK

42 Creamery Road
Oswego, NY 13126
315-407-4720; 315-343-8107 (Town Park)
Contact person: Peg Michael
E-mail: sacc22@scribany.org

Recreation Department - Recreation services offered are fitness classes and senior citizen events. For more information on any of these events, please call 315-343-8107.

Scriba Town Park - Located on O'Connor Road, it is open the third weekend in June and closes the third weekend in August. Park services include picnicking, nature trail, pool, day camp, volleyball, paddle boats, basketball court, playground, and special events. Park reservations are taken at the municipal building beginning each Tuesday in March 2020. Day Camp registration begins each Tuesday in April at the municipal building 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 9:00AM-8:00PM daily (beginning end of June). Pool hours are 12:00PM-7:00PM for the season.

SPRINGBOARD MURAL PROJECT

Oswego City - County Youth Bureau
70 Bunner Street
Oswego, NY 13126
315-349-3575 FAX: 315-349-3231
Contact: Kristen Slimmer
Email: kristen.slimmer@oswegocounty.com
Website: youthbureau.oswegocounty.com
Facebook: <https://www.facebook.com/springboardmuralproject>

The Springboard Mural Project was started in 2009 as a way for the youth of our community to share their artwork in a positive and aesthetically pleasing way while replacing graffiti along the City's scenic river walks. Artwork is created and painted by young people from our community with the guidance of the Springboard Coordinator. All artwork is approved first by the City Common Council before it's placed on city property.

TRAVELING ARTS IN THE PARKS

Oswego City - County Youth Bureau
70 Bunner Street
Oswego, NY 13126
315-349-3590 FAX: 315-349-3231
Contact: Tiffany Halstead
E-mail: tiffany.halstead@oswegocounty.com
Website: youthbureau.oswegocounty.com

Traveling Arts in the Parks provides free artistic performances during the summer 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
315-349-3451 FAX: 315-349-3231
Contact: Zach Grulich
Email: zach.grulich@oswegocounty.com

This summer program teaches tennis to 5 - 12-year-olds throughout Oswego County at 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 with special low compression as well as slow-moving oversize tennis balls.

VOLNEY RECREATION PROGRAM

Volney Town Hall
1445 County Route 6
Fulton, NY 13069
315-598-3508 FAX: 315-598-6839
Contact: Karen Kio

Provides a variety of special events utilizing community support and involvement.

WEST MONROE RECREATION

315-676-3521 EXT100
Contact: Vern Sundet, Town Supervisor
E-mail: supervisor@townofwestmonroe-ny.us

Provides summer program of swimming, arts and crafts, and other recreational activities.

REPRODUCTIVE HEALTH AND PREGNANCY

NEW LIFE CRISIS PREGNANCY CENTER

PO Box 445
3349 Main Street
Mexico, NY 13114
315-963-CARE (2273)
E-mail: newlifecpc@verizon.net
Website: www.nlpregnancy.org

Free pregnancy tests; referrals, baby clothing, 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, 12:00PM-4:00PM, or by appointment

OPTIONS

Oswego County Opportunities, Inc.
10 George Street (Use Side Entrance)
Oswego, NY 13126
315-342-0888 OPTION 6 FAX: 315-207-2754
Contact: Karen Merrill
E-mail: options@oco.org
Website: <https://facebook.com/pages/OCO-Options/354269881343751>

OPTIONS staff work with adults and youth to assist them in gaining healthcare, connecting to community resources, and other services that help to increase healthy birth outcomes. Staff are able to meet people wherever they are comfortable, in their home, the community, in the office, or other safe settings. Youth participants are assisted with educational attainment, job readiness, parenting and life skills. Youth who are disconnected from school are supported through advocacy and tutoring. DADS helps young fathers learn about their rights and responsibilities. All programs strive to give participants the tools and education necessary to accomplish their goals. Home visiting and in-person breastfeeding support is offered by certified Lactation Counselors. Transportation, bus passes, Safe Sleep education, Parenting groups, infant care groups, pack-and-play and other items may be given on a case to case basis if eligible.

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

CONNEX CARE (NORTHERN OSWEGO COUNTY HEALTH SERVICES, INC.)

Oswego Health Center 10 George Street, Suite 100 Oswego, NY 13126 315-342-0888 FAX: 315-598-4728 1-855-598-4740	Fulton Health Center 522 South Fourth Street, Suite 500 Fulton, NY 13069 315-598-4740 FAX: 315-598-4728
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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 315-598-4740 or 315-342-0888.

HOURS:

Oswego Site	Oswego Health Center 10 George Street Suite 100 315-342-0888 Monday, Thursday 7:00AM-5:00PM Tuesday, Wednesday 7:30AM-5:00PM Friday 7:30AM-4:30PM WALK IN HOURS: Monday-Friday 8:00AM-10:00PM
Fulton Site	Fulton Health Center 522 South Fourth Street, Suite 500 315-598-4790 Monday - Wednesday 7:3AM-7:00PM, Tuesday, Thursday, Friday 7:30AM-5:00PM WALK IN HOURS: Monday, Tuesday, Friday 8:00AM-10:00AM Wednesday 2:00PM-4:00PM
Mexico Site	5856 Scenic Avenue 315-963-4133 Monday & Friday 7:30AM-4:30PM Tuesday-Thursday 7:30AM-5:00PM Saturday 9:00AM-1:00PM WALK IN HOURS: Monday & Wednesday 1:00PM-3:00PM

Phoenix Site CLINIC HOURS: Monday, Wednesday 7:30AM - 6:30PM
Tuesday, Thursday, Friday 7:30AM - 5:00PM
WALK IN HOURS Monday, Tuesday, Thursday 2:00PM-4:00PM
Wednesday 10:00AM-12:00PM Friday 1:00PM-3:00PM

Pulaski Site 61 Delano Street 315-298-6564
HOURS: Monday, Thursday, Friday 7:00AM-8:00PM
Tuesday, Wednesday 7:30AM-8:00PM
WALK IN HOURS: Monday-Friday 8:00AM-10:45AM and 1:00PM-3:45PM

FAMILY RESOURCE CENTER

157 Liberty Street PO Box 5444 Oswego, NY 13126 Office: 315-343-4866 24 hour help line 1-800-712-4357 Text: 315-227-2063 Email: info@familyresroucecenter.life	Fulton Office 20 Canalview Mall Fulton NY 13069 315-402-2634	Pulaski Office 1918 Co Rte 41 Pulaski NY 13142 315-298-0119
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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, over 100 different pregnancy, parenting and life skills classes, material aid for mothers and children, and a prevention program for middle school students. All services are free and confidential.

HOURS: Oswego - Monday-Friday, 11:00AM-4:00PM
Fulton- Monday&Wednesday, 11:00AM-4:00PM
Pulaski-Tuesday&Thursday, 11:00AM-4:00PM
Walk-ins welcome for pregnancy tests

OSWEGO HOSPITAL ANTENATAL BREAST FEEDING CLASSES

110 West Sixth Street
Oswego, NY 13126
315-349-5572 FAX: 315-349-5701
Contact: Amy Ilardi, RNC
Website: www.oswegohealth.org

Lactation specialist Kathy Distin, RNC, IBCLC discusses 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.

REACH CNY INC

1010 James Street
Syracuse, NY 13203
315-424-0009
Contact: Amanda Barbera, MICHC Program Coordinator
E- mail: abarbera@reachcny.org
Website: www.reachcny.org

REACH CNY provides resources, education, advocacy and collaborative projects to improve health and reduce health disparities in areas such as adolescent pregnancy prevention and prenatal and perinatal health.

Breastfeeding Cafes of Oswego County offers free monthly drop-in meetings where you can meet other breastfeeding and expecting moms. Certified lactation counselors and peer leaders can answer any of your breastfeeding questions. Your baby's growth will be tracked and light refreshments will be provided. The locations and times are as follows:

- Palermo: Palermo UMC: 11 County Route 35. 1st Friday from 3:30PM-5:00PM
- Fulton: Backstreet Books: 201 Oneida St. 2nd Mondays from 1:00PM-2:30PM
- Oswego: Elim Grace Christian Church: 340 West 1st St. 3rd Saturdays from 10:00AM-11:30AM
- Mexico: Mexico Public Library: 3269 Main St. 4th Tuesdays from 5:00PM-6:30PM

Maternal Infant Community Health Collaborative serving Oswego County. REACH CNY collaborates with Oswego County Opportunities and other health and human service providers and organizations to serve women of childbearing age and their families, connecting them to health services and resources to improve health and wellness. Call Liz at 315-424-0009 for more information.

WIC - WOMAN, INFANTS AND CHILDREN

Oswego County Opportunities, Inc.
10 George Street
Suite 400
Oswego, NY 13126
315-343-1311 or 1-888-730-3803 FAX: 315-343-9504
Contact: Cynthia Palamar, Coordinator

Nutrition education and supplemental food program for women who are pregnant, under six months postpartum or breastfeeding for up to one year; infants, and children up to age 5. Breastfeeding peer counselor available for support. Checks for nutritious foods are provided that are redeemable at area grocery stores. These foods include: milk, cheese, eggs, cereal, juice, peanut butter, whole grain bread, brown rice or tortillas, fruits and vegetables and formula, if needed. WIC program services are offered in the following locations: Oswego, Fulton, Pulaski, Central Square, Mexico, Sandy Creek, Phoenix and Hastings. Evening and early morning and Saturday hours are available. WIC is an income-based program. Please contact our office for further information.

SENIOR CITIZENS

ADOPT-A-GRANDPARENT

SUNY Oswego
Center for Service Learning and Community Service
145 Marano Campus Center
Oswego, NY 13126
315-312-5360 FAX: 315-312-5406
E-mail: adoptagp@oswego.edu

Adopt-A-Grandparent connects college students with senior adults in the Oswego community. SUNY Oswego students build relationships with residents through a variety of engaging activities during weekly visits to local nursing homes. By listening to music, making crafts, hosting holiday parties, and playing games, students participate in cultural sharing between the generations. Our variety of host sites encourage all students to build connections with their elders, learn from others' life experience, and gain experience of their own. Transportation is provided.

BISHOP'S COMMONS

4 Burkle Street
Oswego, New York 13126-0434
315-349-0799 FAX: 315-349-0797
Contact: Karen Murray
Email: info@bcommons.com
Website: www.bcommons.com

Bishop's Commons is an affordable housing choice for seniors, set on a wooded property overlooking the Oswego River. It is the Oswego area's only enriched 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 three meals, weekly housekeeping, and laundry service, transportation to appointments, activities, entertainment and recreation; and 24-hour staffing, maintenance and some utilities.

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.

Personal care of 3.5 hours per week and medication supervision is provided as part of the service package. Additional care may be purchased. Bishop's Commons is affiliated with St. Luke Health Services, Oswego County's largest provider of health care for seniors.

NUTRITION SERVICES

Oswego County Opportunities, Inc.
239 Oneida Street
Fulton, NY 13069
315-598-4712
Contact: Lori Halstead, Coordinator of Nutrition Services

Meal services for Oswego County residents. Dining and Activity Centers provide hot meals to participants over the age of 60, Monday thru Friday at one of the centers located throughout the county. The centers are open from 11:00 am - 1:00 pm. To make reservations to eat at the Center, please call the actual center you will be attending at the numbers and locations listed:

Central Square

Community Church
833 US RT. 11
315-720-9732(11:00AM-1:00PM) Tuesday, Wednesday and Thursday

Fulton

Fulton Municipal Building
141 South First Street
315-592-3408 (11:00AM-1:00PM) Monday-Friday

Hannibal

Community Library
162 Oswego Street
315-564-5471 (11:00AM-1:00PM) Monday, Wednesday and Friday

Mexico

The Lighthouse Church of God
11 S. Jefferson Street
315-806-1917 (11:00AM-1:00PM) Wednesday and Friday

Parish

New Hope Church
814 Rider Street
315-806-1917 (11:00AM-1:00PM) Monday, Tuesday and Thursday

Phoenix

Congregational Church
43 Bridge Street
315-695-4841(11:00AM-1:00PM) Monday, Wednesday and Friday

Meals on Wheels: Home delivered meal program for people age 60 and over, the program partners with the Office for the Aging. The meals are delivered directly to the clients' homes after an initial evaluation process has been completed and the participants are asked to contribute a donation for the service. If you are over 60 and interested in Home Delivered Meals, please call the Office for the Aging at 315-349-3484 or 1-800-596-3200, ext. 3484 to set up an appointment with one of the case managers.

For those who are under 60 years of age and are interested in having Home Delivered Meals, please call Nutrition Services at 315-598-4712 for cost information.

OFFICE FOR THE AGING

Oswego County Office
Complex 70 Bunner Street
Oswego, NY 13126
315-349-3484 FAX: 315-349-8413
Contact: Sara Sunday, Administrator
E-mail: sara.sunday@oswegocounty.com

The Oswego County Office for the Aging (OFA) helps seniors through directly provided services such as case management, insurance counseling, the Home Energy Assistance Program (HEAP), and outreach. Services contracted to other agencies and funded through OFA include: senior nutrition service, transportation, legal services, health promotion, personal care aides and housekeeper chore aides.

There are no fees for most OFA services. Voluntary contributions are suggested and gladly accepted. Programs are funded by federal, state and county grants through the Administration for Community Living, the NYS Office for the Aging and the Oswego County Office for the Aging, sponsored by Oswego County Government.

Services:

- Outreach Program - Staff outreach into the community to locate those who are unaware of available services. Staff can make visits to those who are homebound due to poor health or lack of transportation.
- Senior Nutrition Program – Eligible participants are provided meals for the more rural, isolated elderly in the county through the Home Delivered Meals Program or may attend a congregate meal site (Senior Dining and Activity Center) located at 6 sites throughout the County.
- Transportation – Participants of our Senior Dining and Activity Centers are eligible for transportation to sites and shopping. OFA also sponsors Call N Ride providing transportation to Dr Appointments, Social Engagements or Shopping free of charge to Oswego County residents age 60+.
- Legal Referral – Residents 60+ years old can be referred to a local attorney through our legal referral program. Seniors can obtain information, guidance and legal representation, dependent on whether or not a legal problem exists.
- Health Insurance Information Counseling and Assistance Program (HIICAP) Provides unbiased health insurance and prescription insurance counseling for those who are Medicare eligible.
- Home Care Program – Provides (under Subcontract) in-home care (personal care and/or housekeeper chore) services for those 60+ years old who require assistance to remain in their own homes. Participants in program may be required to pay a percentage of the cost of service, or make contributions.
- Caregiver Services Program - Provide caregivers with much needed support through counseling, support groups and respite services. Caregiver services are vital to keeping older people safely in their homes.
- NY Connects Program – Provides Information and Assistance on Long Term Care Supports and Services available to persons in Oswego County, regardless of age.
- Language Interpretive Services are available.

Hours: Monday-Friday, 8:30AM-4:00PM

OSWEGO YMCA ACTIVE OLDER ADULTS PROGRAMS

265 West First Street
Oswego, NY 13126
315-342-6082
Contact: Trish Levine, Health & Wellness Director

Offering a variety of in-house active older adult programs. Join Silver Sneakers & Silver and Fit programs including Silver Sneakers Yoga and Silver Sneakers Classic group exercise classes offering mild aerobic activity coupled with strength and flexibility training. In addition, participants can enjoy movement with the "Forever Young at Heart" and "Dancetastic" classes. Tai Chi Easy, RSVP OsteoArthritis and a pool class, "Aqua Fit" gives participants an opportunity to socialize while performing intervals in shallow & deep water, are available. Additional activities may include Active Older Adult crafting, luncheons and more.

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP)

SUNY Oswego
103 Rich Hall
Oswego, NY 13126
315-312-2317 FAX: 315-312-3374
Contact: Meave Gillen, RSVP Director
E-mail: rsvp@oswego.edu

RSVP is a non-profit organization whose mission is to encourage and foster the development and maintenance of volunteer opportunities that engage, support and enhance the lives of Americans 55+, while responding to the priority needs of this community such as healthy futures, nutrition and economic development.

SENIOR CAMPING

Oswego City - County Youth Bureau
70 Bunner Street
Oswego, NY 13126
315-349-3451 FAX: 315-349-3231
Contact: Zach Grulich
E-mail: zach.grulich@oswegocounty.com
Website: youthbureau.oswegocounty.com

Recreation, leisure and camping for people age 50+. The two-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, and more. The programs can be a day camp or overnight stay.

NYS SENIOR HELPLINE

1-800-342-9871

Gives state and local information 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, 8:00AM-4:00PM.

After hours and on holidays - callers can leave a message with name, area code with phone number and county. Calls will be returned as soon as possible.

SPRINGSIDE AT SENECA HILL

10 County Route 45A
Oswego, NY 13126
315-343-5658 FAX: 315-207-0179
Contact: Amanda Saternow, Long-Term Care Community Liaison
E-mail: asaternow@oswegohealth.org

Springside at Seneca Hill is a retirement community for independent seniors age 62 and older.

The community is designed for those who enjoy an active lifestyle. Housing options include one and two-bedroom apartments, as well as duplexes and cottages, all without stairs. Residents enjoy a chef-prepared meal nightly in the attractive dining room. There are many educational and fun activities offered on and off-site.

The duplex-style homes and cottages are adjacent to the main building and offer maintenance services, privacy without the chores, a patio and many more amenities. These feature 2 bedrooms, 2 baths and a garage.

The center of the congregate apartment building is the hub of daily life, where residents enjoy restaurant-style dining and recreational and educational opportunities in the activity area. Free wireless Internet is available in this building. The main building also features a variety of common areas, including a multipurpose activity room, a wellness center, a library, a Florida room, coin-free laundry rooms and guestrooms. The attractive grounds feature a walking garden and nature trail.

ST. FRANCIS COMMONS ASSISTED LIVING PROGRAM

12 Burkle Street
Oswego, New York 13126-0434
315-326-0870 FAX: 315-326-0871
Contact: Kelley Greene
E-mail: kgreene@stfranciscommons.com
Website: www.stfranciscommons.com

St. Francis Commons is an affordable housing choice for seniors who wish to remain independent and active, yet may need help with daily activities. Located on the St. Luke Healthcare campus, set on wooded property, St. Francis is the Oswego area's only Assisted Living Program, offering accommodations for 60 residents. It is conveniently located at East River Road and Burkle Street, just minutes from downtown Oswego. Payment options include Medicaid, private funds or long-term care policy, and Supplemental Security Income (SSI).

Memory care at St. Francis is provided to 14 of the 60 individuals within a secure neighborhood designed to meet the needs of individuals diagnosed with mild to moderate dementia-related illnesses including Alzheimer's disease.

Three well-balanced meals, housekeeping and laundry service, 24 hour per day staffing on site, assistance with personal care, and medication supervision is all provided as part of the service package. St. Francis Commons is affiliated with St. Luke Health Services, Oswego County's largest provider of health care for seniors.

SERVICES FOR PERSONS WITH DISABILITIES

ADULT CAREER AND CONTINUING EDUCATION SERVICES -VOCATIONAL REHABILITATION, ACCES -VR

State Office Building
333 East Washington Street
Room 230
Syracuse, NY 13202
315-428-4179 FAX: 315-428-4280
Contact: Patrick Sheppard, District Manager
E-mail: Patrick.Sheppard@NYSED.gov

ACCES-VR starts with the presumption that all persons with disabilities can benefit from vocational rehabilitation services and should have opportunities to work in jobs integrated within their communities. VR Counselors guide individuals through the service programs they need to reach their employment goals.

ACCES-VR 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 any impediment to employment.

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

ARC OF OSWEGO COUNTY

7 Morrill Place
Fulton, NY 13069
315-598-3108 FAX: 315-598-3306
Contact: Caitlin Doran-Prior
E-mail: cprior@arcoswego.org

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 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 developmental disabilities.

Guardianship Assistance – Help in establishing legal decision-making for personal care and property for individuals with disabilities.

Hourly Waiver Respite – Opportunities for individuals with disabilities, aged 18 or older, to pursue their recreational interest, while providing a “break” for family caregivers.

Senior Day Habilitation – Day habilitation for individuals with disabilities, 55 years of age or older. Encourages individual growth, community participation, and self-fulfillment. Support in achieving goals and maintaining independence is a key support of this program.

Community Habilitation: Provides support to individuals with a disability in building skills to positively engage in their communities and to achieve their goals.

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

ARISE

Center for Independent Living
293 St Rte 104E
Oswego, NY 13126
315-342-4088 FAX: 315-342-4107
Website: www.ariseinc.org

Fulton Office
113 Schuyler Street, Suite 2
Fulton, NY 13069
315-887-5156 FAX: 315-887-5163

ARISE is an independent living center run by and for people with disabilities in Cayuga, Onondaga, Oswego, and Madison Counties. The main Oswego County office is in Oswego, with a satellite office in Fulton. ARISE’s mission is to work with people of all abilities to create a fair and just community in which everyone can fully participate. This includes every aspect of the community: employment, housing, recreation, education, and transportation.

ARISE offers many programs in Oswego County in several broad areas: Advocacy (individual and systems), Employment, Independent Living, Mental Health, Inclusive Recreation, and Youth and Family. ARISE offers a wide array of social and support groups for people with disabilities and operates ARISE at the Farm, a 77-acre horse farm in Chittenango.

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

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.

CAPS (Certified Ageing in Place Specialist) Program does assessment of homes to ensure that you will be able to live with your disabilities in a safe and accident free environment. We can also do this service in combination with ADA (Americans With Disabilities Act) for business locations to ensure employees or customers with disabilities can be in your environment in a safe and accident free experience.

CDSMP (Chronic Disease Self Management Program) The classes run for 2 and a half hours once a week for six weeks. Pre-registration is required. The class will cover a lot of easy to understand information on how you can take care of many of the issues you may have with a chronic disease. They are interactive, easy going instructors and will leave you with action plan that will improve your health. Text book is yours to keep once class is completed. ARISE has two peer leaders, one of which is a master trainer.

DSMP (Diabetes Self Management Program) The class runs the same timeline as the basic material is the same as the CDSMP program. This class will dial down into more of the nuts and bolts of being diabetic or living with someone that is diabetic. Pre-registration is required. ARISE has two peer leaders for this program.

NDPP (National Diabetic Prevention Program) This class runs for one hour and the schedule will last over a period of one year. Classes start out weekly and then go to monthly. This class is for those that have been diagnosed as benign pre-diabetic or have concerns that they will be diabetic based on family history. Class is self directed by the group as they will choose the subject matter for the term of the classes.

Contact: Jim Karasek
315-342-4088 ext 4931
E-mail: jkarasek@ariseinc.org

Community Connections: This group is for individuals ages 18 and older with a developmental disability who live in the community with their families and who want to find peer support. Participants will decide the social activities of the group, which may include bowling, dances, attending sporting events, having dinner at local restaurants, going to plays, or participating in seasonal activities. The group will provide the chance to forge stronger personal relationships, develop informal supports, and make connections with their community that reduce their isolation and the potential for future reliance on paid staff and family.

Contact: Vicki Affinati
315-342-4088 ext 4944
E-mail: vaffinati@ariseinc.org

Community Habilitation Services– offers 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 service plan.

Contact: Darcy Beers
315-342-4088 ext 4926
E-mail: dbeers@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: Vicki Affinati
315-342- 4088 ext 4944
E-mail: vaffinati@ariseinc.org

Employment Services - Supported employment services for people of all disabilities 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
315-342-4088 ext 4927
E-mail: dklock@ariseinc.org

Farm Day Camp- This is an integrated summer recreation program that takes place at ARISE at the Farm in Chittenango, NY. Students ages 8 to 16 take a bus from Oswego, with stops in Fulton and Central Square, to ARISE at the Farm and back for five days. Activities include horseback riding, fishing, arts and crafts, games and other physical activities. It is typically scheduled the first week after summer school. The program can serve 10 individuals with developmental disabilities. Five sibshop siblings are also participating in Farm Camp. Sibshops activities, which are conducted by a clinical social worker, are part of the program. Time to apply is early spring. There is also a week of day camp for adults at ARISE at the Farm in Chittenango. This program can serve 10 adults with developmental disabilities. Transportation is provided from several locations in Oswego. Time to apply is early spring.

Contact: Vicki Affinati
315-342- 4088 ext 4944
E-mail: vaffinati@ariseinc.org

Information & Referral/Peer Counseling– is the initial starting point for people with disabilities to seek information and referral contacts in order to maintain the option of living independently. Individuals will be referred to programs offered by ARISE and other local agencies that may assist in independent living. This contact offers peer counseling, which helps direct people with disabilities how to make independent decisions and help themselves.

Contact: Jim Cronk
315-342-4088 ext 4930
E-mail: jcronk@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: Scott Pecoy
315-342- 4088 ext 4938
E-mail: specoy@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: Christopher Cowen
315-298-5726 ext 4924
E-mail: ccowen@ariseinc.org

Service Access Coordination - offers support to families who are seeking services for a family member with a developmental disability. The coordinator assists families with the eligibility process of OPWDD and makes referrals to other services.

Contact: Kristin Drumm
315-342- 4088 ext 4933
E-mail: kdrumm@ariseinc.org

Sibshops- This is a support group for youth in grades 3 through 8 who have a brother or a sister with a developmental disability. Activities include discussions, crafts, and games. They are designed to build leadership and teamwork, and increase knowledge of different disabilities and adaptations used. The sessions are based on a curriculum by Donald Meyer.

Contact: Nikki Baldwin
315-342-4088 ext 4936 (Message Only)
E-mail: nbaldwin@ariseinc.org

Teen Group – This group provides peer support for students ages 13 to 18 with a developmental disability. The group meets at least ten times a year and offers activities that take place either at the ARISE office or in the community. Activities include bowling, going to see a movie, holiday parties, museum visits or seeing plays. Emphasis is placed on providing a relaxed atmosphere for students to make new friends and experiences. The group brainstorms ideas of what they would like to do for the year.

Contact: Vicki Affinati
315-342-4088 ext 4944
E-mail: vaffinati@ariseinc.org

AURORA OF CENTRAL NEW YORK, INC.

518 James Street
Suite 100
Syracuse, NY 13203-2282
315-422-7263 FAX: 315-422-4792 TDD: 315-422-9746 VP 315-679-4168
E-mail: auroracny@auroraofcny.org
Website: www.auroraofcny.org

AURORA of Central New York, Inc. is a private, not-for-profit agency that provides rehabilitation services for 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: Monday-Friday, 8:30AM-4:30PM

CAREER EMPLOYMENT SERVICES

Oswego Industries
200 North Second St
Fulton, NY 13069
315-598-3112 FAX: 315-593-7237
Contact: Adam C Michalski, Sr.
E-mail: amichalski@oswegoind.org

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, 8:00AM-4:00PM

EARLY INTERVENTION AND INCLUSION PRESCHOOL

5820 Heritage Landing Drive
East Syracuse, NY 13057
315-701-1107 FAX 315-701-1131
Contact: Jackie Franklin, Director of Preschool Services
E-mail: Jackie@littlelukes.com
Website: www.littlelukes.com

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 in Oswego, Fulton, Pulaski, Dewitt and Radisson. Our in-house team of Little Lukes therapists uses small group, and push in and pull out therapy sessions to meet the individual needs of the child.

EMPIRE INTERPRETING SERVICE

109 S Warren St # 406
Syracuse, NY 13202
844-620-8594, 315-472-1383 FAX 315-472-8032
Contact: Theresa Slater, President/CEO
Corissa Hedrick, Director of Spoken Languages
E-mail: info@empireinterpreting.com
Website: www.empireinterpreting.com

Empire Interpreting Service™ is a language service provider headquartered in New York State. We provide professional Sign Language and Spoken Language Interpreting services in educational, medical, mental health, platform and business settings. Interpreters who are state or nationally certified, possessing the years of experience, knowledge and credentials required are utilized to fulfill your particular interpreting needs. We carefully match the strengths of our interpreters to each assignment, keeping in mind ADA requirements and consumer preference.

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

ACCESS CNY FAMILY SUPPORT PROGRAM

6666 Manlius Center Rd
East Syracuse, NY 13057
315-218-0844
Contact: Diane Weiermann
E-mail: Diane.Weiermann@accesscny.org
Website: www.accesscny.org

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, reimbursement program, service access assistance and assistance to find other funding sources when no personal funds are available. The Adaptive technician can evaluate adaptation needs for home, school, or work place. 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.

ACCESS CNY HOME SERVICE PROGRAM

6666 Manlius Center Rd
East Syracuse, NY 13057
315-218-0844
Contact: Diane Weiermann
E-mail: Diane.Weiermann@accesscny.org
Website: www.accesscny.org

The 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 Access's Home Service Program. In particular, we focus on supports for people with limited funding options who might otherwise "fall through the cracks." Access's Home Service Program can provide advocacy, information and referral, adaptive equipment design and environmental modification design.

ACCESS CNY TRAIID CENTER AND PROJECT ADAPT(formerly Enable)

1603 Court Street
Syracuse, NY 13208
315-410-3336 FAX: 315-455-1230
Contact: Joel Brennan
E-mail: Joel.Brennan@accesscny.org
Website: www.accesscny.org

6666 Manlius Center Rd
East Syracuse, NY 13057
315-218-0844
Contact: Diane Weiermann
E-mail: Diane.Weiermann@accesscny.org
Website: www.accesscny.org

www.justicecenter.ny.gov/services-supports/assistive-technology-traid

SERVICES: Technology Related Assistance for Individuals with Disabilities (TRAIID) is a federally funded project administered by the Justice Center. In New York the TRAIID 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.

AccessCNY 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
315-598-3108 FAX: 315-598-3306
Contact: Judy Bonanni
E-mail: jbannoni@oswegoind.org

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.

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

HOURLY WAIVER RESPITE

ARC of Oswego County
314 Park St
Fulton, NY 13069
315-598-6007 FAX: 315-598-2212
Contact: Marc Warner

The HCBS Waiver program provides "a break" for families caring for a developmentally disabled member age 18 and older by taking the individual out into the community. A Respite Aide 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 provide some transportation. A summer weekend overnight camping program is available. Service is provided in the evening and on weekends.

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

LIBERTY RESOURCES DEVELOPMENTAL DISABILITIES PROGRAM

1065 James Street
Syracuse NY 13203
315-425-1004 FAX: 315-479-7904
Website: www.liberty-resources.org

This Developmental Disabilities program is based out of Syracuse, NY and provides employment services to adults with development disabilities in Oswego, Onondaga and Madison Counties. Liberty Resources provides assistance with identifying personal strengths, interviewing, on-site job coaching, off-site support, developing a positive work attitude, developing professional work relationships, safety, time management and dealing with conflicts in the work-place. Liberty Resources Supports for Employment also works directly with employers to help with Federal and NYS tax incentives, diversity trainings and providing connections to available financial incentives for new hires.

CONTACT: Kathleen Langlois – klanglois@liberty-resources.org

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

Liberty Resources Self-Direction Services

Self-Directed Services is an option that allows individuals with a developmental disability, along with their parents or advocates, to exercise choices around the types of supports and services they receive and from whom they receive them. This is done through an assessment of the individual's needs and resources by a service provider known as a Broker, and the subsequent development of an annual budget (also known as a Personal Needs Allocation or PNA). With the support of their parent/advocate, Broker, Care Manager and Circle of Support, the individual will have the freedom to exercise budget and employer authority over their PNA. Any individual with a disability enrolled on the Medicaid Home and Community-Based Waiver, from the age of 3 years and up can exercise the option of using Self-Directed Services.

CONTACT: Marget Rhode – mrhode@liberty-resources.org

Amanda Traynor – atraynor@liberty-resources.org

HOURS: Monday – Friday 8:00AM-5:00PM

MID-STATE EARLY CHILDHOOD DIRECTION CENTER (ECDC)

370 Huntington Hall
Syracuse, NY 13244

315-443-4452 FAX: 315-443-4338

Contact: Maria Gill

E-mail: ecfacecenter@syr.edu

Website: <https://soe.syr.edu/departments/centers/midstate-partnership/>

ECDC is a regional information, technical assistance, 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, and county and regional services. We also provide parents with information about Early Intervention (EI) and The Committee on Preschool Special Education (CPSE) and the referral process for each. ECDC offers tailored workshops and trainings to address the specific needs of parents, providers and agencies.

We are located at Syracuse University's Center on Human Policy in the School of Education.

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

OCO RESIDENTIAL SERVICES

Oswego County Opportunities, Inc.

239 Oneida Street

Fulton, NY 13069

315-598-4710 FAX: 315-598-4788

E-mail: residential@oco.org

Developmental Disabilities 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 315-598-4710 or 315-598-4732 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 315-598- 4729 for further information.

Mental Health Program

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 INDUSTRIES, INC

7 Morrill Place
Fulton, NY 13069
315-598-3108 FAX: 315-598-3306
Contact: Adam C Michalski, Vocational Services
E- mail: amichalski@oswegoind.org
Richard Coots, Day Habilitation
E- mail: rcoots@oswegoind.org

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.

LIFE Day Habilitation– A community-based service designed to teach skills for independence, promote inclusion, and enhance individual choice and interest. Activities might include 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– Individuals 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.

Career Employment 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 job retention supports.

Group 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 Day Habilitation provides adults with a variety of activities that stimulate senses, teach functional skills, provide meaningful recreation, and further develop physical abilities.

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

PARENTS OF SPECIAL CHILDREN, INC.

c/o Oswego Industries, Inc.
7 Morrill Place
Fulton, NY 13069
315-598-3108 FAX: 315-297-4451
Contact: Theresa Familo, Program Coordinator ext 262
Erica Giblin ext 246
E-mail: Theresafamilo.psc@gmail.com

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 assists 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. "Family Connections" provides families with an open forum to discuss the challenges and successes of life experiences with a family member diagnosed with special needs. This group meets on the second Tuesday of each month and welcomes all individuals seeking support.

HOURS: Monday-Friday, 8:30AM-3:30PM

PERSON TO PERSON CITIZEN ADVOCACY ASSOCIATION

10 Canalview Mall
Fulton NY 13069
315-424-3468 FAX: 315-593-0611
Contact: Laura Ferguson
E-mail: lferguson@ppcadvocacy.org
Website: www.ppcadvocacy.org

The mission of Person to Person: Citizen Advocacy is to promote advocacy for the protection of persons with developmental disabilities throughout Central New York. The Person to Person organization creates matches between advocates (community volunteers) and *protoges* (persons with developmental disabilities at risk of being devalued and physically and socially isolated because of their mental and/or physical disabilities).

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

Special Education School Improvement Specialists with the Regional Special Education Technical Assistance Support Center (RSE-TASC)

Center for Instruction, Technology & Innovation (CiTi BOCES)
179 County Route 64
Mexico, NY 13114
315-963-4320

Contact: Julie Landy, Director of Exceptional and Alternative Programs MaryJo Hart,
Special Education School Improvement Specialist
Website: www.CiTiBoces.org

Special Education School Improvement Specialists (SEIS) are members of the Regional Special Education Technical Assistance Support Center (RSE-TASC). We provide technical assistance to school districts determined by the Office of Special Education to be "needs assistance," "needs intervention," or "needs substantial intervention." We are assigned to targeted schools or districts based upon a regional planning process, which includes the RSE_TASC Coordinator, the Special Education Quality Assurance (SEQA) Regional Supervisor and CiTi Administration. The following data points are just a couple of considerations in the process:

- Student outcome data for students with disabilities
- Outcome data from State Performance Indicators

When assigned to a district and/or school, we engage multiple stakeholders in a collaborative, data-driven improvement planning process that identifies goals and activities designed to improve outcomes for students with disabilities. Additionally, we provide development and delivery of professional development, leadership support, coaching, systems development, and technical assistance in the areas of literacy, behavioral supports and instructional practices.

SENIOR DAY HABILITATION

Arc of Oswego County
The Hughes Building,
314 Park Street
Fulton, NY 13069
315-598-6007 FAX: 315-598-2212
Contact: Michelle Greenlay
E-mail: mgreenlay@arcoswego.org

A community-based program designed to provide senior citizens 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 need 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 Direct Support Professionals. Transportation is arranged with existing transportation services within the county. Some of the activities offered include arts and crafts, cooking, gardening, board games, fishing, exercise, video games, current events, theme parties, bowling, day trips, daily community outings, and volunteer opportunities.

OFFICE HOURS: Monday-Friday, 8:00AM-4:00PM
PROGRAM HOURS: Monday-Friday, 8:30AM-2:30PM

SPECIAL OLYMPICS NEW YORK

Central Region
6315 Fly Road
East Syracuse, NY 13057
315-314-6839
Contact: Sean Coakley, Director of Programs
Cassandra Rucker, Director of Development
Website: www.specialolympics-ny.org/central/

To provide year-round training and athletic competition in 22 sports for children ages 8+ and adults with intellectual disabilities at no charge to them, their families or caregivers. Volunteer and coaching opportunities are available.

SYRACUSE UNIVERSITY PARENT ADVOCACY CENTER (SUPAC)

Syracuse University
Mid-state Special Education Parent Technical Assistance Center
805 South Crouse Ave
Room 110
Syracuse, NY 13244
315- 443-4336 or toll free (877) 824-9555 FAX: 315-443-4338
E-mail: supac@syr.edu
Website: www.supac.org

Like us on Facebook: SUPAC.SEPTAC
Follow us on Twitter: @SUPAC_SEPTAC
Find us on Pinterest: SUPAC_SEPTAC

Syracuse University Parent Assistance Center, the Mid-State Special Education Parent Technical Assistance Center, is funded through a contract with the New York State Education Department (NYSED) Office of Special Education and seeks to empower parents of children with disabilities to become meaningfully involved in their children's education. SUPAC provides parents with resources, trainings, and strategies to enhance their skills and level of confidence to communicate effectively and work collaboratively with schools and other stakeholders. SUPAC can also assist parents to resolve concerns in an effective way, help parents better understand the nature of their child's disability, provide strategies to support their child's academic and social growth and enhance parent's understanding of the special education process and their rights within the system. Please visit our website for an extensive list of resources and trainings offered.

SUPAC can provide information and phone consultations in a number of languages upon request. SUPAC serves the Syracuse City School District and the following BOCES/CITI regions: Herkimer-Fulton-Hamilton-Otsego; Madison-Oneida; Oneida-Herkimer-Madison; Oswego County; Onondaga-Cortland-Madison; Tompkins-Seneca-Tioga; and Cayuga-Onondaga.

SUPPORT GROUPS/SUPPORT ORGANIZATIONS

COUNTY OF OSWEGO COUNCIL ON ALCOHOLISM & ADDICTIONS INC

Oswego
315-342-2370 FAX: 315-342-7570
Website: www.cocooa.org

Fulton
315-598-6707 FAX: 315-592-9243

Alcoholics Anonymous

Self-help groups for people who want to stop drinking. Meetings are held throughout Oswego County at various times during the day and evening. Visit www.sober.com for meeting schedule.

Al-Anon Family

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. Visit www.al-anon.org.

Al-Ateen

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. Alateen believes alcoholism is a family disease because it affects all members emotionally and sometimes physically. Visit www.al-anon.org/for-alateen.

888-425-2666, for meetings and group locations
315-270-3065, Narcotics Anonymous

ALLIANCE CENTER

Contact: George Ebert, Project Coordinator
1-800-654-7227

Mental Patients Liberation Alliance: Human Rights in Mental Health for advocacy support and information on mental patients issues.

ALZHEIMER'S CARE GIVER SUPPORT GROUP

Meets the fourth Wednesday of each month from 7:00PM-8:30PM at the Manor at Seneca Hill's Adult Day Health Services Room. For more information call 315-349-5341.

BREAST FEEDING PEER COUNSELING PROGRAM

Oswego County Opportunities, Inc
WIC Program
10 George Street
Suite 400
Oswego, NY 13126
315-343-1311 or 1-888-730-3803 FAX: 315-343-9504

WIC offers a Peer Counseling Program for expectant and breastfeeding mothers. The Peer Counseling Program provides a wide range of support, assistance and education on topics such as identifying good milk supply, nutrition facts, positioning, and returning to work. This peer support is provided by experienced breastfeeding moms who have also used WIC. WIC has electric and manual breasts pumps available for special needs.

CARING AND SHARING BREAST CANCER SUPPORT GROUP (OSWEGO HEALTH)

The Caring and Sharing Breast Cancer Support Group meets the third Tuesday of every month in the conference room of the Fulton Medical Center from 6:30PM-8:30PM. For more information, call 315-349-5513.

COMMUNITY CONNECTIONS

ARISE
293 St Rte 104E
Oswego, NY 13126
315-342-4088 ext. 4944 FAX: 315-342-4107
Contact: Vicki Affinati
E-mail: vaffinati@ariseinc.org

This group is for individuals ages 18 and older with a developmental disability who live in the community with their families and who want to find peer support. Participants will decide the social activities of the group, which may include bowling, dances, attending sporting events, having dinner at local restaurants, going to plays, or participating in seasonal activities. The group will provide the chance to forge stronger personal relationships, develop informal supports, and make connections with their community that reduce their isolation and the potential for future reliance on paid staff and family.

DIABETES SELF MANAGEMENT PROGRAM

Creekside Plaza,
293 State Rt. 104
Oswego NY 13126
315-342-4088 ext. 206
Contact: Jim Karasek, Peer Leader,
ARISE Email: jkarasek@ariseinc.org

ARISE offers the Diabetes Self-Management Program, a series of six peer-led workshops that can help you gain the self-confidence and skills needed to manage diabetes. The program is highly supportive and is designed to complement or enhance the health care you may already be receiving. It is open to people with type 2 diabetes. For more information and about the next scheduled workshop contact Jim Karasek.

DIABETES SUPPORT GROUPS

Oswego – meets the third Wednesday of the month from 12:00PM-1:00PM at the Oswego Hospital Cafeteria Conference Room.

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 Susan Callaway, RN. You can contact Susan at 315-349-5513

FRIENDS OF CAMP HOLLIS INC.

PO Box 291
Oswego, NY 13126
Contact: Jim Farfaglia
E-mail: foch@friendsofcamphollis.org
Website: <http://friendsofcamphollis.org>

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 \$10,000 each year to provide need-based scholarships for Oswego County children.

FRIENDS OF OSWEGO COUNTY HOSPICE, INC.

PO Box 102
44 East Bridge Street, Suite 204B
Oswego, NY 13126
315-343-5223 FAX: 315-343-0278
Contact: Elena Twiss, Executive Director
E-mail: elena.twiss@oswegocounty.com
Website: www.friendsofoswegohospice.org

Conducts 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, and Camp Rainbow of Hope – a bereavement camp for children age 8-12.

HOPE FOR BEREAVED SUPPORT GROUP

Contact: Donna Lupien, 315-342-6326

A grief support group in Oswego sponsored by Family Life Education. It meets the second Tuesday of each month in the conference room next to the cafeteria from 7:00PM-9:00PM at Oswego Hospital, 110 West 6th Street, Oswego and the fourth Tuesday of the month from 6:30PM-8:30PM at St. Lukes Health Services located at 299 E. River Road Oswego.

LA LECHE LEAGUE

Contact: Lisa 315-719-4498
Amy 315-402-0172
Jean 315-343-4046 (certified Leaders)
Website: www.LLLI.org

Call Lisa for information regarding meetings. Mothers can call anytime.

THE LIGHT (LEARNING ABOUT ILLNESS AND GENERATING HOPE TOGETHER)

Provides a support group that offers support and education to family members of individuals with serious mental illness. Meets every other Tuesday from 3:00PM-4:30PM at 74 Bunner Street, Oswego Health's Behavioral Services Division. Contact Linda Nicholas at 315-326-4176.

PARENT TO PARENT OF NEW YORK STATE

Southern Tier Office
210 12th St #210
PO Box 205
Watkins Glen NY 14891
607-869-2171
Contact: Sharon Marella
Email: smarella@ptopnys.org
Website: www.parenttoparentnys.org

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. The North Central Region covers Cayuga, Cortland, Herkimer, Lewis, Madison, Oneida, Onondaga and Oswego Counties.

SMOKING CESSATION PROGRAM

Oswego Health offers two free smoking cessation programs. For those community members that would like to kick the habit in the privacy of their homes, Oswego Health offers a free online program that can be accessed by visiting: <http://www.oswegohealth.org/health-resources-and-education.cfm>

In addition, residents can call 315-349-5513 for smoking cessation counseling. All Oswego Health smoking cessation programs are led by certified smoking cessation instructors.

STROKE SURVIVOR SUPPORT GROUP (OSWEGO HEALTH)

Meets the 1st Thursday of each month from 12:00PM-1:00PM at Seneca Hill Manor Administration Conference Room. For more information call 315-349-5346.

TRAUMATIC BRAIN INJURY (TBI) PEER SUPPORT GROUP

ARISE
315-342-4088 ext. 4925
Contact: Christine Ward
E-mail: cward@ariseinc.org

SERVICE: The peer led group meets on the second Tuesday of every month from 4:30-5:30 pm at ARISE.. This group provides support for those who have had a brain injury and are still dealing with the long-term effects. It is a place to provide and receive support as well as share information about living with a brain injury. New members are always welcome.

TRANSPORTATION

CENTRO Bus of Oswego

512 East Seneca Street
Oswego, NY 13126
315-342-4400 ext 3008 FAX: 315-342-2879
Website: www.centro.org

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 ¾ 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
315-425-4353 1-800-792-4334

Any honorably discharged veteran may use this *free* service by calling 315-425-4353 during the hours of 8:00AM-2:00PM. We must have a minimum two week notice to schedule a ride to either the VA Medical Center in Syracuse or to the Seneca Hill Outpatient Clinic in Oswego.

Patients must be ambulatory. There is no wheelchair access on the van. Call VA Transportation for non-ambulatory transport, 315-425-4351.

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-1:00PM.

Durham School Services

Durham School Services
34 Co. Rte. 31
PO Box 330
Minetto, NY 13115
315-342-0771 FAX: 315-342-5184
Contact: Rosanne Ross

Transporting of preschoolers (3 and 4 year olds) with disabilities. Charter buses.

F&C Taxi

315-598-4797
E-mail: fultontaxi@yahoo.com

Golden Sun Bus

2043 Co. Rte. 8
Oswego, NY 13126
315-343-4675

Transporting all grades, Fulton School District only.

Lake City Taxi

183 Duer St
Oswego, NY 13126
315-343-2400

Taxi and Delivery Service. Senior discount, safe, reliable, and clean vehicles, courteous drivers. HOURS: Sunday and Monday, 12:00 PM-12:00 AM
Tuesday-Saturday, 6:00AM-3:00AM, weather permitting

McFee Memorial Ambulance

52 Watson Ave.
Mexico, NY 13114
315-963-7244 FAX: 315-963-7244
Contact: Mike Solazzo

North Shore Volunteer Emergency Squad, Inc.

136 Bridge Street
PO Box 513
Cleveland, NY 13042
315-675-3110 FAX: 315-675-3941
Contact: Lyle Robbins

A 24-hour emergency medical transport for the towns of Cleveland, Constantia and Vienna. Established in 1949.

Northern Oswego County Ambulance, Inc. (NOCA)

21 Delano Street
Pulaski, NY 13142
315-298-6220 FAX: 315-298-2258

Emergency ambulance service and non-emergency ambulance transports.

OCO Public Transportation

74 Pierce Drive
Fulton, NY 13069
315-598-4713 ext. 1910 FAX: 315-598-1219
Website: www.oco.org/transportation

OCO Mobility Transportation provides Oswego County Public Transit (OPT) fixed-route service throughout the entire county with a ¾ mile route deviation available with 24-hour advance reservation. Call N-Ride and other demand response services with three business days advance reservation and same day reservation for urgent needs throughout the county. Monthly passes, tokens and other reduced fares available. Services provided Monday thru Friday. All public routes are wheelchair accessible. For additional information Call 315-598-4713.

Oswego County Ambulance-MENTER

404 Ontario Street
Fulton, NY 13069
315-592-4145 FAX: 315-593-8003

SAVAC (Student Association Volunteer Ambulance Corps of Oswego, Inc.)

SUNY Oswego Campus
5 Mackin Complex
Oswego, NY 13126
315-312-4003 FAX: 315-312-4041
Contact: Director of Operations
E-mail: savac@oswego.edu

SOVAC (Southern Oswego County Volunteer Ambulance Corps)

8 Gertrude Drive
PO Box 209
Central Square, NY 13036
315-676-5071 FAX: 315-676-3295

Emergency medical services, first aid, CPR classes and public education. First Aid and CPR certification for NYS coaches, lifeguard and camp staff.

VOLUNTEER PROGRAMS

ADOPT-A-HIGHWAY

New York State Department of Transportation
Oswego County Residence
5846 Scenic Avenue
P.O. Box 420
Mexico, NY 13114
315-963-3730 FAX: 315-963-0826
Contact: Cristin Campbell
E-mail: cristin.campbell@dot.ny.gov
Website: www.dot.ny.gov

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, 7:30AM-3:30PM

CHILDREN'S BOARD OF OSWEGO NY INC

P.O. Box 373
Oswego, NY 13126
Contact: Corresponding Secretary
E-mail: oswegochildrensboard@gmail.com
Website: www.oswegochildrensboard.com
Facebook: www.facebook.com/childrensboardofoswegony

Provides a variety of services:

- Collection of food and clothing for needy families
- Scholarship for graduating Oswego County high school seniors
- Poison prevention education programs in the schools
- Annual "Unsung Hero" award honoring a children's advocate
- Hosting of Oswego hospital tours for school groups
- Free cultural children's performances

FRESH AIR FUND

633 Third Avenue.
14th Floor
New York City, NY 10017
1-800-367-0003
E-mail: freshair@freshair.org
Website: www.FreshAir.org

The Fresh Air Fund, a not-for-profit agency, has provided a free summer experience in the country to more than 1.8 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. To become a host family, visit www.freshair.org/host-family-program.

RED CROSS ADULT VOLUNTEER OPPORTUNITIES

American Red Cross of Central New York
344 West Genesee Street
Syracuse, NY 13202
315-234-2217 or 315-459-1738
Contact: Colleen McCabe
Email: colleen.mccabe@redcross.org

The American Red Cross offers a variety of volunteer opportunities for adults and youth, elementary through college age. Volunteer opportunities are generally available in Blood Services, Disaster Services, Service to the Armed Forces, Volunteer Services, Communications and Fundraising. However, some positions may not always be available for youth participation, may have age restrictions, or could require parental or adult supervision. This is an excellent opportunity for both adults and youth to become involved in volunteering and public service.

YOUTH SERVICES

BIG BROTHER BIG SISTER (PEACE)

1085 East Genesee Street
Syracuse, NY 13210
315-470-3369
Email: bbbs@peace-caa.org

An affiliate of Big Brothers Big Sisters of America and a program of PEACE, Inc., Big Brothers Big Sisters of Onondaga County has been helping children of Central New York, since 1980. That first year, 8 children were matched with a Big Brother or Sister, and we've been growing ever since. Today, our programs serve over 400 children through the generosity of over 400 volunteers and over 100 business partners.

We give children in Onondaga County who face adversity an opportunity to experience strong enduring professionally supported one-on-one mentoring relationship with positive role models that will help change their lives for the better.

We partner with families, volunteers, and the community to inspire positive changes in all.

CORNELL COOPERATIVE EXTENSION OF OSWEGO COUNTY

3288 Main Street
Mexico, NY 13114
315-963-7286 FAX: 315-963-0968
Contact: Linda Brosch, 4H Coordinator
Website: www.thatiscooperativeextension.org
E-mail: oswego-mailbox@cornell.edu

4-H Club Program

An informal educational youth program for age 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.

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

LEADERSHIP OSWEGO COUNTY YOUTH (LOCY)

Oswego City - County Youth Bureau
70 Bunner St.
Oswego, NY 13126
315-349-3451 FAX:315-349-3231
Contact: Kristen Slimmer
E-mail: kristen.slimmer@oswegocounty.com
Website: youthbureau.oswegocounty.com

Leadership Oswego County Youth (LOCY) is a program designed to develop skills in potential teen leaders. Based on Leadership Oswego County, an adult leadership program, the youth version teaches valuable skills using a variety of learning processes. The curriculum is built on a trusteeship design, (taking responsibility for one's community) reinforcing aspects of personal, team and community growth. LOCY facilitators work with participating youth through activities and discussions. The year is spent developing lifelong skill sets, starting with developing an awareness of one's personal self and building use of these skills in the youth's community and future. Class/skill areas include public speaking, communication, team work, community awareness and involvement, economic diversity, amongst many others. Once graduated from LOCY, students will be prepared to become involved in a number of leadership roles opportunities in Oswego County schools, agencies and communities now and in the future.

LOCY is open to all high school students, with preference given to sophomores who have an interest in gaining leadership skills, learning about Oswego County and making a difference in their schools, communities and futures. Previous leadership is not required. Training includes two overnight retreats at Camp Hollis, day-long sessions once a month at Mexico City Boces, and a community service project. Youth interested should contact the Oswego City-County Youth Bureau or their school guidance counselor.

NATIONAL RUNAWAY SAFELINE 1-800-786-2929

Website: 1800runaway.org

Serves runaway and homeless youth in crisis throughout the United States by providing non-judgmental, non-directive crisis intervention. The Safeline provides crisis intervention for adolescents, up to age 18, and their families. It 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 Safeline 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, seven days a week, 365 days a year

OSWEGO COUNTY FIRE RELATED YOUTH PROGRAM (FRY)

For Oswego:

Oswego City Fire Department
35 East Cayuga Street
Oswego, NY 13126
315-343-2161 FAX: 315-343-0243
Contact: Randy Griffin
E-mail: rgriffin@oswegony.org

For Fulton:

City of Fulton Fire Department
Municipal Building
170 South 2nd Street
Fulton, NY 13069
315-592-7477
Chief: David Eiffe
E-mail: deiffe@cityoffulton.com

For other County Fire Departments:

Oswego County Fire Coordinators Office
720 East Seneca Street
Oswego, NY 13126
315-349-8800 FAX: 315-349-8810
Contact: Donald J. Forbes

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, 8:30AM-4:00PM

OSWEGO CITY-COUNTY YOUTH COURT

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
315-349-3451 FAX: 315-349-3231
Contact: Tiffany Halstead or Kristen Slimmer
E-mail: tiffany.halstead@oswegocounty.com or kristen.slimmer@oswegocounty.com
Website: youthbureau.oswegocounty.com

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 first time offenders between the ages of seven and 18 years old, who have allegedly committed an offense. Youth Court offers these youths an opportunity to constructively assume responsibility for their actions as well a chance to learn about the justice system. Youth Court members are students from area middle 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.

REALITY CHECK

315-435-3280
Contact: Melissa Potter
Email: Melissa.Potter@ongov.net
Website: www.realitycheckofny.com

Reality Check is a statewide youth-led movement against tobacco companies and their manipulative marketing practices that appeal to youth. The main goal is to engage youth as leaders and activists in the movement against tobacco use and the tobacco industry. Reality Check members are teens 13- 18 years old, living in Cayuga, Onondaga and Oswego Counties who learn public speaking skills, effective communication, advocacy and problem solving skills and have the opportunity to work along side adult partners.

RED CROSS CLUB

American Red Cross of Central New York
315-234-2200 FAX: 315-422-4564
Contact: Alan Turner
E-mail: Alan.Turner@redcross.org

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 disaster and preparedness services, health and safety training, blood services, Armed Forces Service and even some international workings through the Measles Initiative. This is an excellent opportunity for youth to become involved in volunteering and public service.

TEEN GROUP

ARISE
293 St Rte 104E
Oswego, NY 13126
315-342-4088 ext. 4944 FAX: 315-342-4107
Contact: Vicki Affinati
E-mail: vaffinati@ariseinc.org

This group provides peer support for students ages 13 to 18 with a developmental disability. The group meets at least ten times a year and offers activities that take place either at the ARISE office or in the community. Activities include bowling, going to see a movie, holiday parties, museum visits or seeing plays. Emphasis is placed on providing a relaxed atmosphere for students to make new friends and experiences. The group brainstorms ideas of what they would like to do for the year.

THE PATH (Program to Assist the Teenage Homeless)

Oswego County Opportunities, Inc.
315-402- 2789
Contact: Phill Lamb, Homeless Services Program Manager
E-mail: plamb@oco.org

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: Office, Monday-Friday, 9:00AM-5:00PM

THE Q CENTER @ ACR

LGBTQ Youth Programs
835 Hiawatha Blvd
Syracuse, NY 13204
315-701-2431 FAX: 315-472-6515
Contact: Q Center Program Director
E- mail: qcentercny@ACRHealth.org
Website: <http://www.acrhealth.org/youth/the-q-center>

The Q Center @ ACR is a safe place for Lesbian, Gay, Bisexual, Transgender and Questioning youth and their allies, ages 8-25, to gather, share, hang out, have fun and learn. The Center offers several youth groups staffed by trained adult volunteers, educational events, social events, HIV education, opportunities for community involvement, support for area schools and Gay Straight Alliances, suicide intervention trainings, mental health assessment, and a space for LGBTQ youth to call their own. The Q also offers case management services for any of our young people needing some extra support. We also provide LGBTQ Cultural Competency trainings for any agency or organization that works with clients between the ages of 8 – 25.

YMCA EAST SIDE YOUTH CENTER

Oswego YMCA
201 East 6th St
Oswego, NY 13126
315-342-6082 FAX: 315-343-3750
Contact: Colton Dryden
E-mail: cdryden@oswegoymca.org

A multifaceted program geared for youth age 11 to 18 that provides a wide range of activities that includes; 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-8:30PM

Saturday, 12:00PM-4:30PM LATE JUNE – FIRST OF SEPTEMBER: Monday-Saturday, 11:00AM - 4:00PM

YMCA SKATE PARK

201 East 6th Street
Oswego, NY 13126
315-342-6082 or 315-343-3750
Contact: Colton Dryden
E-mail: cdryden@oswegoyymca.org

For children age 11-18. Ramps, bowl and more. Helmets are required.

HOURS: 5:00PM-8:00PM, seven days per week

YOUTH ADVISORY COUNCIL

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
315-349-3451 FAX: 315-349-3231
Contact: Tiffany Halstead
E-mail: tiffany.halstead@oswegocounty.com
Website: youthbureau.oswegocounty.com

The Youth Advisory Council (YAC) of Oswego County consists of students from all over the county. It was established as a resource for the Oswego County community by creating and supporting projects, programs, and organizations serving and/or led by high school youth of Oswego County. YAC also voices youths' opinions to the Oswego City-County Youth Bureau.

YOUTHWORKS

Oswego County Division of Employment and Training
200 North Second Street
Fulton, NY 13069
315-591-9000 FAX: 315-591-9047
Contact: Youth Team
E-mail: ocwny@oswegocounty.com
Website: www.ocwny.org

Youthworks helps youth age 16 – 24 achieve their goals in employment and education. 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

ART ASSOCIATION OF OSWEGO

20 Barbara Donahue Dr
Oswego, NY 13126
315-216-6782
Contact: Laurie Kester
E-mail: info@oswegoarts.org
Website: www.OswegoArts.org

The Art Association is a not-for-profit organization dedicated to furthering art appreciation, art education, and encouraging local artists in Oswego County and surrounding areas. The organization is committed to sponsoring art exhibitions, art classes for children and adults, and a series of programs, workshops and seminars for artists and patrons in the area. A member show is scheduled each year, a non-juried show that takes place in July. Other exhibits of local and regional works are shown throughout the year.

BACK STREET BOOKS

Oswego County Opportunities, Inc.
201 - 203 Oneida Street
Fulton, NY 13069
315-598-5669 FAX: 315-593-6835
Contact: Carol Ireland, Backstreet Books Program Manager/Employment Specialist
E- mail: cireland@oco.org

BackStreet Books offers a wide variety of used books for a reasonable price, internet service, as well as opportunities to volunteer, intern, or gain employment training and experience.

BMEN

Oswego County Opportunities, Inc.
239 Oneida Street
Fulton, NY 13069
315-342-1256

The BMEN 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. BMEN works to affirm social change efforts. BMEN is used as a disposition in a graduated series of sanctions available to the civil and criminal courts and enhances the criminal justice system's capacity to hold offenders accountable for their crimes and extends the court's capacity to monitor their compliance with the order to attend the program. BMEN participants are informed, during registration/ orientation, about what will be required of them in order to comply with the program's policies and practices. They are also made aware that non-compliance is immediately reported to the court. Based on a Power and Control Analysis, weekly batterer accountability sessions 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 abusive behavior towards a partner. Participants must complete and pay for 26 sessions each for 1 hour a week. There is a fee for the intake and weekly service and participants must complete an intake process prior to joining the Program.

LEGAL AID SOCIETY OF MID-NY, INC.

108 West Bridge Street
Oswego, NY 13126
315-532-6900 FAX: 315-342-1891
Website: www.lasmny.org

The Legal Aid Society of Mid-New York is a not-for-profit law office, handling only non-criminal legal problems. We represent 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. We provide 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. We help prevent homelessness by defending tenants from eviction and provide representation regarding tenants rights issues in public and subsidized housing. We also represent clients in domestic violence issues, housing discrimination, and housing code enforcement cases.

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

OSWEGO COUNTY ASSIGNED COUNCIL

46 East Bridge St
Oswego, NY 13126
315-349-8575
Contact: Sara E. Davis, Esq. Assigned Counsel Administrator
Email: assignedcouncil@oswegocounty.com

Responsibilities and services: The Assigned Counsel Program provides attorneys at taxpayer expense to financially eligible persons in qualifying criminal and family court cases.

NEW YORK CIVIL LIBERTIES UNION

499 S. Warren St., Suite 430
Syracuse, NY 13202
315-471-2821 FAX: 315-471-1077
E-mail: cnyintake@nyclu.org
Website: www.nyclu.org

This office will respond to concerns about civil liberties issues when a 1 or 2 page summary is mailed or emailed to the New York Civil Liberties Union address above, or faxed to 315-471-1077. Generally, the Central New York Chapter only takes issues that affect a large number of people directly or that involve a small number of people or an individual that could set a precedent that could impact a significant number of people. We are especially interested in issues that may break new ground in interpreting constitutional rights.

OSWEGO COUNTY SPCA - OCACL

PO Box 442
Fulton, New York 13069
315-297-4900
E-mail: OswegoCountySpca1@gmail.com
Website: www.oswegocountyspca.org

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. The Oswego County SPCA strives to seek suitable homes for animals without owners through a strong adoption policy.

OSWEGO COUNTY SOIL AND WATER CONSERVATION DISTRICT

3105 State Route 3
Fulton, NY 13069
315-592-9663 FAX: 315-592-9595
Contact: Joe Chairvolotti, District Manager
Email: joe.chairvolotti@oswegosoilandwater.com
Website: www.oswegosoilandwater.com

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, 7:30AM - 4:00PM

OSWEGO COUNTY TRAFFIC SAFETY BOARD

317 West 1st St, Suite 111
Oswego NY 13126
315-343-2344 ext 22 FAX:343-0442
Contact: Kyle Boeckmann
E-mail: oswgtsb@icpoc.org
Website: www.icpoc.org/traffic

The Oswego County Traffic Safety Board (a division of Integrated Community Planning of Oswego County, Inc.) is part of the NYS Governor's Traffic Safety Committee. The program provides Highway Safety education to schools, businesses, and community members/organizations to increase residents' safety while walking, bicycling, or driving. Similar efforts are also coordinated with law enforcement, healthcare providers, and child passenger safety technicians. In addition, Child Passenger Safety Awareness Trainings are conducted to educate parents and caregivers about the proper ways to transport children safely using child safety seats and seatbelts.

PAWS OF CNY, INC

PO Box 2222
Syracuse NY 13217
315-457-7622 FAX:315-883-1365
Contact: Susan Vaughn, Director
E-mail: svaughn@pawsofcny.org

PAWS of CNY offers a variety of pet assisted wellness services to the Central New York community. All programs are intended to provide wellness, warmth, comfort, friendship, and healing. Animal Assisted Therapy and Animal Assisted Activities are available from our certified pets.

PAWS of CNY members and their certified pets volunteer at nursing homes, adult and child care centers, libraries, schools, colleges/universities, hospitals, and the Syracuse Hancock International Airport. Individuals may have their well-mannered dog or cat evaluated and certified and have an opportunity to offer our community the benefits of pet therapy. Visit pawsofcny.org to learn more.

TYLER ART GALLERY at SUNY OSWEGO

SUNY Oswego
226 Tyler Hall
Oswego, NY 13126
315-312-2112 FAX: 315-312-5642
Contact: Michael Flanagan, Director
E-mail: michael.flanagan@oswego.edu
Website: www.oswego.edu

Tyler Art Gallery exists in three locations: the main campus of SUNY Oswego, downtown Oswego and at our Syracuse campus. Exhibits are interdisciplinary in nature so that the gallery's programs are relevant to a wide range of campus and community interests. Emphasis is placed on representing a wide range of artistic voices and points of view. In addition, Tyler Art Gallery serves as a teaching gallery to provide opportunities for students and community members to have direct encounters with professional works of art.

TYLER ART GALLERY at OSWEGO STATE DOWNTOWN

Oswego State
186 W First St
Oswego, NY 13126
315-216-4985
Contact: Amy E. Bartell, Coordinator of Community Art Exhibitions
E-mail: amy.bartell@oswego.edu
Website: www.oswego.edu

Located in downtown Oswego, art exhibitions at Oswego State Downtown most often showcase innovative artwork produced by SUNY Oswego students and regional artists.

Gallery Hours

Wednesdays: 12:00PM-5:00PM
Thursdays: 10:00AM-5:00PM (open until 8PM on Farmer's Market Days)
Fridays: 10:00AM-5:00PM
Saturdays: 11:00AM-5:00PM

UNDER AGE 60 MEAL SERVICE PROGRAM

Oswego County Opportunities, Inc.
Nutrition Services
239 Oneida Street
Fulton, NY 13069
315-598-4712
Contact: Allison Griffin, Program Services Manager
E-mail: agriffin@oco.org

A fee-based home delivered meal program is available through OCO Nutrition Services for people in Oswego County that are limited in 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.

UNITED WAY OF GREATER OSWEGO COUNTY

1 South First Street
Fulton, NY 13069
315-593-1900
Contact: Patrick Dewine
E-mail: patrickunitedway@windstream.net
Website: www.oswegounitedway.org

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 20 partnering member agencies and 31 programs, as well as all 501-C-3 organizations that are designated. United Way also supports 2-1-1, a non-emergency, confidential number offering contact information on health and human service programs available to community members in need of assistance. 2-1-1 is available 24/7 365 days a year.

VETERANS COUNCIL –OSWEGO

56 Shady Lane
Oswego NY 13126
315-342-5262
Contact: David Kirk
Website: www.oswegocounty.com/veterans/agencies

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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