

Community Services Directory



Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3451
www.oswegocounty.com/youth

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

TABLE OF CONTENTS

Alcohol/Drug/Addiction	3
Business Services	6
Child Care, Preschools, Pre-K.....	9
Counseling.....	14
County Offices	16
Education.....	23
Emergency Programs	30
Employment.....	31
Federal Programs	32
Health	33
Historic Sites/Museums	46
Housing	48
Human Services	53
Libraries	62
Mental Health	65
New York State Offices.....	71
Nursing and Adult Homes.....	72
Parenting	76
Recreation	77
Reproductive Health and Pregnancy/Parenting.....	87
Senior Citizens	90
Services for Persons with Disabilities	94
Support Groups/Support Organizations.....	104
Transportation	107
Volunteer	109
Youth Services	110
Miscellaneous.....	114
Index.....	117

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

ALCOHOL / DRUG / ADDICTION SERVICES

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

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

CHEMICAL DEPENDENCY PROGRAM

Oswego County Opportunities, Inc.
239 Oneida Street
Fulton, NY 13126
564-5506 FAX: 564-7567
Contact: Sean Collins
email: scollins@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.

Contact: Call 564-5506 for further information

CONIFER PARK ALCOHOL AND DRUG TREATMENT CENTER

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

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

HOURS: 24 hour availability

CONIFER PARK OUTPATIENT CLINIC

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

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

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

COUNTY OF OSWEGO COUNCIL ON ALCOHOLISM AND ADDICTIONS, INC.

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

SERVICES:

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

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

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

FARNHAM FAMILY SERVICES

Oswego Office:

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

Fulton Office:

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

SERVICES:

Substance Abuse Treatment

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

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

Substance Abuse Prevention

Contact: Penny Morley, MS 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 factual information concerning alcohol and other drug use and its effects on the body to prevention skills-building for all ages. Prevention skills-building includes learning about Resiliency and Asset-Building with youth and community, self-esteem development, decision-making, problem-solving, building positive activities habits, exploration and appropriate expression of feelings, as well as self assessing for high-risk indicators for use (family history, lack of adequate support, genetic predisposition, few skills for stress reduction/coping skills, etc.).

Substance Abuse Intervention - Student Assistance Program

Contact: Penny Morley, Prevention Services Director

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

Youth may be referred by parents, schools, agencies, by friends or self-refer. This program is school-based with funding from schools, United Way, Youth Bureau and Stewart's. This is a free service to students and parents. (School hours).

Farnham offers a full range of services for adolescents, adults and dually-diagnosed clients and incorporates acupuncture.

HOURS:	OSWEGO	Monday - Thursday	8AM - 8 PM	Friday 8AM - 4 PM
	FULTON	Monday - Thursday	8AM - 8PM	Friday 8AM - 4PM

HARBOR LIGHTS CHEMICAL DEPENDENCY SERVICE

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

Box 716
111 Hamilton Street
Mexico, NY 13114
(315) 963-0777 Fax: 963-0611
Contact: Kelly Hennigan
e-mail: HLCD@verizon.net
Website: www.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 6 days per week
- Evening and Saturday hours
- Evening Treatment Program
- Treatment for individuals with mental illness and substance abuse
- Treatment for individuals with developmental difficulties or mental retardation and substance abuse
- Anger management programs
- Adolescent programs
- Substance abuse education
- Individual counseling
- Family substance abuse counseling
- Relapse prevention program
- Aftercare treatment from inpatient
- Women's Intensive Outpatient
- Smoking cessation
- Programming for individuals with brain injuries and substance abuse

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

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

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

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

Contact Persons: SADD Advisors

Hannibal High School - Lisa Mason
Main Office 564-7910

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

Mexico High School
Jeanne Baldwin - 963-8400
Student leadership group provides SADD-related and other activities for students.

Sandy Creek High School
Jeff Klopotoski 387-3465

SADD chapter coordinates Prom Promise Campaign.

SUBSTANCE ABUSE INFORMATION LINE 1-800-522-5353 (24 hours)

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

BUSINESS SERVICES

CITY OF FULTON COMMUNITY DEVELOPMENT AGENCY

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

SERVICES:

Economic Development

Contact: Joseph Fiumara, Executive Director

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

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

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

COMMUNITY DEVELOPMENT OFFICE -

Conway Municipal Building
20 West Oneida Street
Oswego, NY 13126
343-3795, 343-3452, 343-3442 FAX: 342-8231
Contact : Mary Vanouse, Community Development Director
Beverly Mulcahey, Rental Assistance Administrator
Kathy Miano, Housing Assistance Administrator
Website: www.oswegony.org

AFFORDABLE HOME OWNERSHIP PROGRAM

Contact: Kathy Miano email: kmiano@oswegony.org

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

COMMERCIAL REVOLVING LOAN PROGRAM

Contact: Mary Vanouse e-mail: mvanouse@oswegony.org

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

Contact: Mary Vanouse e-mail: mvanouse@oswegony.org

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.

HOME HOUSING REHABILITATION PROGRAM

Contact: Kathy Miano email: kmiano@oswegony.org

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

NY MAIN STREET FAÇADE AND BUILDING RENOVATION PROGRAM

Contact: Mary Vanouse email: mvanouse@oswegony.org

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

Contact : Mary Vanouse email: mvanouse@oswegony.org

Provides business training, counseling, business plan preparation and low interest loan funding for start up, costs, rehabilitation of commercial property, purchase of equipment or inventory for small businesses. Micro Enterprise is defined as a small business with 5 or fewer employees including the owner. Loans of \$500-\$25,000 are available to graduates of the Micro Enterprise Training Program.

RENTAL ASSISTANCE PROGRAM

Contact: Beverly Mulcahey email: bmulcahe@oswegony.org

The City of Oswego Rental Assistance Program provides housing vouchers for rent subsidy to income-eligible seniors, disabled, and families with low income to assist in paying rent for descent, affordable rental units in the City of Oswego, NY.

FORT BREWERTON/GREATER ONEIDA LAKE CHAMBER OF COMMERCE

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

SERVICES: 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 "Services" area on this website. We email 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 the office at 668-3408. We look forward to hearing from you.

GREATER OSWEGO-FULTON CHAMBER OF COMMERCE, INC.

OSWEGO OFFICE: 44 East Bridge Street Oswego, NY 13126 343-7681 FAX: 342-0831 Contact Person: Beth Hilton email: info@oswegofultonchamber.com Website: www.oswegofultonchamber.com	FULTON OFFICE: 12 Canal View Mall Fulton, NY 13069 297-4258
---	---

OFFICE OF BUSINESS AND COMMUNITY RELATIONS

Oswego State University
103 Rich Hall
Oswego, NY 13126
312-3492 FAX: 312-3374
Contact: Jeffrey Grimshaw, Executive Directory
e-mail: jeffrey.grimshaw@oswego.edu
Website: www.oswego.edu/about/centers/obcr.html

SERVICES: The Office of Business and Community Relations supports the public service mission of SUNY Oswego by leveraging the resources of the campus to serve the community and area business. The Center's programs include:

- Small Business Development Center – professional counselors provide one-on-one services to small businesses and entrepreneurs.
- Workforce Development Board – the Board's goal is to create a diverse, high-quality work force. The Board writes and obtains training grants for the private and public sectors.
- Leadership Oswego County prepares individuals to become community leaders. Over a nine month period the class completes an intensive course of study of Oswego County, its resources and residents, vital issues, and develops crucial networking and leadership skills.
- Public Issues Forums – bring information about current issues and technologies to the community.
- RSVP – places and supports people aged 55 and older in volunteer assignments in the community

CHILD CARE, NURSERY AND PRE-SCHOOL

BASCOL BEFORE AND AFTER SCHOOL CHILDCARE

4610 Wetzel Road
Liverpool, NY 13090
622-4815 FAX: 622-4885
Contact: Terry Liberty
email: information@bascol.org
Website: www.bascol.org

SERVICES: 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 and Hastings-Mallory Elementary Schools in the Center Square school district. Bussing for children who attend Cleveland Elementary is available. 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 622-4815 or visit our website www.bascol.org for more information.

CAMP TALOOLI SCHOOL BREAK CHILD CARE

Children's Council of CNY (Camp Fire)
Camp Talooli
520 County Route 54
Pennellville, New York 13132
934-4051 (Council Office) FAX: 272-4020
Contact: Jan Peneston
Website: www.campfireusacny.org

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

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

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

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

HOURS: Monday - Friday 9 AM - 5 PM

CHILDCARE CENTER AND PRESCHOOL

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

SERVICES: 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, full and part time preschool program, before and after school care. Open 6:30AM – 6:30PM Monday thru Friday; Open school holidays and snow days. Visit www.littlelukes.com and click Childcare or call 342-4600 for a personal tour.

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

CHILD CARE AND DEVELOPMENT COUNCIL OF OSWEGO COUNTY

317 West 1st Street Suite 111
Oswego, NY 13126
343-2344 FAX:343-0442
Contact: Christina Wilson
email: cwilson@cnyemail.com
Website: www.icpoc.org

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

CHILDREN'S CENTER

The Children's Center
Sheldon Hall SUNY Oswego
300 Washington Boulevard
Oswego, NY 13126
312-2587
Contact: Kathleen Lea
email: daycare@oswego.edu
Website: www.oswego.edu/othercampus/children/

SERVICES: The Children's Center of Oswego provides child care 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 DAY CARE OF PHOENIX

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

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

HOURS: 6:30 AM – 5:30 PM

FULTON YMCA SCHOOL AGE CHILD CARE

715 West Broadway
Fulton, NY 13069
598-9622 FAX: 592-3557
Contact: Lynnet Lamb
email: llambymca@centralny.twcbc.com

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

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

HANNIBAL COOPERATIVE NURSERY SCHOOL

162 Oswego Street Box 201
Hannibal, NY 13074
727-1653
Contact: Christy Griffin
email: hannibalnurseryschool7@gmail.com

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

LOW INCOME DAY CARE PROGRAM

Oswego County DSS
100 Spring Street PO Box 1320
Mexico, NY 13114
963-5456 FAX: 963-5472 or 963-5263
Contact: Megan Orr
e-mail: childcare@oswegocounty.com
Website: www.co.oswego.ny.us

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

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

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

OSWEGO COUNTY HEAD START

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

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

OSWEGO YMCA SACC:SCHOOL AGE CHILD CARE

249 West First Street
Oswego, NY 13126
343-1981
Contact: Amy Price

SERVICES: Before and after school child care is for children in grades K-6. The program is held at Minetto, Kingsford Park and Riley elementary schools.. Busing for children who attend Fitzhugh and Leighton elementary schools is available. Activities include games, and arts and crafts. Information can be obtained by calling the Y. Cost is \$50 for AM session and \$50 for PM session per month. (UNLIMITED USE)

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

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

COST for both districts: \$65 for AM session and \$65 for PM session per month. (UNLIMITED USE)

PULASKI EARLY LEARNING CENTER, INC

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

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

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

SCRIBA SCHOOL AGE CHILD CARE PROGRAM

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

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

HOURS: 6:30 AM - 5:30 PM

SUNNY DAYS NURSERY SCHOOL

Caughdenoy Methodist Church
3 County Route 37
Central Square, New York 13036
676-4379
Contact: Liz Stewart, Director
e-mail: preschool.sunnydays@yahoo.com

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

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

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

TRINITY CATHOLIC EARLY CHILDHOOD CENTER

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

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

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

YMCA PRESCHOOL

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

SERVICES:

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

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

HOURS: - Tuesday and Thursday 9:30AM - 11:00AM

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

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

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

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

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

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

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

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

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

WILLIAMSTOWN COMMUNITY PRESCHOOL

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

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

HOURS:	Three year olds - Monday - Thursday	9AM - 11:30AM	\$35/month	\$45/month non-residents
	Four year olds - Monday - Thursday	12:30PM - 3PM	\$35/month	\$45/month non-residents

COUNSELING

ANGER MANAGEMENT

Contact Community Services
6311 Court Street Road
East Syracuse, NY 13057
251-1400 Ext. 132
Contact: Karen Lyskawa
e-mail: klyskawa@contactsyracuse.org
Website: www.contactsyracuse.org

SERVICES: A six week course designed to teach participants to use anger in ways that are constructive and healthy. One class per week. The class fee is \$120 for the six week class. Please call for class days and times. **MUST BE AT LEAST 18 YEARS OLD.**

FAMILY EDUCATION AND PARTNERSHIPS (FEP)

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

SERVICES: FEP provides information and support to parents, caregivers and siblings of children with serious emotional disturbances. Services include networking parent groups, sibling groups, groups on educational topics, professional speakers and presentations, and advocacy. FEP supports and empowers families, reducing stress and enhancing the family's ability to care for their child.

FAMILY SUPPORT SERVICES (FSS)

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

SERVICES: The Family Support Services Program assists parents and caregivers with the development of skills necessary to parent children with emotional and mental health disorders. FSS works to strengthen family relationships as well as assist in the development of outside support systems. FSS provides skill building, education, advocacy, information and referrals to other services as needed. FSS is primarily home-based.

SERVICES TO AID FAMILIES - SAF

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

SERVICES:

Abuse and Assault Hotline 342-1600

SAF accepts calls on a 24 hour, 7 day basis, including any collect calls within the county. Hotline personnel are certified rape crisis counselors and are able to assist any victim of sexual or domestic violence. 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.

Crime Victim Assistance Program

The Program provides crisis advocacy to survivors to violence seeking emergency compensation claims for crisis medical services. Services include: assistance with filing for compensation claims to the NYS Office of Victim Services, follow up advocacy, referral, and case management services. Compensation can help victims of violence receive reimbursement for medical bills, lost wages, lost personal property, and burial expenses.

Domestic Violence Program

Non-residential services include: hotline assistance, crisis intervention, advocacy, follow-up, information and referral, and case management services. Services are available to both victims of violence and their children. Individual and group counseling is available to assist victims with achieving their goals and working towards establishing safety for themselves and their family.

Rape Crisis Program

The program provides crisis advocacy to survivors of sexual assault by meeting them at hospital emergency rooms and/or law enforcement department offices. Follow-up advocacy, referral and case management services are also available. Services are available to both victims of violence and their personal support systems. Individual and group counseling is available to assist participants to cope with the effects of abuse. Staff are entitled to the Rape Crisis Counselor Legal Privilege.

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

Transitional Housing – The Transitional Housing Assistance provides victims who are in need of transitional housing, short-term housing assistance and related supportive services with a wide range of flexible and optional services that reflect the differences and individual needs of victims and that allow victims to choose the course of action that is best for them. 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 survivors to help them determine and reach their goals of permanent housing.

Victim Support Project - Staff are available to assist clients at the Oswego County Integrated Domestic Violence Court, the Domestic Violence Court in the City of Oswego, the local Department of Social Services, the Oswego County Family Court, the Oswego County Probation Office, and the Oswego County District Attorney's Office. The Project provides advocacy to survivors of domestic violence, sexual assault, child abuse, stalking, and innocent victims of violent crimes. Services include but are not limited to; assistance with completing petitions for Orders of Protection and/or Custody, 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, referral, and case management services. With advance notice, staff can accompany survivors to court proceedings.

Professional Services Trainings

VSP/ SAF staff can provide training to staff members of any agency covering topics such as:

- ◆ SAF Services
- ◆ Legal Issues
- ◆ Updates on DV/SA/Stalking Laws
- ◆ Victimization
- ◆ Crime Victims Compensation
- ◆ Signs of Abuse
- ◆ Safety Planning
- ◆ Work Place Violence
- ◆ Responding to DV as a Co-Worker
- ◆ Offender Accountability
- ◆ Compensation for victims of crime
- ◆ Domestic Violence in the Workplace

Any training can be tailored to the needs of the person requesting the training. These include large/small groups, panel discussion, and tabling events. Trainings can be presented in any time frame (with advance notice) and to any size group. VSP/SAF staff can present in public speaking style or small group activities. We always look forward to the opportunity to partner with outside agencies if requested.

COUNTY OFFICES

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

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

OFFICE FOR THE AGING - see SENIOR CITIZENS listing
County Office Complex
70 Bunner Street
Oswego, NY 13126
349-3484 FAX: 349-8413
Contact: Sara Sunday, Interim Director

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

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

Other services are available through subcontracts. Legal services such as advice, counsel and representation are available. The Lifeline emergency response system provides services for elderly in home care who live alone or are isolated.

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

AIRPORT

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

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

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

COMMUNITY DEVELOPMENT, TOURISM AND PLANNING

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

SERVICES:

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

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

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

COUNTY CLERK

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

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

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

DISTRICT ATTORNEY

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

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

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

E-9-1-1

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

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

ELECTIONS

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

349-8351 FAX: 349-8357
Peggy Bickford, Republican Commissioner
email: dwart@oswegocounty.com

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

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

The Board operates a main office and a voting machine warehouse to provide voting machines, support and services to 124 election districts and 42 poll sites and is responsible for the implementation of the federal Help America Vote Act (HAVA).

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

EMERGENCY MANAGEMENT

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

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

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

ENVIRONMENTAL MANAGEMENT COUNCIL

Community Development, Tourism and Planning
46 East Bridge Street
Oswego, NY 13126
349-8292 FAX: 349-8279
Contact: Tim Carrol, President

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

FIRE COORDINATOR

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

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

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

HIGHWAY DEPARTMENT

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

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

OFFICE HOURS: November 1 - May 31 Monday - Friday 8:00 AM - 4:00 PM

April 1 - October 31 Monday, Tuesday and Thursday 7:30AM - 5:00PM
Wednesday 7:30AM - 4:00PM

HISTORIAN OFFICE

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

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

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

MOTOR VEHICLES

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

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

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

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

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

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

PERSONNEL

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

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

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

PROBATION

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

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

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

PUBLIC HEALTH - see HEALTH SERVICES listing

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

REAL PROPERTY TAX SERVICE

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

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

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

SHERIFF

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

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

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

SOCIAL SERVICES

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

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

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

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

Child Support Unit
100 Spring Street
Mexico, NY 13114
email: 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

Medicaid Managed Care
963-5422

SELF-SCREENING FOR ASSISTANCE PROGRAMS

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

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

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

Bristol Hill
3125 State Route 3
Fulton, NY 13069
591-9200 FAX: 591-9203
Contact: Frank Frazier, Director of Solid Waste Programs
email: ffrazier@oswegocounty.com

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

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

STOP-DWI

Oswego County Public Safety Center
39 Churchill Road
Oswego, NY 13126
349-3210 FAX: 349-3212
Contact: Program Coordinator

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

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

TREASURER

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

SERVICES: Custodian of county funds and manages government finances.

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

VETERANS SERVICES

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

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

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

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

YOUTH BUREAU AND PARKS AND RECREATION

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

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

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

EDUCATION

ADULT BASIC EDUCATION PROGRAM - ABE - (OSWEGO COUNTY BOCES)

Mexico Campus	Fulton Campus (Main Office):
179 County Route 64	806 West Broadway
Mexico, NY 13114	Fulton, NY 13069
963-4256 FAX: 963-4436	
Contact: Cynthia Proietti, Case Manager	
Website: www.oswegoboces.org/AdultEd	

SERVICES: 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 - (OSWEGO COUNTY BOCES)

Mexico Campus	Fulton Campus (Main Office)
179 County Route 64	806 West Broadway
Mexico, NY 13114	Fulton, NY 13069
963-4256 FAX: 963-4436	
Website: www.oswegoboces.org/AdultEd	

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

ALTMAR-PARISH-WILLIAMSTOWN CENTRAL SCHOOL DISTRICT

P.O. Box 97	
Parish, NY 13131	
625-5251 FAX: 625-7952	
Gerry Hudson, Superintendent	
Altmar Elementary	625-5260
Parish Elementary	625-5270
APW Middle School	625-5200
APW High School	625-5220

CAYUGA COMMUNITY COLLEGE - FULTON CAMPUS

11 River Glen Drive
Fulton, NY 13069
592-4143 FAX: 592-5055
Contact: Susan Witmer
e-mail: witmer@cayuga.cc.edu
Website: www.cayuga.cc.edu

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

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

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

CENTRAL SQUARE CENTRAL SCHOOL DISTRICT

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

Millard Hawk Primary	668-4310
Brewerton Elementary	668-4201
Cleveland Elementary	668-4213
Aura A Cole Elementary	668-4207
Hastings-Mallory Elementary	668-4252
Central Square Intermediate	668-4229
Central Square Middle	668-4216
Paul V. Moore High School	668-4334

COMMUNITY EDUCATION AND PROFESSIONAL TRAINING

75 East 1st Street Midtown Plaza, Lower Level
 Oswego, NY 13126
 342-7532 FAX: 342-7554
 email: youthservices@oco.org
 Contact: Kathleen Knopp

SERVICES: OCO SAF offers presentations and / or trainings to adults or community/civic organizations or groups on domestic violence, sexual assault, child abuse, elder abuse and sexual harassment, and SAF services for victim assistance. Presentations are also available on any of the following, non-inclusive, topics: the emotional impact of rape on the victim, friends, and family members; strategies for decreasing personal vulnerability to assault; myths about rape and sexual assault; myths about domestic violence; understanding the domestic violence perpetrator; date rape and/or date violence; elder abuse; and other related topics.

CONTINUING EDUCATION – DRIVING COURSES- (OSWEGO COUNTYBOCES)

Mexico Campus	Fulton Campus (Main Office)
179 Co. Rte. 64	806 West Broadway
Mexico, NY 13114	Fulton, NY 13069
963-4256 FAX: 963-4436	
Website: www.oswegoboces.org/AdultEd	

SERVICES: Oswego County BOCES currently offers a 5 hour pre-licensing driving course. Course descriptions, updated information and schedules are listed on the web at <http://www.oswegoboces.org/AdultEd>. Go to the web to sign up and pay for these courses.

CORNELL COOPERATIVE EXTENSION OF OSWEGO COUNTY

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

4-H/Youth Development Program

Contact: Linda Brosch, 4-H Team Coordinator
 Pamella Patch, Administrative Assistant

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

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

Agriculture Program

Contact: Jonathan Schell, Agriculture Team Coordinator
 Brenda Arnesen, Administrative Assistant

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

Clothing and Textiles

Contact: Mary Matteson, 4-H Program Educator
Pamella Patch, Administrative Assistant

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

Human Ecology Program

Contact: Cynthia Walsh, Human Ecology Team Coordinator
Pamella Patch, Administrative Assistant

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

Nutrition Education

Contact: Cynthia Walsh, Human Ecology Team Coordinator
Pamella Patch, Administrative Assistant

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

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES – ESOL (OSWEGO COUNTY BOCES)

Mexico Campus	Fulton Campus (Main Office)
179 Co. Rte. 64	806 West Broadway
Mexico, NY 13114	Fulton, NY 13069
963-4256 FAX: 963-4436	
Contact: Cynthia Proietti, Case Manager	
Website: www.oswegoboces.org/AdultEd	

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

FULTON CITY SCHOOL DISTRICT

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

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

HANNIBAL CENTRAL SCHOOL DISTRICT

928 Cayuga Street
Hannibal, NY 13074
564-7900 FAX: 564-7263
Dr. Jill Janes, Superintendent

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

HIGH SCHOOL EQUIVALENCY - (OSWEGO COUNTY BOCES)

Mexico Campus
179 Co. Rte. 64
Mexico, NY 13114
963-4256 FAX: 963-4436

Fulton Campus (Main Office)
806 West Broadway
Fulton, NY 13069

Contact: Cynthia Proietti, Case Manager
Website: www.oswegoboces.org/AdultEd

SERVICES: 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 an Oswego County resident, 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 963-4256 for an appointment to begin classes.

LITERACY VOLUNTEERS (THROUGH OCO)

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

SERVICES: 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

40 Academy Street
Mexico, NY 13114
963-7831 FAX: 963-3325
Website: www.mexico.cnyric.org
Dr. Robert Pritchard, Superintendent

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

MIGRANT EDUCATION TUTORIAL AND SUPPORT SERVICES PROGRAM - (METS) (OSWEGO COUNTY BOCES)

Mexico Campus
179 Co. Rte. 64
Mexico, NY 13114
963-4265 FAX: 963-4242
Contact: Paul Gugel, Director
email: pgugel@oswegoboces.org
Website: www.oswegoboces.org

Fulton Campus (Main Office)
806 West Broadway
Fulton, NY 13069

SERVICES: The Migrant Education Tutorial and Support Services program (METS) provides migrant students in Oswego, Jefferson, Lewis and Wayne counties with educational and support services including in-school and/or in-home tutoring, summer tutoring, educational field trips, family literacy, preschool education, outreach, interpretation and advocacy. The METS also offers on-site English as a Second Language (ESL) classes in migrant labor camps and for out-of-school youth ages 16 – 21. The 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 (ages 3 - 21) may be eligible if their parent, guardian, spouse or him/herself has moved across school district or state boundaries within the last 3 years in order to secure or search for employment in agriculture including picking/harvesting or packing of fruits and vegetable, dairy farming, food processing, tree farming or logging.

OSWEGO COMMUNITY CHRISTIAN SCHOOL

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

SERVICE: Education Pre-K - 8th Grade.

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

OSWEGO COUNTY BOCES

Oswego County BOCES
Main Campus:
179 County Route 64
Mexico, NY 13114
963-4251 FAX: 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.oswegoboces.org

Instructional Support Services

963-4248
Contact: Rosanne Bayne, Assistant Superintendent for Instruction

Career & Technical Education

963-4433
Contact: Maria Berlin, Principal

Adult Education

963-4256
Contact: Paul Gugel, Director

Alternative Education

963-4314
Contact: Ronald Camp, Director

Exceptional Education

963-4315
Contact: Jim Huber, Director

SERVICES: The Oswego County Board of Cooperative Educational Services (BOCES) is an organization which provides outstanding educational experiences and cost-effective cooperative services and programs to the more than 21,000 students that attend the nine component school districts in Oswego County. BOCES 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
120 East First Street
Oswego, NY 13126
341-2001 FAX: 341-2910
Benjamin Halsey, Superintendent

Fitzhugh Park School	341-2400
Kingsford Park School	341-2500
Leighton School	341-2700
Minetto Elementary	341-2600

Riley Elementary	341-2800
Oswego Middle School	341-2300
Oswego High School	341-2200

PHOENIX CENTRAL SCHOOL DISTRICT

116 Volney Street
 Phoenix, NY 13135
 695-1555
 Judy Belfield, Superintendent

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

PREVENTION EDUCATION PROGRAM

75 East 1st Street Midtown Plaza, Lower Level
 Oswego, NY 13126
 342-7532 FAX: 342-7554
 email: youthservices@oco.org
 Contact: Kathleen Knopp

SERVICES:

SAF Kids Prevention Curriculum

Age-appropriate Child Sexual Abuse Prevention Curriculum for elementary school-aged students. Training and Curriculum awareness and planning is available to school personnel, including but not limited to: school principals, nurses, teachers, counselors and psychologists. The SAF Kids curriculum can be adapted to meet the needs of children with special needs. In addition, the program can be structured by the school to address specific topics such as sexual harassment, dating violence, and date rape. Children are taught how to identify abusive behaviors through activities and role plays. The children are also taught about where to go should they be in, or know of someone in a violent relationship.

Victimization Prevention Curriculum

For middle, senior, and college aged students are 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 a 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.

PULASKI CENTRAL SCHOOL DISTRICT

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

Lura Sharp Elementary	298-2412
Pulaski Middle School	298-6001
Pulaski High School	298-5103

SANDY CREEK CENTRAL SCHOOL DISTRICT

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

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

SUNY OSWEGO DIVISION OF EXTENDED LEARNING

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

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

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

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

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

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

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

We look forward to helping you achieve your educational dreams!

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

TRINITY CATHOLIC PRE K - 6

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

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

EMERGENCY PROGRAMS

AMERICAN RED CROSS OF CENTRAL NEW YORK

Oswego Branch
333 West First Street
Oswego, NY 13126
343-0967 FAX: 343-0909
Contact: Danielle Hayden, Branch Director
email: Danielle.Hayden@redcross.org
Website: www.syrarc.org

SERVICES:

- 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

UPSTATE NEW YORK REGIONAL POISON CONTROL CENTER

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

SERVICES: The Upstate New York Poison Center, a component of University Hospital's Department of Emergency Medicine, is a telephone service available 24 hours a day, 365 days a year. The Center responds to more than 65,000 calls annually, with 60% of the calls involving children under the age of six managed at home with telephone consultations, and 40% managed with telephone consultations with healthcare facilities. Over 75% of these cases of unintentional poisoning are successfully treated at home through telephone consultation, eliminating unnecessary trips to the Emergency Department.

The Call Center is staffed by registered nursing staff certified by the American Association of Poison Control Centers as Specialist in Poison Information and by boarded medical and clinical toxicologists. The staff is available to provide case management and poison information to the public and to health care professionals within our 54 county service area. Additionally, the Center maintains a list of other consultants, specialists in their field, to help in the management as necessary.

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

Education for health care professionals is accomplished through: Case Conference held weekly at the center, clinical rotations for physicians, pharmacists, nurses and other health care professionals; in-service for hospital staff throughout the 54 county service area; our annual Toxicology Teaching Day held in Syracuse, NY each Fall; and through our drug information services.

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

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

EMPLOYMENT

ADECCO EMPLOYMENT SERVICES

104 Cayuga St.
Fulton, NY 13069
233-0522 FAX: 598-8308
Contact: Don Unger
e-mail: don.unger@adeccona.com
Website: www.adeccousa.com

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

JOB ASSISTANCE READINESS TRAINING (JART)

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

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

NEW YORK STATE DEPARTMENT OF LABOR

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

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

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

OSWEGO COUNTY WORKFORCE NEW YORK

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

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

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

FEDERAL PROGRAMS

MEDICARE

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

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

OSWEGO AMERICORPS PROGRAM

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

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

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

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

New funding has been received to implement an Economic Opportunity AmeriCorps Program. Twenty 900 hour positions will be placed at the Oswego County Department of Social Services and other human service agencies in the county to provide financial literacy and housing services to economically disadvantaged individuals.

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

SOCIAL SECURITY ADMINISTRATION

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

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

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

HOURS: Monday - Friday 9:00 AM - 3:30 PM

HEALTH SERVICES

AIDS COMMUNITY RESOURCES

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

SERVICES:

Support Services

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

Contact: Jeanette Shanley

Youth Prevention and Education Services:

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

Adult Prevention and Education Services:

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

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

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

Volunteer Opportunities:

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

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

AMERICAN CANCER SOCIETY

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

SERVICES: 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

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

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

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

AMERICAN HEART ASSOCIATION

(MAILING ADDRESS) PO Box 3049
Syracuse, NY 13220-3049
234-4700 FAX: 234-4701

(PHYSICAL ADDRESS)

17 Technology Place
East Syracuse, NY 13057

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

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

BREAST CANCER HOTLINE 1-800-877-8077

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

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

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

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

CANCER INFORMATION SERVICE (CIS) 1-800-422-6237

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

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

CENTRAL NEW YORK OCCUPATIONAL HEALTH CLINICAL CENTER

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

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

HOURS: Monday - Friday 9 AM – 4:30PM

CENTRAL SQUARE MEDICAL CENTER

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

SERVICES: 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 9AM to 9PM 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, located in the lower level of the facility, offers primary care to those of all ages. The practice also accepts most insurances.

CHILD HEALTH PLUS OUTREACH PROJECT

1-800-698-4543

Website: www.nyhpa.org

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

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

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

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

CONSUMER-DIRECTED PERSONAL ASSISTANCE PROGRAM

ARISE

9 4th Avenue

Oswego, NY 13126

342-4088 FAX: 342-4107

e-mail: carnold@ariseinc.org

Website: www.ariseinc.org

Contact: Cheryl Arnold

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

CYSTIC FIBROSIS FOUNDATION

Central New York Chapter

2507 James Street, suite 106

Syracuse, NY 13206

463-7965 FAX:463-8221

email: central-ny@cff.org

Website: www.cff.org/Chapters/centralny

Contact: Karen Ferguson, Associate Executive Director

SERVICES: 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.

FACILITATED ENROLLMENT FOR CHILD HEALTH PLUS & MEDICAID

Oswego County Opportunities Health and Nutrition

10 George Street

Oswego, NY 13126

342-0888 ext. 1450

Contact: Julie Smith or Cindy Palamar

e-mail: jsmith@oco.org

cpalamar@oco.org

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

FULTON MEDICAL CENTER

510 South 4th Street

Fulton, NY 13069

Urgent Care: 592-3500 FAX: 592-3512

Medical Imaging: 592-3541

Laboratory: 592-3505

Occupational Health: 592-3506 FAX: 592-3579

SERVICES: 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 9AM to 9PM daily, including weekends and holiday.

The medical imaging department offers general x-rays, digital fluoroscopy, Magnetic Resonance Imaging (MRI), EKG's and computed tomography (CT). In addition, the health facility has a private women's suite offering digital mammography, bone density and ultrasound testing.

GENTIVA HEALTH SERVICES

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

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

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

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

GROWING UP HEALTHY HOTLINE 1-800-522-5006

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

HOURS: 24 hours a day/7 days a week

HOME AIDES OF CNY (MEDICAL ALARMS/LIFELINE)

723 James Street
Syracuse, NY 13203
476-4295 FAX: 476-0538
Contact: Stacey McEwen, Customer Service Supervisor
e-mail: smcewen@homeaidescny.org
Web site: www.homeaidescny.org

Central Square Office
668-0111

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

HOURS: Monday - Friday 8 AM – 5 PM Services are provided 24 hours a day/7 days a week. Administrative staff is on call 24/7. We serve Onondaga, Madison and Oswego counties.

HOSPITALS HOME HEALTH CARE, INC.

113 Schuyler Street Suite 3
Fulton, NY 13069
598-1544 FAX: 598-6868
Contact: Melissa Allard
Website: www.hh-homecare.org

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

LIFELINE

Oswego Hospital Lifeline
140 West 6th Street Suite LL30
Oswego, NY 13126
343-1887 FAX: 349-5702
Contact: Lauri Clark, Lifeline Specialist
Website: www.oswegohealth.org

SERVICES: Oswego Hospital Lifeline Program, part of the Oswego Health system, provides simple, fast access to help 24 hours a day 365 days a year for residents of Oswego and surrounding counties by a push of a help button. Highly trained, caring response associates have access to subscriber profiles and can get them the help they need. Philips Lifeline has provided more than six million people with the peace of mind and confidence to help maintain independent living.

OFFICE HOURS: Monday - Friday 8:00 – 4:00 pm

LIFESTYLES CENTER

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

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

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

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

LIONS CLUB

Oswego Lions Club
Contact: Mike Henderson, President
Website: www.oswegolionsclub.com

Fulton Lions Club
Contact: Don LaBarge, President
Website: www.fultonlionsclub.com

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

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

LUPUS FOUNDATION

1-800-300-4198

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

MEDICAL ALARMS/LIFELINE

Home Aides of Central New York
723 James Street
Syracuse, NY 13203
476-4295 FAX: 476-0538
Contact: Stacey McEwen, Customer Service Supervisor
e-mail: smcewen@eldercarecny.org
Web site: www.homeaidescny.org

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

HOURS: Monday - Friday 8:00 AM – 5:00 PM Services are provided 24 hours a day/7 days a week. Administrative staff is on call 24/7. We serve Onondaga, Madison and Oswego counties.

MEXICO FAMILY HEALTH CENTER

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

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

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

NAVIGATOR PROGRAM OF OSWEGO COUNTY

Oswego County Opportunities Health and Nutrition
10 George Street
Oswego, NY 13126
342-0888 ext. 1450
Contact: Julie Smith or Cindy Palamar
email: jsmith@oco.org or cpalamar@oco.org

SERVICES: Provides assistance to help families enroll in free or low cost health insurance through the NYS Department of Health Marketplace. Staff are on site at locations throughout Oswego County at a variety of times including evenings and Saturdays.

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

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

HOURS: Monday - Friday 2:00PM - 8:00 PM, Saturday, Sunday 10:00 AM - 3:00 PM

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

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

HOURS: Monday – Friday 8:00AM – 8:00PM; Saturday and Sunday 10:00AM – 3:00PM

NORTHWAY MEDICAL ASSOCIATES

21 North 2nd Street
Fulton, NY 13069
598-4857 FAX: 598-7105

SERVICES: The center is designed to meet personal health care needs for non-emergency care. The center provides primary care physician services for patients 10 and up.

HOURS: Monday and Thursday 8:00AM – 5:00PM
Tuesday 8:00AM – 6:00PM
Wednesday 9:00AM – 1:00PM
Friday 8:00AM – 4:00PM
Saturday – BY APPOINTMENT ONLY

NORTH OSWEGO COUNTY HEALTH SERVICES, INC.

Oswego Health Center
10 George Street Suite 200
Oswego, NY 13126
342-0880 FAX: 593-6195

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

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

OCO HEALTH EDUCATION

239 Oneida Street
Fulton, NY 13069
592-0810
Contact: Kathleen Knopp
email: youthservices@oco.org
Website: <https://www.facebook.com/OCOHealthEducation>

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

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

OCO HEALTH EDUCATION - YOUTH FOR YOUTH

Oswego County Opportunities, Inc.
239 Oneida Street
Fulton, NY 13069
592-0810
Contact: Kathleen Knopp
email: youthservices@oco.org
Website: <https://www.facebook.com/FultonYouth4Youth>

SERVICES: A partnership between OCO, Fulton YMCA and Fulton City School District promoting youth adult partnerships in the Fulton community with a focus on STI/HIV prevention and education. Program offers community youth opportunities for youth leadership, youth engagement, youth voice and shared decision making. Program provides youth in the community access to sexual health information at weekly drop-in centers and weekly Youth Coalition meetings.

OSWEGO COUNTY DEPARTMENT OF SOCIAL SERVICES

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

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

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

OSWEGO COUNTY PUBLIC HEALTH SERVICES

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

PUBLIC HEALTH NURSING SERVICE

Certified Home Health Agency (CHHA) – 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. Services are available 24 hours a day, 7 days a week. CHHA provides the following services:

- Skilled nursing
- Medical social work
- Physical, occupational and speech therapy
- Home Health Aide Services
- Nutritional therapy
- Respiratory therapy

Contact: Chantel Eckert, SPHN
349-3548 FAX: 349-3458

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

- Skilled nursing
- Medical social work
- Physical, occupational and speech therapy
- Respiratory therapy
- Home Health Aide services
- Nutritional therapy
- Homemaker services
- Home delivered meals
- Lifeline

Contact: Chantel Eckert, SPHN
349-3548 FAX: 349-3458

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 dietitian services
- Physical, occupational and speech therapy
- 24 hour RN on call for consultation or after hours visits

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

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

- Home visits by Registered Professional Nurses (preventive and skilled care)
- Communicable disease control (surveillance of all communicable disease)
- Tuberculosis Control Program
- 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

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

CHILDREN WITH SPECIAL NEEDS PROGRAM

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

The PHC Program can help families:

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

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

Early Intervention Services

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

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

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

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

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

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

ENVIRONMENTAL HEALTH DIVISION

The Environment Division is responsible for implementing programs and providing information to help individuals live healthier lives by minimizing environmental health threats. Some efforts are targeted to the population at large, such as monitoring of public and private drinking water supplies, food safety in restaurants, fire safety in hotels and permitting of mass gatherings. 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 consists of three program sections that have regulatory authority to enforce Public health Law and New York State Sanitary Code.

Assessment services:

- Rabies - animal bite investigations, rabies clinics
- Eastern Equine Encephalitis (EEE), Lyme Disease and West Nile Virus surveillance
- Lead poisoning prevention - reducing lead paint hazards in homes
- Public health nuisances - garbage complaints
- Chemical exposures
- Hazardous waste sites

- Indoor air issues
- Public health Preparedness Planning/Response
- Radon inquiries
 Contact: Evan Walsh 349-3564 FAX: 349-3228
 Rabies Response: Business Hours (M-F 8:30AM -4PM) 349-3564
 Nights, Weekends, Holidays 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: Natalie Roy 349-3557 FAX: 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: Natalie Roy 349-3557 FAX: 349-3228

OSWEGO HOSPITAL

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

SERVICES: More than 139 physicians are on staff at Oswego Hospital, 30 of which provide care in a specialty area. The 164 bed not-for-profit- hospital offers acute medicine, emergency, surgical, maternity, as well as behavioral care for children and adults.

Oswego Hospital is part of the Oswego Health System that also includes The Manor at Seneca Hill, a 120 bed skilled nursing facility that also offers rehabilitation services and an Adult Day health Services Program, as well as Springside at Seneca Hill, an independent retirement community and Oswego Health Home Care. In addition the healthcare organization operates the Central Square and Fulton Medical Centers, which provide urgent care, medical imaging, laboratory and physical therapy services.

OSWEGO HOSPITAL OCCUPATIONAL HEALTH

Oswego Health Services Center 140 West Sixth Street Suite 250 Oswego, NY 13126 349- 5513 FAX: 349-5726	Fulton Medical Center 510 S 4 th Street Fulton, NY 13069 592-3506 FAX: 592-3579
---	---

SERVICES: Oswego Health's Occupational Health Services offers area companies/businesses comprehensive healthcare services, which include physicals such as 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.

OSWEGO HOSPITAL BREAST CANCER PROGRAM

Oswego Hospital
110 West 6th Street
Oswego, NY 13126
349-5513

For information on this program, please call 349-5513.

PARISH HEALTH SERVICES CENTER

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

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

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

PHOENIX HEALTH SERVICES CENTER

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

SERVICES: Phoenix Family Health Center provides primary care for the health and wellness of you and your family. Services include comprehensive care for individuals 18 and older, women's wellness and immunizations. Lab draws are provided in an adjacent office. Please call for hours.

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

PULASKI HEALTH CENTER

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

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

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

RONALD MC DONALD HOUSE CHARITIES

1100 East Genesee Street
Syracuse, NY 13210
476-1027 FAX: 476-5022
Contact: Beth Trunfio, Executive Director or Karen Hynes, Administrative Assistant

SERVICES: The Ronald McDonald House of CNY (RMHC of CNY) currently has 25 rooms with private bathrooms, accommodating families with children from ages newborn to 19 years of age. Radius for a family to stay at RMHC is 15 miles out of the Syracuse area and we request a donation of \$20 per night, per family. AT RMHC 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.

Since opening our doors in 1982, RMHC of CNY has served over 27,000 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 to the best of our ability.

SAMARITAN FAMILY HEALTH CENTER

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

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

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

STAFKINGS HEALTH CARE SYSTEMS, INC.

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

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

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

SUDDEN INFANT AND CHILD DEATH (SICD) RESOURCE CENTER

School of Social Welfare	CNY Regional Office	REACH CNY, Inc.
Health Sciences Center	1010 James Street	
Stony Brook University	Syracuse, NY 13203	
Stony Brook, NY 11794-8232	424-0009 ext. 108	FAX: 478-1981
1-800-336-7437 FAX: 631-444-6475	email: cmolina@REACHCNY.org	
	Contact: Clemencia Molina, Regional Coordinator	

SERVICES: The program offers information, support and referral to families and communities affected by the sudden and unexpected death of an infant or young child. The Center coordinates a comprehensive program providing support for bereaved families and educational and public awareness programs about measures to reduce the risk for Sudden Infant Death Syndrome (SIDS) and other causes of infant and child mortality.

TOBACCO- FREE NETWORK OF OSWEGO COUNTY

317 West 1st Street, Suite 111
Oswego, NY 13126
343-2344 ext. 21 FAX 343-0442
Contact: Abby Jenkins
email: ajenkins@cnyemail.com
Website: www.tobaccofreenys.org

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

VA OUT-PATIENT CLINIC

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

SERVICES: Located in the Lowe's Plaza in Oswego, NY, the VA Out-Patient Center offers primary care, mental health services, dietary services, and blood draw to 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 AM - 4:30 PM Closed weekends and all Federal holidays.

HISTORIC SITES/MUSEUMS

FORT ONTARIO STATE HISTORIC SITE

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

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

HERITAGE FOUNDATION OF OSWEGO COUNTY

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

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

H. LEE WHITE MARINE MUSEUM

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

SERVICES: The H. Lee White Museum houses a collection of artifacts, ship models, artwork and vessels detailing the maritime history of the Oswego River Valley Region and Lake Ontario. The National Historic Landmark Tugboat "LT-5" is berthed alongside the main building. The 1925 NYS 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. Call 342-0480 or contact their website at 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
343-1342
Contact: Justin White, President
email: ochs@rbhousemuseum.org
Website: www.rbhousemuseum.org

SERVICES: 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 which documents 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 an appointment.

SAFE HAVEN INC.

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

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

HOUSING

CITY OF FULTON COMMUNITY DEVELOPMENT AGENCY

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

SERVICES:

Affordable Home ownership Program
Contact Person: Loesther Brooks

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

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

Housing
Contact: Joseph Fiumara

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

Section 8 Housing Agency - Rental Assistance Housing Program
Contact: Penny Birckhead Website: funtonhousing@windstream.net

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

COMMUNITY DEVELOPMENT OFFICE -

Conway Municipal Building 3rd Floor
20 West Oneida Street
Oswego, NY 13126
343-3795, 343-3452, 343-3442 FAX: 342-8231
Contact : Mary Vanouse, Community Development Director
Beverly Mulcahey, Rental Assistance Administrator
Kathy Miano, Housing Assistance Administrator
Website: www.oswegony.org

AFFORDABLE HOMEOWNERSHIP PROGRAM

Contact person: Kathy Miano e-mail: kmiano@oswegony.org

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

HOUSING REHABILITATION

Contact person: Kathy Miano e-mail: kmiano@oswegony.org

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

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

The City of Oswego Section 8 Rental Assistance Program is a federally funded program that assists eligible low-income families, the elderly, disabled and handicapped pay a portion of their monthly rental payments based on household income and family composition. These rental subsidies allow families to obtain and maintain safe, decent and sanitary housing. 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

DEPARTMENT OF ENERGY AND HOUSING WEATHERIZATION

P.E.A.C.E. Inc.
4086 State Rte. 3
Fulton, NY 13069
297-4205 FAX: 402-2305
Contact: Chris Matteson
email: christine.matteson@peace-caa.org

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

HOUSING ASSISTANCE PROGRAM - OSWEGO COUNTY

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

SERVICES: Funded by the U.S. Department of Housing and Urban Development, this program provides Housing Choice Voucher (HCV – formerly Section 8) rental assistance to tenants of very low income households. Eligible individuals and families pay maximum of 40% of their adjusted gross income for rent and utilities. Program pays difference between tenant's payment and total costs of rent and utilities. The number of bedrooms allowed in units eligible for subsidy depends on the size of the family. Elderly and disabled persons are also eligible. The Oswego County Housing Assistance Program also offers a first-time Homeownership Program for families that currently participate in the rental assistance program. Under the Homeownership program the HCV rental assistance is converted to a mortgage assistance payment.

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

OSWEGO HOUSING DEVELOPMENT COUNCIL, INC.

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

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

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

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

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

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

SUBSIDIZED HOUSING

Austin Court Apartments

42 Maplehurst Dr.
Phoenix, NY 13135
695-4836 FAX: 695-4836
Contact: Julie Thompson

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

Bradley Place Apartments

56 Davis Street
Phoenix, NY 13135
695-2347 FAX: 695-4836
Contact: Julie Thompson

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

Christopher Court Apartments

22 Maplehurst Drive
Phoenix, NY 13135
695-4836 FAX: 695-4836
Contact: Julie Thompson

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

Creekside Apartments

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

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

Fulton Housing Authority

Pathfinder Courts/Gilbert's Grove Apts.
1100 Emery Street
Fulton, NY 13069
592-2201 FAX: 592-2202
Contact: David Fontecchio
e-mail: fhahfc@windstream.net

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

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

Fulton Mill Apartments

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

SERVICES: Provides housing for seniors 62 years old and older, handicapped or disabled. Income restrictions apply. 3 community rooms, one with DVD player and a big screen TV; laundry room is 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 maintenance on-call; Resident Services Coordinator on site 20 hours a week.

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

Housing Visions (formerly Hamilton Homes)

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

SERVICES: Provides quality affordable housing for families and individuals with townhouse style living. One to five bedroom apartments including accessible units. Larger apartments have multiple bathrooms. On-site laundry facility, Energy Star appliances and water conserving fixtures, central air conditioning. Children's play area, large Community Room, 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

Meadow View Apartments

800 Meadowview Drive
Central Square, NY 13036
668-8086 FAX: 668-6154
Contact: Nicole Boyce
Website: www.meadowview@hmrproperties.com

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

HOURS: Monday , Wednesday, Friday 8:30 AM – 5:00 PM

Minetto Senior Housing

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

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

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

Paddock's Landing

116 State Street
Phoenix, NY 13135
695-2347 FAX: 695-4836
Contact: Julie Thompson

Patrick Court Apartments

42 Maplehurst Drive
Phoenix, NY 13135
695-4836 FAX: 695-4836
Contact: Julie Thompson

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

Parkview Manor Apartments

11 North Street
Mexico, NY 13114
963-3854 FAX: 963-8899
Contact: Russell Partrick, Manager

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

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

Pontiac Terrace Apartments

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

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

Simeon-Dewitt Apartments

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

SERVICES: Housing for the elderly

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

Springbrook Apartments

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

SERVICES: Housing for the elderly

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

St. Luke Apartments

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

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

Towpath Towers

100 Rochester Street
Fulton, NY 13069
598-4700 Office FAX: 598-4700 598-7905 Superintendent
Contact: Rae Kelsey, Manager

SERVICES: Senior Citizen apartments

HOURS: Monday - Friday 9:00 AM - 1:00 PM (Manager's Office)
Monday - Friday 7:00 AM - 4:00 PM (Superintendent)

Village Center Apartments

456 Main Street
Phoenix, NY 13135
695-2347 FAX: 695-4836
Contact: Julie Thompson

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

HUMAN SERVICES

CATHOLIC CHARITIES

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

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

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

DEXTERVILLE COMMUNITY SERVICES

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

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

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

DOMESTIC VIOLENCE HOTLINE

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

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

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

EMERGENCY SERVICES AND FOOD PANTRY

Catholic Charities of Oswego County
365 West First Street
Fulton, NY 13069
598-3980 ext. 250 FAX: 593-8440
Contact: Helen Hoefer
email: hhoefer@ccoswego.com
Website: www.ccoswego.com

SERVICES: 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 if available.

FAMILY / YOUTH / ADULT SERVICES

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

SERVICES:

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

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

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

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 \$15.50 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?**
 - 10-12 food items including fresh fruits and vegetables, meats and grocery staples.

For more information contact the site nearest you.

Phoenix	First congregational Church 43 Bridge Street	Roberta Daly 695-4841
Central Square	St. Michaels Downstairs Scotty 592 Main Street	Jane Stinson 668-3765
Fulton	United Methodist Church 1406 State Rte. 176	Tonya Woodward 591-6697
Phoenix	First Congregational Church 43 Bridge Street	Roberta Daly 695-7063
Pulaski	Park United Methodist Church 2 Hubble Street	Peggy Balcom 298-6054 Kristy Hall 412-3135

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 or you may call 751-5389
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 St.(Sandy Creek) PO Box 166
Lacona, NY 13083
387-6673 FAX: 387-2739
Contact Person: Peggy Manchester
Website: www.friendshipshop.weebly.com

SERVICES: Friendship Thrift Shop is open Monday thru Friday 9AM – 4PM; Saturday 9AM – 1PM. Sells good, reusable household items and clothing at low prices.

The Pantry is open Monday thru Friday 9AM -3PM; other times by appointment. Provides food to residents of Sandy Creek School District. Phone: 387-5323. Apply for food stamps online by appointment.

HOMELESS SERVICES

Oswego County Opportunities, Inc.
75 East 1st Street Midtown Plaza, Lower Level
Oswego, NY 13126
342-7532 FAX: 342-7554
342-7618 24 hour Runaway and Homeless Youth hotline or Toll Free 1-877-342-7618
Contact: Cristy King
email: youthservices@oco.org

SERVICES: Homeless Services provides crisis intervention services to individuals who are homeless or at risk of becoming homeless. Homeless Services includes our school based Homeless Specialists who work within 5 school districts within the Oswego County. The school districts served are: Fulton, Hannibal, Mexico, Oswego, and Phoenix. Services are provided to youth and/or their families who are or are at risk of becoming homeless. Special training is provided to these staff in the area of rights afforded students under the McKinney-Vento Act. Homeless Services also provides a Homeless Specialist to work with youth throughout the county who are not enrolled in school, or are enrolled in schools outside of the 5 districts listed above. This Homeless Specialist works with youth to address their housing needs, and connect with benefits and services within Oswego County. Homeless Services also provides Homeless Specialist staff to assist individuals and families with no school involvement with working through their housing crisis.

All Homeless Services staff can provide case management, landlord/tenant mediation, referrals to community services, assistance locating housing, limited financial assistance, and 6 month post placement follow-up. Homeless Services staff can also provide assistance with short term emergency housing for youths through our Host Home Program and Youth Emergency Shelter. OCO is always seeking volunteers to serve as Host Homes throughout Oswego County. Please contact 342-7532 for more information.

HOURS: Monday-Friday 9:00AM – 5:00PM
Emergency 24 hour Runaway and Homeless Youth Hotline 1-877-342-7618

NEW JUSTICE CONFLICT RESOLUTION SERVICES, INC.

120B West 2nd Street
Oswego, NY 13126
343-8370 FAX: 343-8369
Contact: Annette Saule
Website: www.newjusticeservices.org

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

OFFICE OF TEMPORARY AND DISABILITY ASSISTANCE

Partial Information and referral hotline : 1-800-342-3009
Website: mybenefits.ny.gov

SERVICES: A telephone service available to assist residents of New York State seeking information on Social Services referral and SNAP (Supplemental Nutrition Assistance Program) eligibility. Spanish speaking staff is available.

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

OSWEGO COUNTY DEPARTMENT OF SOCIAL SERVICES

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

SELF-SCREENING FOR ASSISTANCE PROGRAMS

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

SERVICES:

Assistance Programs:

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. Residents may also apply with the assistance of 3 local food pantry sites listed below:

- Sandy Creek/Lacona Community Cupboard 387-5323
- Trisha Landers, NOEP Coordinator Oswego County 1-866-839-7304 ext.273
- North Shore Ecumenical Food Pantry 675-3144 or 675-3536

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

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

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

SERVICES:

Child Support:

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

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/Williamstown Amboy Center Food Pantry St Rte.69 & 183 Amboy Center Wed. 11:30 – 12:30 2nd Fri, of every month, fresh food truck Proof of residence Clients can call directly</p>	<p>Bernhards Bay 675-3536 North Shore Food Pantry PO Box 236 Cleveland, NY 13042 2nd Saturday of each month For people in the surrounding areas. Proof of residence required Clients can call directly</p>	<p>Central Square 440-1587 St. Michael's Church Downstairs Scotty's 534 South Main Street Central Square, NY 13036 Proof of residence required Clients can call directly for emergency only or walk in Mon – Fri 9:00 am – 4:00 pm</p>
<p>Dexterville 593-1607 Community Services 9 Rathburn Road Fulton, NY 13069 Monday's by appt. 6:00 pm – 9pm Clients can call directly</p>	<p>Fulton Alliance Church 593-6842 Route 48 – South Fulton, NY 13069 No specific times/call when in need Clients can call directly</p>	<p>Fulton Salvation Army – 593-8442 62 S. 1st Street Fulton, NY 13069 Mon – Fri 8:00 am – 12:00 pm Clients can call directly</p>
<p>Catholic Charities - Fulton 598-3980 ext. 250 365 West 1st Street Fulton, NY 13069 Mon – Fri 9:00 am – 3:00 pm Proof of residence & SS # required Clients can call directly Fresh Food Distribution 2nd Wed of every month 4:00 – 6:00 pm First Come First Serve Held at the Fulton Elks Club Pierce Drive Fulton, NY 13069 (Bring Your Own Bags)</p>	<p>Believer's Chapel -593-8989 614 S 4th Street Fulton, NY 13069 3rd Saturday of every month Done By number system – may start lining up at 6:30 am. Proof of residence and income Clients May also contact Carol Sixbury at 402-2554 or 296-9300 <hr/><p>Human Concerns Center 85 East 4th St. Oswego, NY 13126 315-3427301 Mon-Fri 12 – 3pm Must show proof of residency in Oswego School District and provide ID for ea. Family member – Client can call directly</p> </p>	<p>Fulton United Methodist Church 592-7347 1408 State Route 176 Fulton, NY 13069 Mon – Thurs 9 am – 2pm Fri 9 am – 1pm Clients can call directly</p>
<p>River of Life Assembly- 598-7100 8150 Oneida Street Fulton, NY 13069 Open to everyone Best to come during services – Call for more information Clients can call directly</p>	<p>Mexico 963-7182 St. Mary's Food Pantry Located in Basement/Hall Main Street – PO Box 487 Mexico, NY 13114 Mon 1:00 pm – 3:00 pm Wed 5:30 pm – 7:00 pm Clients can call directly</p>	<p>The Lighthouse Church 963-4761 11 South Jefferson St Mexico, NY 13114 1st Saturday of every month 10:00 am until gone Clients can call directly</p>
<p>Parish Ecumenical Food Pantry 625-7833 or 625-4575 814 Rider Street Parish, NY 13131 On call basis any time/day Try to limit one time per month but there are need exceptions. Clients can call directly</p>	<p>Dugway Methodist Church Pantry 625-7178 Route 104 Dugway, NY 3rd Friday of every month 12:30 pm – 2:00 pm Contact as needed Clients can call directly</p>	<p>Pulaski Community Ministries 298-4357 12 Bridge Street Pulaski, NY 13135 Mon 9:00 am – 11:00 am & 3:00 pm – 5:00 pm Wed 10:00 am – 1:00 pm Fri 9:00 am – 3:00 pm Pulaski School District Only NO CLIENT CALLS</p>

Hannibal Resource Center 564-7772 923 Cayuga Street Hannibal, NY 13074 Tuesday 10AM – 1PM Thursday 6PM – 8PM Clients can call directly	Presbyterian Church 963-7902 4361 Church Street Wilcox Hall Mexico, NY 13114 3rd Sat. of each month at 1PM Serves areas Need to show ID – can call directly	Phoenix First Congregational Church 695-4841 43 Bridge Street Phoenix, NY 1315 Mon. thru Fri. 9:30AM – 12PM Clients can call directly Proof of residence and income required
Rural Migrant Ministries 298-1154 15 Stewart Street Richland, NY 13144 Mon. thru Thurs. 10AM – 3PM EMERGENCY ONLY Clients can call directly All are welcome	United Methodist Church 387-5111 2031 Harwood Drive Sandy Creek, NY 13145 Free Dinner the last Thurs. of the month 3:30PM – 5PM Clients can call directly	Redfield Food Pantry 599-4071 8 School Road Redfield, NY 13437 Alternating Tues. 12Noon – 2PM and 5PM – 7PM Clients can call directly

OSWEGO COUNTY SOUP KITCHENS/FREE DINNERS:

Fulton Salvation Army 593-8442 62 S 1 st Street Fulton, NY 13069 Mon – Fri Breakfast 8:30–9:30 am Mon – Fri Lunch 11:30 – 12:30 Clients can call directly	Believer's Chapel -593-8989 614 S 4 th Street Fulton, NY 13069 3 rd Saturday of every month Done By number system – may start lining up at 6:30 am. Proof of residence and income Clients May also contact Carol Sixbury at 402-2554 or 296-9300	All Saints Episcopal Church –Fulton - 592-2102 149 S 1 st Street Fulton, NY 13069 Free Dinner every Tuesday from 5:30 – 6:30 pm Clients can call directly
Mexico First United Methodist Church – 963-3066 4372 Church Street Mexico, NY 13114 Every Monday 11:30 – 12:30 pm Clients can call directly	Trinity United Methodist Church 343-1715 45 E. Utica Street Oswego, NY 13126 Free dinner the 1 st Sunday of every month from 4:30 – 6:30 pm Donation are not expected but will be accepted Clients can call directly	Oswego Salvation Army 343-6491 73 West 2 nd Street Oswego, NY 13126 Mon – Fri Breakfast 8:00-9:00 am Mon – Sat Lunch 11:00 – Noon Sunday Lunch– 12:45 pm Clients can call directly
Parish Hastings Presbyterian Church 625-4304 or 625-4575 814 Rider Street Parish, NY 13131 Free Soup & Sandwich Every Friday 11:30 – 2:00 Donation are not expected but will be accepted Clients can call directly	Minetto United Methodist Church 343-3465 Corner of State Rte 48 & Co Rte 8 Minetto, NY 13115 Free dinner every Sunday from 4:30 – 6:30 pm Donation are not expected but will be accepted Clients can call directly	Lacona Soup Kitchen – 387-2090 North Country Christian Church 49 Salisbury Street Lacona, NY 13083 Mon – Fri 11:30 – 1:00 pm All are welcome

OSWEGO COUNTY OPPORTUNITIES, INC.

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

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

- Education Services
- Crisis & Development Services
- Family Case Management
- Medicaid Service Coordination
- Meals on Wheels
- WIC
- Literacy Volunteers
- Head Start
- Call-N-Ride
- Residential Services
- Transitional Living Services
- Day Hab and Respite Services
- Chemical Dependency Residential Recovery Program
- Senior Dining and Activity Centers
- Transportation
- Reproductive Health
- Health Insurance Navigators
- Runaway and Homeless Youth Services
- Domestic Violence
- Job Readiness Training
- Health Education
- Rape Crisis
- OPTIONS for Pregnant and Parenting Teens
- Discovery Day Care
- Cancer Services
- Rural Health Network

OCO is a private, non-profit agency that has been supporting communities throughout Oswego County since 1966.

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

OSWEGO HOSPITAL CASE MANAGEMENT DEPARTMENT

Oswego Hospital
110 West Sixth Street
Oswego, NY 13126
349-5736
Contact: Katie Pagliaroli, Case Management/Customer Service Manager
www.oswegohealth.org

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

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

OSWEGO STATE UNIVERSITY CENTER FOR SERVICE LEARNING AND COMMUNITY SERVICE

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

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

PATH STONE CORPORATION

4075 Ridge Road
Williamson, NY 14589
483-9151 FAX: 589-0069
Contact: Theodore Jordan, Jr.
email: tjordan@pathstone.org
Website: www.pathstone.org

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

HOURS: Monday - Friday 9 AM - 5 PM

REALITY CHECK CO2

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

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

RELATIVES RAISING RELATIVES (RRR)

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 ext. 241 FAX: 593-8440
Contact: Jon Gilmore, Coordinator
e-mail: jgilmore@ccoswego.com

SERVICES: The RRR is designed to provide support to those who are caring for a relative's child. The program provides caregivers with advocacy, information, referrals to other services, development of informal support systems, training on topics of interest, solution-focused planning, development of children's interest and abilities, groups and events for youth and caregivers. In order to be eligible for this program the family must be receiving TANF assistance benefits through DSS as a grantee for children in their care.
Staff can assist caregivers in applying for assistance benefits from DSS.

RURAL AND MIGRANT MINISTRY OF OSWEGO COUNTY, INC.

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

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

SALVATION ARMY OF OSWEGO COUNTY

62 South First Street
Fulton, New York 13069
593-8442
Contact : Majors James and/or Kathryn Purvis

SERVICES: Provides a variety of services including breakfast from 8:30 AM to 9:30 AM, lunch from 11:30 AM to 12:30 PM, Monday through Friday; disaster services; missing persons bureau; Christmas and emergency assistance; counseling, and character development programs for all ages.

SALVATION ARMY OF OSWEGO COUNTY

73 West 2nd Street
Oswego, New York 13126
343-6491 FAX: 343-5039
Contact: Major James Purvis or Major Kathryn Purvis

SERVICES:

Oswego Soup Kitchen open Monday through Friday – two meals per day. Breakfast served from 8:15AM – 8:45AM and lunch served from 11:30AM – 12:30PM. Saturday breakfast and lunch provided by area churches or agencies. Saturday schedule posted weekly. Oswego Food Pantry is open Monday/Wednesday/Friday from 10:00AM – 3:00PM.

Fulton Soup Kitchen located at 62 South 1st Street, Fulton, NY. Monday through Friday – two meals per day. Breakfast served from 8:15AM – 8:45AM and lunch served from 11:30AM – 12:30PM. Fulton Food Pantry is open Tuesday and Thursday from 10:00AM – 3:00PM.

Internal programs for spiritual development, character building and counseling are available. If we are unable to help with the situation, we can assist in referring to area agencies or service providers that may be able to provide assistance. Information is available as inquiries are made. **If you have time to volunteer, your services would be greatly appreciated.**

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

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

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

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

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

HOURS: 24 hours a day, 7 days a week

THRIFT STORE

Catholic Charities of Oswego County
365 West First Street
Fulton, NY 13069
598-3980 ext. 255 FAX: 593-8440
Contact: Pam Peeling
e-mail: ppeeling@ccoswego.com
Website: www.ccoswego.com

SERVICES: The Thrift Store run by the Step By Step Wellness Program, sells a wide variety of second hand items in good condition. It accepts donations of clothing, furniture, household items, etc.

VISITATION CENTER

598-6988 FAX: 598-8214
Contact: Karen Merrill

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

LIBRARIES

ANNIE PORTER AINSWORTH MEMORIAL LIBRARY

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

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

HOURS: Tuesday – Friday 11:00 - 6:00 PM, Thursday 7:00PM – 9:00PM Saturday 10:00 AM - 1:00 PM
Library will be closed from 7PM - 9PM during January, February and March

COGSWELL FREE LIBRARY

1999 County Route 2, PO Box 35
Orwell, NY 13426
298-5563 FAX: 298-5859
Contact: Erin Kimball-Salzman

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

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

FULTON PUBLIC LIBRARY

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

SERVICES: Genealogy 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 DVD's, 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 – 5:00PM

HANNIBAL FREE LIBRARY

162 Oswego Street PO Box 174
Hannibal, NY 13074
564-5471 FAX: 564-5471
Contact Person: Shelly Stanton, Director

SERVICES: Provides something for everyone. Members are able to borrow a variety of books, CD's, e-books, magazines, DVD's and VCR tapes. Also, don't forget our great Summer Reading Program for kids!

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

Saturday 9:00 AM - 3:00 PM

Story Hour - Tuesday and Thursday 10:00AM -11:00 AM
After School Activities - Wednesday 3:45 - 4:45 PM for school age youth

LITTLE FREE LIBRARIES OF OSWEGO

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3575 FAX: 349-3231
Contact: Dawn Metott
email: dmetott@oswegocounty.com
Facebook: <https://www.facebook.com/OswegoLittleFreeLibraries>

SERVICES: Little Free Libraries was started as a way to get books into the hands of children and adults to continue to build a sense of community. We have a free brick and mortar library right here in our city but not everyone can or is willing to utilize it. So what better way to get more books and literacy into the hands of those who need it than to install Little Free Libraries in various places throughout our community. The idea is really quite simple. Make a box (looks like an over-sized mailbox or miniature house), place them in our local parks, fill them with books, and let children and adults take a book, return a book and/or donate a book. Currently there are boxes located in the City of Oswego Breitbeck Park, West Park and East Park.

OSWEGO PUBLIC LIBRARY

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

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

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

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

Closed on Sundays and all Federal holidays.

PARISH PUBLIC LIBRARY

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

SERVICES: An excellent collection of fiction and non-fiction including best sellers, books on tape 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 9:00AM - 5:00PM
Wednesday 12NOON – 5:00PM
Thursday 7:00PM – 9:00PM
Saturday 11:00AM – 4:00PM

PENFIELD LIBRARY

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

SERVICES: 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 and local history materials. 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
298-2717 FAX: 298-2717
Contact: Margaret Weigel, Library Director
e-mail: pullib@ncls.org
Website: www.pulaskinypubliclibrary.org

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

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

MENTAL HEALTH SERVICES

ARISE

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

Clinic-Based
Oswego Office
9 Fourth Avenue
Oswego, NY 13126
298 342-4088

School-Based MH
Cleveland Elementary School
140 Bridge Street
Cleveland, New York 13042
Intake line: (315)671- 2955

Pulaski Office
2 Broad Street
Pulaski, NY 13142
(315) 298-5726

Central Square Middle School
248 U.S. Route 11
Central Square, New York 13036
Intake line: (315)671-2955

Fulton Office
113 Schuyler Street
Fulton, NY 13069
(315) 887-5156

Central Square Intermediate School
68 School Drive
Central Square, New York 13036
Intake line: (315)671-2955

Services provided for:
Children
Adolescents
Intake line: (315) 671-2955
Individual and Family

Paul V Moore High School
44 School Drive
Central Square, New York 13036 Adults

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

Goal of ARISE Mental Health Services: Building upon strengths to help the individual move forward to an increased sense of well-being and overall quality of life improvement; Person-centered, goal-focused.

Hours: Weekdays; Monday thru Friday
8:30 AM – 7:00 PM
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.

BROWNELL CENTER FOR BEHAVIORAL HEALTH

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

SERVICES: Community-based outpatient mental/behavioral healthcare agency with a main office in Onondaga County; satellite clinics within Syracuse city schools; and a rapidly growing satellite office in Fulton, NY to serve Oswego County residents. Comprehensive and inclusive services offered to children, adults, seniors and families. Services include individual, family and group therapy; a co-occurring substance abuse and mental health disorders program; psychiatric evaluation and medication management; nursing support; some phlebotomy services; and case management.

The Brownell Center accepts Medicaid, Medicare, Medicaid managed care plans, and most commercial insurances.

COMMUNITY BASED FAMILY CARE

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

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

COMMUNITY BASED MENTORING

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 FAX: 593-8440
Contact: Helen Hoefer, Supervisor
e-mail: hhoefer@ccoswego.com
Website: www.ccoswego.com

SERVICES: The Community Based Mentoring Program provides mentoring services to youth ages 8- 17 with serious emotional disturbance. Services provided include pro-social activities, positive role modeling skill development; groups, traditional one adult to one child. Services are youth centered and outside of the home in community based settings.

CONSUMER-DIRECTED PERSONAL ASSISTANCE PROGRAM

ARISE
9 4th Avenue
Oswego, NY 13126
342-4088 FAX 342-4107
Contact: Cheryl Arnold
email: carold@ariseinc.org
Website: www.ariseinc.org

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

HEALTH HOME CARE MANAGEMENT PROGRAM

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 ext. **234** FAX: 593-8840
Contact: Karen Davies-Buckley, Supervisor
email: kdavies-buckley@ccoswego.com
Website: www.ccoswego.com

SERVICES: The program is designed to assist individuals with coordination needs such as goal setting, health promotion, transitional care, referrals to community and social supports and 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.

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 through care management

HEALTH HOME NON-MEDICAID CARE MANAGEMENT

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 ext. **234** FAX: 593-8840
Contact: Karen Davies-Buckley, Supervisor
email: kdavies-buckley@ccoswego.com
Website: www.ccoswego.com

SERVICES: 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 such as goal setting, health promotion, transitional care, referrals to community and social supports and 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.

AVAILABLE FOR INDIVIDUALS DIAGNOSED WITH A SERIOUS AND PERSISTENT MENTAL ILLNESS.

KEEPING KIDS CONNECTED

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 EXT. 227 FAX: 593-8440
Contact: Helen Hoefler, Supervisor
e-mail: hhoefler@ccoswego.com
Website: www.ccoswego.com

SERVICES: The Keeping Kids Connected Program is available to Oswego County children between the ages of 3 and 18 who have a mental health diagnosis. The program offers children and their families much needed support by using a strength-based model in a timely manner. The program allows children to experience social and positive affirmation through the use of wrap around dollars.

MENTAL HEALTH ASSOCIATION OF OSWEGO COUNTY

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

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

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

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

MENTAL HEALTH FIRST AID

Contact Community Services
6311 Court Street Road
East Syracuse, NY 13057
251-1400 Ext. 132
Contact: Karen Lyskawa
email: klyskawa@contactsyracuse.org
Website: www.contactsyracuse.org

SERVICES: A 12 hour course designed to teach community members how to respond to someone in a mental health crisis or developing a mental health problem. Classes are two full days or four half days. The class fee is \$75. 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
887-5156 EXT 202 FAX: 887-5163
Contact: Intake Coordinator
Website: www.ariseinc.org

SERVICES: Mental Health Services are designed to help people build on their strengths to improve their 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
963-5361 FAX: 963-5530
Contact: Nicole Kolmsee, Director of Community Services
e-mail: nkolmsee@oswegocounty.com
Website: www.oswegocounty.com/dss/mental.html

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 8:30 AM – 4:00 PM*

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

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

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. Police department line personnel have been trained in dealing with emotionally disturbed persons. This cooperative effort regularly reviews process and procedures in effort to improve service and care to community members in need of emergency mental health assistance. For more information, call 963-5361.

Transitional Mental Health Case Management Services for Adults – Case Management uses strength based and recipient-centered practices to assist persons with serious mental illness to successfully manage situational transitions and community integration; improve life skills; and access needed services. For more information, call 963-5361.

Supported Housing – Supported housing provides community support services, rental stipends, and recipient specific advocacy. This service is offered to ensure that individuals diagnosed with Serious Mental Illness may exercise their right to choose where they are going to live, taking into consideration their functional skills, range of affordable housing options available and the services and resources a person requires to maintain their residence in the community. For more information, call 963-5361.

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.

Disaster Mental Health Response and Recovery Services –

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

The Division also provides information and referral services.

OSWEGO HOSPITAL BEHAVIORAL SERVICES

74 Bunner Street
Oswego, NY 13126
326-4102 FAX: 326-4292
Contact: Kimberly Garrow

Child and Family Services
98 North Second Street
Fulton, NY 13069
326-3555 FAX: 326-3565

SERVICES:. Comprehensive mental health services available to area residents. The Center, part of Oswego Hospital since 1981, is the largest provider of mental health services in the county.

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

Clients (age 18 and older) may be admitted on either a voluntary or an involuntary basis for treatment of a variety of mental health problems Those clients under age 18 who require admission are referred to a children’s unit.

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

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

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

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

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

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

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

EMERGENCY SERVICES – Crisis assessment and intervention are available 24 hours a day, 7 days per week and are provided by a trained staff of mental health professionals and para-professionals. Services are provided by both telephone contact and face-to-face contact.

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

SPECIALIZED SERVICES

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

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

STEP BY STEP WELLNESS PROGRAM

Catholic Charities of Oswego County
365 West 1st Street
Fulton, NY 13069
598-3980 ext. 251 FAX: 593-8440
Contact: Pam Peeling
e-mail: ppeeling@ccoswego.com
Website: www.ccoswego.com

SERVICES: Step by Step uses a wellness recovery model for adults diagnosed with a mental illness. The program supports clients through their recovery, promotes wellness, and combats the stigma of metal illness. Some of the services offered are peer support, educational groups and presentations, advocacy, skill development, goal planning and achievement, outreach, transitional employment, academic assistance, and support groups.

NEW YORK STATE OFFICES

CONSUMER PROTECTION BOARD

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

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

ENVIRONMENTAL CONSERVATION

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

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

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

NYS DIVISION OF HUMAN RIGHTS

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

SERVICES: Works to eliminate discrimination because of race, creed, color, national origin, sex, sexual orientation, disability, marital status, military status, age or arrest and/or conviction record, and domestic violence victim status, in specified areas of public concern. The office also provides education and outreach services.

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

NYS OFFICE OF PARKS, RECREATION AND HISTORIC PRESERVATION

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

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

PUBLIC SERVICE DEPARTMENT

1-800-342-3377

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

NYS DIVISION OF VETERANS AFFAIRS

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

NURSING AND ADULT HOMES

ADULT DAY HEALTH SERVICES PROGRAM

The Manor at Seneca Hill
20 Manor Drive
Oswego, NY 13126
349-5300 OR 349-5344
www.oswegohealth.org

SERVICES: For the elderly, chronically ill and disabled individuals living a home, The Manor offers an Adult Day Health Program. The program provides enjoyable, supervised activities, nursing care, a delicious hot meal, and door-to-door transportation. These programs enhance the lives of seniors living at home by providing a social community, along with a broad range of elder care services in one place.

Activities include recreational, social and educational activities, entertainment, music, creative arts programs and daily exercise. A registered nurse and certified nurse assistants provide nursing services as required including medication administration, wound care and personal care. Social work services, counseling and family support are also offered.

Participants with special needs are welcome, including adults with incontinence, behavior problems, difficulty speaking, memory loss and wandering. Our facility and program rooms are wheelchair accessible. Program staff is well educated in Alzheimer's and dementia care and strive to integrate participants into all activities.

On-site physical, occupational and speech therapy is available with a doctor's referral. Whirlpool therapy is available with a doctor's orders. Beautiful patio areas are perfect for socializing with friends.

(ANDREW) MICHAUD RESIDENTIAL HEALTH SERVICES

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

SERVICES: Located in the City of Fulton, with convenient access to SR 481, Michaud Residential Health Services is a non-denominational, not-for-profit provider of healthcare services to the greater Oswego County community. To meet the evolving healthcare needs of our community, Michaud is dedicated to helping the people we serve live to their maximum potential and promote dignity of life throughout all of its stages.

Michaud provides both residential skilled nursing and physical/occupational rehabilitation services, serving 89 residents daily. Michaud also offers specialized services including Infusion Therapy and Wound VAC Therapy.

Michaud is an affiliate of the St. Luke Family of Caring, an affiliation of community-based, not-for-profit healthcare providers serving the greater Oswego County area. Affiliates include Michaud in Fulton, St. Luke Health Services and Bishop's Commons in Oswego. Together they provide care and services to over 350 people, and together employ over 470 in our community.

LADIES HOME OF OSWEGO INC

43 East Utica Street
Oswego, NY 13126
343-6951 FAX: 343-5348
Contact: Marie Parsons, Administrator
e-mail: mparsons@theladieshome.org
Website: www.theladieshome.org

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

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

MANOR AT SENECA HILL

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

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

Adult Day Health Program – The Manor at Seneca Hill's Adult Day Healthy Program offers a comprehensive array of services to individuals 18 and older. This program integrates activities and socialization with individual health care needs. The program is offered weekdays from 10AM – 4PM. Attendance options range from one to five days a week. Transportation can be arranged. 349-5344 FAX: 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.

MEADOW BROOK MANOR ADULT CARE FACILITY

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

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

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

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

MORNINGSTAR CARE CENTER

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

SERVICES: Morningstar Care Center is a 120 bed Skilled Nursing Facility located in a quiet residential neighborhood of Oswego, New York. It is a private, family owned facility offering state of the art care in a nurturing home-like environment. Our 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 10:00 AM - 8:00 PM, flexible
Social Services Monday - Friday 8:00 AM - 4:00 PM

PONTIAC NURSING HOME

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

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

HOURS: Visiting hours - anytime

ST. LUKE ADULT DAY HEALTH CARE

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

SERVICES: 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 thru Friday from 9:30AM - 3:30PM

ST. LUKE HEALTH SERVICES

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

SERVICES: Located, in the City of Oswego, overlooking the scenic Oswego River, St. Luke Health Services is a non-denominational, not-for-profit provider of healthcare services. To meet the evolving healthcare needs of our community, the *St. Luke Family of Caring* is 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 the largest provider of residential skilled nursing and physical/occupational rehabilitation services in Oswego County, serving 200 residents daily. The St. Luke Adult Day Health Care program is a medical-model adult day care program providing daily health monitoring and activities program designed to promote independence and delay institutionalization of a disabled adult who may require on-going rehabilitation and medical services in an atmosphere that is friendly, safe and supportive.

The St. Luke Short-Stay Rehabilitation program offers intensive physical, occupational or speech therapy in an in-patient setting, lasting generally no more than 30 days for those who are recovering from surgery, or a major medical event such as a stroke or heart attack. Rehabilitation therapy is available six days a week, Monday through Saturday. St. Luke accepts admissions seven days a week and can be facilitated through your hospital admission discharge planner or contact our admission department directly.

The *St. Luke Family of Caring* is an affiliation of community-based, not-for-profit healthcare providers serving the greater-Oswego County area. Affiliates include St. Luke Health Services, Bishop's Commons Enriched Living Residence in Oswego, and Michaud Residential Health Services in Fulton. Together we provide care and services to over 350 people, and together we employ over 470 in our community.

VALEHAVEN HOME FOR ADULTS - ADULT CARE FACILITY

24 East Oneida Street
Oswego, NY 13126
342-3959 FAX: 342-2022
Contact: Lisa Solazzo, Administrator
email: adminosw@adkmanor.com
Website: www.adirondackmanor.com

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

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

PARENTING

CHILDREN 1st!

CONTACT Community Service
6311 Court Street Road
East Syracuse, NY 13057
251-1400 Ext. 132
Contact: Karen Lyskawa
e-mail: klyskawa@contactsyracuse.org
Website: www.contactsyracuse.org

SERVICES: A six hour educational program for parents or caregivers separating, divorcing, or going through a custody dispute, informing them how to minimize the impact on their children. The class fee is \$65. Please call for class days and times.

PARENT EDUCATOR PROGRAM (PEP)

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

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

PARENTING AFTER SEPARATION AND DIVORCE

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

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

Four topics are addressed in the parenting curriculum:

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

RECREATION

AMBOY 4-H ENVIRONMENTAL EDUCATION CENTER

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

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

HOURS: Dawn to Dusk year round

BOY SCOUTS OF AMERICA

Hiawatha Seaway Council
2803 Brewerton Road
Syracuse, New York 13211
463-0201 FAX: 463-5729
Contact: Gary Cogner
email: gary.bogner@scouting.org

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

BULL HEAD POINT PARK

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

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

CAMP HOLLIS

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

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

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

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

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

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

CAMP ZERBE

Oswego City - County Youth Bureau 70 Bunner Street Oswego, NY 13126 349-3451 FAX: 349-3231 Contact: Brandon Morey e-mail: bmorey@oswegocounty.com Website: www.oswegocounty.com/youth/hollis	Camp Zerbe 253 State Route 104 Williamstown, NY 13493 298-2007
--	---

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

HOURS: Daily dawn to dusk

CANAL PARK MARINA

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

SERVICES: Provide 20 boat slips for boats up to 42' in length. Hot Showers and private bathrooms. Complete marine water and electric hook ups. Dumping pumpout station available. 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.

HOURS: Contact Marina Attendant for service @ 532-0447

CENTRAL SQUARE/HASTINGS RECREATION

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

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

CITY PARKS AND WALKING TRAILS

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

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

CLEVELAND RECREATION

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

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

CONSTANTIA RECREATION PROGRAM

Town of Constantia Parks & Recreation
PO Box 167
Constantia NY, 13044
420-9024
Contact: Krista Lewis

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

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

CORNELL COOPERATIVE EXTENSION OF OSWEGO COUNTY

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

4-H Club Program

Contact Person: Pamela Patch, Administrative Assistant Ext. 401

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

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

CYO

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

SERVICES: CYO programs work towards providing and promoting positive youth development for youth in Oswego County. CYO programs provide a safe, well supervised, friendly, non-threatening environment where youth in grades K-12 will have the opportunity to improve both their decision-making and social skills, learn how to interact with their peers while participating in productive leisure time activities, improve relationships with family members, establish new and hopefully lasting friendships, and opportunities to give back to their communities. 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, foosball, Wii and X box and PS3 games, arts and crafts, computers with internet access and tutoring services. All programs offered by CYO are free to all youth in Oswego County.

The CYO Program is open from the day after Labor Day thru the last Friday in June - Monday thru Friday 3PM - 7PM and Saturdays 10AM - 2PM.

The CYO Program is also open 10AM - 2PM on snow days and the following holidays: Columbus Day; Thanksgiving Day and the day after Thanksgiving; Christmas Eve; Martin Luther King Day; Presidents Day; Good Friday; Memorial Day.

During school breaks the CYO Program is open 10AM - 7PM.

The CYO Program summer hours run from the Monday after 4th of July thru the 4th Friday in August from 9AM - 3PM.

FULTON ADULT INDOOR TENNIS PROGRAM

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-2474 FAX 592-3412
Contact: Barry Ostrander

SERVICES: This program is held at the Fulton War Memorial Monday thru Wednesday and Friday. Cost is \$30 for city residents and \$40 for non-city residents. Times are 9:00AM – 12NOON.

FULTON CITY POOL

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
593-1515 FAX 592-3412
Barry Ostrander, Superintendent

SERVICES: City offers swimming at outdoor pool. East side pool admission is \$.50 per person per day.
HOURS: 12NOON - 5PM and 6PM to 8PM from 3rd week in June until last week in August

FULTON COMMUNITY BAND CONCERTS

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-2474 FAX 592-3412
Contact: Barry Ostrander

SERVICES: The Fulton Community Band Concerts are held at Bullhead Point Park at 711 West Broadway in Fulton from 7:00PM – 8:00PM. The shows are the last Thursday in June and every other Thursday in July and August.

FULTON COMMUNITY ROOM

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-4350 FAX: 592-3412
Contact: Joann Cavalier
email: jcavalier@cityoffulton.com

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

FULTON LINE DANCING CLASSES

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-2474 FAX: 592-3109, 564-7113
Contact: Phil Eno, Instructor
Barry Ostrander, Superintendent
e-mail: phil@zlink.net

SERVICES: Offers line dancing classes at Fulton City Hall Community Room. This program is designed for beginners and intermediate dancers. Three sessions of 6 classes on Tuesday nights, fall, winter, spring. Licensed by ASCAP/BML. Certified Instructor.

HOURS: Tuesday Evenings 7PM-9PM

FULTON MEN'S BASKETBALL LEAGUES

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-4350 FAX: 592-3412
Contact: Jerry Schremp, Basketball Director

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

HOURS: Sundays and Wednesdays 6:00PM - 9:00PM

FULTON SUMMER CONCERT SERIES

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-2474 FAX 592-3412
Contact: Barry Ostrander

SERVICES: This Summer Concert Series is held on Friday nights in July and August at the Canal Landing Gazebo on South 1st Street. The Concerts starts around 6:30PM and end around 8:00PM.

FULTON YMCA

715 West Broadway
Fulton, NY 13069
598-9622 FAX: 592-3557
Contact: Klara Stellingwerf, Membership Coordinator

SERVICES: A multifaceted recreational facility for all ages, serving the greater Fulton area. Activities include swim instructions for all ages, gym activities, co-ed gym and aquatic exercise classes, special interest classes and Summer and Christmas Vacation Day Camp for children (K-6). The YMCA offers a free-weight room and fitness center. Contact the Y for more information on programs and membership fees. Ask about the YMCA's membership for all programs.

FULTON YMCA DAY CAMP

715 West Broadway
Fulton, NY 13069
598-9622 or 598-8273
Contact: Lynnet Lamb
Website: www.fultonymca.com

SERVICES: Day camp runs in one week sessions for nine or ten weeks each summer. Day camp is open to youth age 3 (half day mornings) through seventh grade. Activities include swimming, gym, arts and crafts, group games and special events. Guest speakers and walking field trips are a part of each week's activities as well as bus trips to local places of interest.

HOURS: Monday - Friday 9:00 AM - 4:00 PM, arrangements can be made for earlier drop-off or later pick-up

FULTON YMCA FAMILY PROGRAMMING

715 West Broadway
Fulton, NY 13069
598-9622 FAX: 598-8273
Contact: Amy Leotta, Family Director
Website: www.fultonymca.com

SERVICES: A wide range of activities to enhance the family experience through programming focusing on parents and their children. This program includes 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 YMCA LEARN TO SWIM PROGRAM

715 West Broadway
Fulton, NY 13069
598-9622 FAX: 592-3557
Contact: Caitlin Reynolds, Aquatics Director

SERVICES: A water introduction program that is held during school spring break and is free to all participants. Non-swimming youth (K-6) are taught the fundamentals of swimming and basic safety in an intensive one week program. This program is sponsored by the Fulton Noon Rotary.

FULTON YOUTH BASKETBALL PROGRAM LEAGUE

City of Fulton
141 S 1st Street
Fulton, NY 13069
592.2474 FAX: 592-3412
Contact: Jerry Schremp, Basketball Director 592-3450
e-mail: bostrander@cityoffulton.com
Website: www.fultonrecreation.com

SERVICES: 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.

FULTON YOUTH SUMMER TENNIS LEAGUE

City of Fulton
141 S 1st Street
Fulton, NY 13069
592-2475 FAX: 592-3109
Contact: Matt Goodnough, League Coordinator
Website: www.fultonrecreation.com

SERVICES: This League offers children from ages 12 to 19 the opportunity to compete in an organized team tennis league. Each participant receives a t-shirt and trophies are awarded to the winning teams at the end of the competition. League play begins in June and continues throughout July on the tennis courts at Van Buren Park and the tennis courts at G. Ray Bodley High School. G. Ray Bodley Tennis Coach is the league coordinator. For more information call 592-2474 or 342-9238

FULTON YOUTH SUMMER TENNIS LESSON LEAGUE

City of Fulton
141 S 1st Street
Fulton, NY 13069
592.2474 FAX: 592-3109
e-mail: bostrander@cityoffulton.com
Website: www.fultonrecreation.com

SERVICES: This League offers children ages 12 and under tennis lessons and then, when they are ready, they can apply what they've learned in match play. League is run by G. Ray Bodley Tennis Coach Matt Goodnough. Two 2 week sessions are scheduled each summer. For more information call 592-2474 or 342-9238.

GIRL SCOUTS

8170 Thompson Road
Cicero, NY 13039
698-9400 FAX: 698-9500
Contact: Judi Knowlton
e-mail: jknowlton@gsnypenn.org
Website: www.gsnypenn.org

SERVICES: A personal leadership development program for girls in grades K – 12. Girls of all ages gain self- confidence and knowledge to enable them to become tomorrow's community and family leaders. Girl Scouts DISCOVER more about themselves, CONNECT with their communities, and TAKE ACTION to make the world a better place. Girl Scouting welcomes girls of all racial, ethnic, religious, and socio-economic backgrounds. Girl Scout troops and membership opportunities are available in each community throughout the county. *Volunteers, mentors, and leaders are welcome.*

GRANBY RECREATION

Contact: Jennifer Brown
447-1796
email: granbyyouth@gmail.com

SERVICES: 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: Marcia Hubbard, Clerk/Treasurer
564-6037 e-mail: hannibalclerk@yahoo.com

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

HANNIBAL FREE LIBRARY - UPSTAIRS AT THE LIBRARY

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

SUMMER – July & August – reading program and activities – Tuesday, Wednesday, & Thursday
WINTER – Story Hour – Tuesdays & Thursdays – 10:00AM – 11:00AM
AFTER SCHOOL PROGRAM – Wednesdays - 3:45PM – 4:45PM

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

MEXICO RECREATION

Contact: Traci Wallace
963-7564
email: mexclerk@cnymail.com

SERVICES: Summer Day Camp program provides arts and crafts, playground program, baseball, tennis, basketball and a weekly trip to the library/bookstore for reading. The program serves youth ages 5 - 12 years old with qualified counselors and an on-site director.

NORTH BAY CAMPGROUNDS

City of Fulton Parks and Recreation
141 S 1st Street
Fulton, NY 13069
592-2256 FAX 592-3412
Contact Person: Cindy Coe, Manager
email: bostrander@cityoffulton.com
Website: www.fultonrecreation.com

SERVICES: Offers 79 campsites including 29 seasonal sites with water and electricity, 35 electric and water sites and 15 non-utility sites. Campsites available on the waterfront, in the woods or in the clearings. Two bathroom facilities – 1 equipped with hot showers. Campground store, game room, sand, volleyball court, and playground are available to campers. Docking is available for campers. Season starts May 15th – September 15th. Call for rates.

HOURS: 8AM - 8PM

OSWEGO LACROSSE CLUB. INC.

P.O. Box 5315
Oswego, NY 13126
343-9344
Website: www.oswegolacrosse.com

SERVICES: Youth lacrosse program for boys and girls; instructional and competitive teams. Summer indoor league also available. Ages 4 to adult. Not limited to Oswego residents.

OSWEGO MARITIME FOUNDATION

Historic Maritime District
11 Lake Street
Oswego, NY 13126
342-5753
Contact: Dr. Henry Spang, President
Website: www.oswegomaritime.org

SERVICES: The Oswego Maritime Foundation is a non-profit corporation dedicated to the maritime related education, recreation and research located in the Historic Maritime District at the harbor end of West 1st Street. Programs are currently offered in fishing for youth ages 5 – 8, sailing for youth ages 9 – 17, Adult Sailing and Family Boat Building in cooperation with the H. Lee White Marine museum. The waterfront facility is also home to the High School Sailing Club, the Submerged Cultural Resources

(Underwater Archeology) Program and the Education Through Involvement Program which is currently completing construction of a traditional style gaff topsail schooner that will serve as a floating classroom for teaching about the history, heritage, resources and ecology of the Great Lakes.

OSWEGO YMCA

265 West First Street
Oswego, NY 13126
343-1981
Contact: Deana Masuicca

SERVICES: Since 1869, the Oswego YMCA has offered quality programming to people regardless of age, race or religion. The YMCA houses a 25 yard swimming pool, three racquetball courts, full circuit of Life Fitness and Cybex and Free Weight Center, two fitness centers, two large program rooms, and drop in childcare. Members have access to the Cybex/Free Weight Center plus over 40 hours per week of exercise classes that include low-impact, and weighted workouts. Sampling of classes are: Zumba, Pilates, Yoga, Cycle, Step Aerobics, Aqua Cardio Circuit and TRX. Community members may participate in any YMCA program for an additional fee. Other programs include aquatic exercise classes, swimming lessons, youth sports, school-age child care, summer day camps, walk/run events and much more. Financial Assistance is available to anyone who qualifies. For further information, call 343-1981

PALERMO RECREATION PROGRAM

Contact: Donna Miller
593-1825

SERVICES: Recreational program with goals of improving children's overall skills, self-esteem and ability to get along well in a group atmosphere. Day camp is held in the summer.

PARKS AND RECREATION (CITY OF OSWEGO)

114 Mitchell Street
Oswego, NY 13126
342-8167 FAX: 342-8236
Contact: Keri Guynn or Jim Babcock

SERVICES: Provides a variety of recreational programs – from November to March programming includes ice skating at Crisafulli and Cullinan Rinks, 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. Can also put people in contact with other non-profit recreation service providers.

RICHLAND JOINT YOUTH PROGRAM

Contact: Daniel Krupke
298-5174 e-mail: supervisorclerk@richland-ny-us.com

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

SAFETY TRAINING INSTITUTE

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3451 FAX: 349-3231
Contact: Brandon Morey
e-mail: bmorey@oswegocounty.com
Website: www.oswegocounty.com/youth/hollis

SERVICES: Low cost training for youth or adults who work with youth in summer recreation or camping programs. Certificates issued include Standard First Aid, CPR, Life guarding, Canoeing, and Archery. Training takes place in mid-June at Camp Hollis.

SANDY CREEK/ LACONA RECREATION

Contact: Michelle Shirley
387-6696
email: villagesc@tccenet.net

SERVICES: Provides a summer day camp program of playground activities, beach trips, field trips, sports activities, arts & crafts, and special educational and entertainment programs. The program serves youth ages 5 - 12 years old with qualified counselors and an on-site director.

SCRIBA RECREATION CENTER/TOWN PARK

42 Creamery Road
Oswego, NY 13126
343-1853 (Recreation Center) 343-8107 (Town Park)
Contact person: Kerry Knowlton , Recreation Director
e-mail: rec44@scribany.org

SERVICES:

RECREATION CENTER - Recreation services offered are fitness classes, senior citizens events, and dog obedience classes. For more information on any of these events, please call 343-1853.

SCRIBA TOWN PARK – located on O'Connor Road is open to the public Memorial Day weekend through Labor Day. Park services include picnicking, nature trail, pool, swim lessons, day camp, volleyball, paddle boats, softball field, basketball court, playground, volleyball and special events. Park reservations are taken at the Rec Center beginning March 5, 2012 . Day Camp registration begins late April through the end of May (at the Rec Center office currently located at the address above) and is for children currently attending grades K-6. Four 2-week sessions are offered, each focusing on areas such as sports, aquatics and arts and crafts. Regular season hours are 9AM – 7:30PM daily (beginning end of June). Pool hours are 9:30AM – 6:30PM daily during regular season.

SPRINGBOARD MURAL PROJECT

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3575 FAX: 349-3231
Contact: Dawn Metott
email: dmetott@oswegocounty.com
Facebook: <https://www.facebook.com/springboardmuralproject>

SERVICES: 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 and replace 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 Committee. All artwork is approved first by the City Common Council if placed on city property.

TRAVELING ARTS IN THE PARKS

Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3451
Contact: Brian Chetney
email: brian@oswegocounty.com

SERVICES: Provides FREE artistic performances in July and August throughout Oswego County. Most events are held in conjunction with municipal recreation programs.

UNITED STATES TENNIS ASSOCIATION (USTA) YOUTH TENNIS

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

SERVICES: This program teaches tennis to 5 – 12 year olds throughout Oswego County during the summer at Oswego County recreation sites. USTA trained staff facilitate the lessons which are based on fun, game-playing activities. This program offers the free use of youth size tennis rackets, special low compression as well as slow moving oversize tennis balls.

VOLNEY RECREATION PROGRAM

Volney Town Hall
1445 County Route 6
Fulton, NY 13069
Contact: Dennis Lockwood 598-3508
e-mail: volneytc@twcny.rr.com

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

WEST MONROE RECREATION

Contact: John Messere, Town Supervisor
676-3322 email: westmonroesupervisor@windstream.net

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

REPRODUCTIVE HEALTH AND PREGNANCY/ PARENTING

NEW LIFE CRISIS PREGNANCY CENTER

PO Box 445 3349 Main Street
Mexico, NY 13114
963-CARE (2273)
Contact: Lucienne Henneberry
e-mail: newlifecpc@verizon.net
Website: www.NewLifeCPR.org

SERVICES: 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 NOON - 4:00 PM or by appointment

OPTIONS

Oswego County Opportunities, Inc.
1001 South 1st Street
Fulton, NY 13069
598-6664
Contact: Christina Bentley
email: youthservices@oco.org
Website: <https://facebook.com/pages/OCO-Options/354269881343751>

SERVICES: OPTIONS provides comprehensive support for Pregnant and Parenting Teens in Oswego County. OPTIONS provides supportive counseling and education in the areas of: pregnancy; pre and post natal care; labor and delivery; parenting; nutrition; decision-making and independent living skills; and substance usage. OPTIONS also provides programming for dads which is a supportive, non-judgmental outreach service to young fathers and young fathers-to-be to engage them in the parenting process, increase parenting skills and guide them in learning about their rights and responsibilities.

HOURS: Monday – 9:00AM – 5:00PM

NORTH OSWEGO COUNTY HEALTH SERVICES, INC.

Oswego Health Center
10 George Street Suite 100
Oswego, NY 13126
342-0888 FAX: 598-4728
TOLL FREE: 1-855-598-4740

Fulton Health Center
522 South Fourth Street, Suite 500
Fulton, NY 13069
598-4740 FAX: 598-4728

SERVICES: Offers education in reproduction, anatomy, physiology, birth control counseling and related subjects. Exams and visits are by appointment only. Family Planning also offers pregnancy testing, STD (Sexually Transmitted Disease) testing and treatment and unplanned pregnancy counseling. HIV Testing (AIDS) is available for health center clients only. All services are confidential. Fees are based on a sliding scale. Services provided at various sites in county. For appointments call 598-4740 or 342-0888.

HOURS:

Oswego Site	Oswego Health Center 10 George Street Suite 100 342-0888 Monday 8:00 AM - 5:00 PM Tuesday 8 – 6:00PM, Thursday 8:30AM-4:30 (May-Aug), Friday 8:00AM – 5:00PM
Fulton Site	Fulton Health Center 522 South Fourth Street, Suite 500 598-4740 Monday - Wednesday 8:30 AM - 5:30 PM, Thursday 9:00AM – 6:00PM Third Saturday of the month: 8:30AM - 12:30PM
Mexico Site	E.H. Pierce Building Scenic Ave 598-4740 - 1 st & 3 rd Wednesday 9:00AM – 5:00PM
S.U.C.O. Site	Mary Walker Health Center 598-4740 Thursday 8:30 AM - 4:30 PM (only held when college is in session)
Pulaski Site	N.O.C.H.S.I. 61 Delano Street Call 1-888-598-4740 for appointments - 2 nd & 4 th Friday 8:30AM – 5:00PM

OSWEGO HOSPITAL ANTENATAL BREAST FEEDING CLASS

110 West Sixth Street
Oswego, NY 13126
349-5572
Contact: Kathy Distin, RNC
Sandy Zolo, RNC, IBCLC
Website: www.oswegohealth.org

SERVICES: Classes are held on the first Thursday of every month from 5:30PM to 6:30 PM. Lactation specialist Kathy Distin, RNC, IBCLC and Sandy Zolo, RNC, IBCLC, will cover all aspects of breast feeding including comfortable positions, diet for mother and weaning, as well as other helpful topics. Please call 349-5572 two months ahead to register for a class or click on the link at www.oswegohealth.org/maternity-center/childbirth-and-breast-feeding-classes.cfm

PREGNANCY CARE CENTER OF OSWEGO COUNTY

140 West Utica Street PO Box 5444
Oswego, NY 13126
Office: 343-4866 24 hour Help line 1-800-395-HELP (1-800-395-4357)
Contact: Jillian Pelkey, Executive Director
e-mail: baby@pccoswego.org
Website: www.oswegopregnancy.org

SERVICES: Provides free pregnancy tests; information given on pregnancy, abortion, adoption, options counseling for crisis pregnancies; referrals made for medical care and social services; post abortion counseling; on-going friendships; and referrals for personal counseling, over 90 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 and available for women and families of all ages.**

HOURS: Monday - Thursday 11AM - 4PM; Walk-ins welcome for pregnancy tests..

PREPARED CHILDBIRTH CLASSES

Oswego Hospital Maternity Department
349-5572

SERVICES: These five classes focus on labor, delivery and parenting. Sessions are held throughout the year. Pre-registration is required and there is a fee. Parents-to-be are encouraged to call as soon as pregnancy is confirmed. Refresher childbirth classes are also available. Call 349-5572 between 7:00 AM and 3:00 PM to register.

PRESUMPTIVE ELIGIBILITY PROGRAM

Oswego Hospital
110 West 6th Street
Oswego, NY 13126
349-5800 FAX: 349-5786
e-mail: kclary@oswegohealth.org

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

REACH CNY, INC

1010 James Street
Syracuse, NY 13202
424-0009
Contact: Elizabeth G. Crockett, Exec. Director
email: execdir@reachcny.org
Website: www.reachcny.org

SERVICES: REACH CNY provides resources, education, advocacy and collaborative projects to improve health and reduce health disparities in areas such as prenatal and perinatal health, adolescent pregnancy and parenting, and HIV/AIDS.

Prenatal/Perinatal Networking meetings (quarterly in Oswego County) for communication and collaboration among health providers, human service providers, and consumers.

NYSDOH AIDS Institute Regional Training Center for HIV/AIDS Training: Free HIV/AIDS trainings and customized trainings on a wide range of topics including cultural competency, youth development, sexuality and more. Call or see our website for current schedule.

Professional education for health and human service providers: topics include Sudden Unexpected Infant Death (SUID) risk reduction, breastfeeding support, oral health, and more.

Resource Library of books, brochures, videos, and other materials open to consumers and service providers.

Newsletter, targeted to health and human service providers, with health information and program updates (also on our website).

WIC - WOMAN, INFANTS AND CHILDREN

Oswego County Opportunities, Inc.
10 George Street Suite 400
Oswego, NY 13126
343-1311 or 1-888-730-3803 FAX: 343-9504
Contact: Cynthia Palamar, Coordinator

SERVICES: 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. Checks for nutritious foods are provided which 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, Altmar, Mexico, Hannibal, Sandy Creek, Phoenix, Bernhards Bay, Williamstown, Pennellville, 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
141 Campus Center
Oswego, NY 13126
312-5360 FAX: 312-5406
e-mail: adoptagp@gmail.com

SERVICES: The Adopt-A-Grandparent program unites college students with elderly people in 7 local area nursing homes and assisted living centers. Volunteers complete craft activities, play games and visit with the residents.

BISHOP'S COMMONS

4 Burkle Street
Oswego, New York 13126-0434
349-0799 FAX: 349-0797
Contact: Karen Murray
e-mail: info@bcommons.com
Website: www.bcommons.com

SERVICES: Bishop's Commons is an affordable housing choice for seniors, set on wooded property overlooking the Oswego River. It is the Oswego area's 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 3 meals, weekly housekeeping, and laundry service, transportation to appointments, activities, entertainment and recreation; 24 hour staffing, maintenance and utilities (phone & cable TV charges not included).

The common areas include a Grand Dining Room overlooking the Oswego River and Falls, a large parlor, a library/lounge, a television room, an activity room, a private dining room, garden room, terrace, and walking paths.

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 to seniors.

GOLDEN AGE AND GOLDEN ACCESS PASSPORTS

National Park Service
US Department of the Interior
18th and C Street, Northwest
Washington, D.C. 20240
Website: www.nps.gov/findapark/passes.htm

SERVICES: This is a lifetime pass for US citizens or permanent residents age 62 or over. The pass provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity. The pass admits the pass holder and passengers in a non-commercial vehicle at per vehicle fee areas and pass holder + 3 adults, not to exceed 4 adults, at per person fee areas (children under 16 are admitted free). The pass can only be obtained in person at the park. The Senior Pass provides a 50 percent discount on some Expanded Amenity Fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services. In some cases where Expanded Amenity Fees are charged, only the pass holder will be given the 50 percent price reduction. The pass is non-transferable and generally does NOT cover or reduce special recreation permit fees or fees charged by concessionaires.

NUTRITION SERVICES

239 Oneida Street
Fulton, NY 13069
598-4712
Contact: Bridget Dolbear, Program Services Coordinator

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 8 sites located throughout the county. The sites run by Oswego County Opportunities and are opened from 11:00 am - 2:00 pm. To make reservations to eat at the Center, please call the actual site you will be attending at the numbers and locations listed below:

Constantia

St. Bernadette's Church
1667 State Rte. 49
Deirdre McCarthy, Manager
623-9803 (11:00AM – 2:00PM) Tuesday, Wednesday and Thursday

Fulton

Fulton Municipal Building
141 South First Street
Eileen Lutz, Manager
592-3408 (11:00 AM - 2:00 PM) Monday - Friday

Hannibal

Community Center
162 Oswego Street
Rosemary Kellogg, Manager
564-5471 (11:00AM – 2:00AM) Monday, Wednesday and Friday

Mexico

Presbyterian Church
4316 Church Street
Linda McNamara, Manager
963-7757 (11:00 AM - 2:00 PM) Wednesday and Friday

Parish

New Hope Church
814 Rider Street
Mary Lou Gindon, Manager
625-4617 (11:00 AM – 2:00 PM) Monday, Tuesday and Thursday

Phoenix

Congregational Church
3 Bridge Street
Arlene Slaski, Manager
695-4841 (11:00 AM - 2:00 PM) Monday, Wednesday and Friday

Sandy Creek

United Methodist Church
2031 Harwood Drive
Judy Parker, Manager
298-5020 (11:00 AM - 2:00 PM) Monday - Friday

Meals on Wheels: Home delivered meal program for people over the age of 60, 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 349-3484 or 1-800-596-3200, ext. 3484 to set up an appointment with one of the Case managers.

For those who are 60 years of age and younger and are interested in having Home Delivered Meals, please call Nutrition Services at 598-4712 for information about costs.

OFFICE FOR THE AGING

County Office Complex
70 Bunner Street
Oswego, NY 13126
349-3484 FAX: 349-8413
Contact: Sara Sunday, Interim Administrator
e-mail: ssunday@oswegocounty.com

SERVICES:

- An outreach staff to locate those who are unaware of available services. Workers make visits to those who are homebound due to poor health or lack of transportation.
- Subcontract provides transportation to Senior Nutrition sites and shopping.
- Under a subcontract, provides Senior Nutrition Services (see listing in this section)
- Under a subcontract, senior citizens will be referred to a local attorney. Seniors can obtain information, guidance and legal representation, dependent on whether or not a legal problem exists.
- Provides information and referral about various services. Will help fill out such forms as IT-214 (real property tax rebate), HEAP fuel assistance and Medicare reimbursement claims; insurance and prescription insurance counseling. Also have a wide variety of booklets and brochures of interest to senior citizens.
- Under a subcontract, a special home delivered meals program provides meals for the more rural, isolated elderly in the county (see SNAP listing) and a congregate meals program for senior to gather at 8 sites.
- Under subcontracts, provides in-home care (personal care and/or housekeeper chore) services for older persons (over 60) who require such minimal assistance to remain in their own homes. Participation in program may be required to pay a percentage of the cost of service, or make contributions.

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

OSWEGO YMCA SENIOR CITIZEN ACTIVITIES

249 West First Street
Oswego, NY 13126
343-1981
Contact: Trish Levine

SERVICES: A variety of in-house senior citizen programs. The "Forever Young" and "Silver Sneakers: group exercise class offers mild aerobic activity coupled with strength and flexibility training. Close attention is paid to proper form, safety and individual limitations. Social Swim meets every week day morning and gives participants an opportunity to socialize while they move around in the water. Back/Arthritis Aquatics offers joint mobility exercises and mild aerobic activity in the water to help improve flexibility, the cardio-respiratory system, joint and back health. Seasonal activities include a senior picnic, senior luncheons and National Older Adult Day activities.

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP OF OSWEGO COUNTY)

103 Rich Hall SUNY Oswego
Oswego, NY 13126
312-2317 FAX: 312-3374
Contact: Ellen Wahl, Program Director
Tracie Wallace, Program Coordinator
e-mail: rsvp@oswego.edu

SERVICES: Volunteers participate in areas of health, nutrition, education, economic development, conservation/environmental and community service. Volunteers must be 55 years or older and work on a regular committed basis.

SENIOR CAMPING

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3451 FAX:349-3231
Contact: Brandon Morey
e-mail: bmorey@oswegocounty.com
Website: www.oswegocounty.com/youth/hollis

SERVICES: Recreation, leisure and camping for people aged 50+. The 2 day program takes place each spring and fall at Camp Hollis in the Town of Oswego. Activities include nature walks, canoeing, arts and crafts, sing-alongs, etc.. Programs for day and overnight are available.

SENIOR CITIZEN CLUBS Contact : The Oswego County Office for the Aging 349-3484

SENIOR CITIZEN HOTLINE 1-800-342-9871

SERVICES: Gives state and local information and referral about services for the aging. Information is provided on local Offices for the Aging, energy, housing, legal problems, tax, transportation, employment, nutrition, in-home services, health care and public benefit programs. Callers also receive information on state publications and forms.

HOURS: Monday - Friday 8:00 AM - 4:00 PM. After hours and on holidays, callers can leave a message with name, area code and county. Calls will be returned as soon as possible.

SPRINGSIDE AT SENECA HILL

Retirement Living Community
10 County Route 45 A
Oswego, NY 13126
343-5658 FAX: 207-0179
Contact: Teresa Ferlito, Chief Operating Officer and VP Oswego Health
e-mail: ferlito@oswegohealth.org
Website: www.oswegohealth.org

SERVICES: Springside at Seneca Hill is a retirement community for independent seniors age 62 and over with support services available. The entire community is designed for those who need a simpler lifestyle and who would like a helping hand with chores that become difficult with age. This community is all one level with no steps or stairs to climb. Services and amenities include housekeeping, some laundry service, main meal of the day prepared by the chef and dining with neighbors in restaurant-style, complimentary local transportation, activities both on and off-site, on-site exercise center, weekly health check with nurse, daily well-being check, Lifeline telephone for emergency needs, all maintenance provided inside and out, and a secure entry system. Once-a-month fee includes all services above as well as all utilities (including air-conditioning), and 50 channel cable television. There are other optional services such as purchasing breakfast or lunch, and garage rental. All residents are able to continue their relationships with same service providers in the local area that they normally have such as hairdresser, doctors, banks shopping, etc.

The community consists of 44 apartment units, both one and two-bedroom, in a congregate building. There are also duplex and cottage style homes, all one level, that are available adjacent to the congregate building.

HOURS: 7:30 AM to 7:30 PM seven days a week

ST. FRANCIS COMMONS ASSISTED LIVING PROGRAM

12 Burkle Street
Oswego, New York 13126-0434
326-0870 FAX: 326-0871
Contact: Julie Chetney
email: jchetney@stfranciscommons.com
Website: www.stfranciscommons.com

SERVICES: 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 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. v

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 to seniors.

SERVICES FOR PERSONS WITH DISABILITIES

ACCES VR (formerly VESID)

State Office Building
333 East Washington Street Room 230
Syracuse, NY 13202
428-4179 FAX: 428-4280
Contact: Duane Watson, District Manager

SERVICES: 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 an impediment to employment.

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

ARC OF OSWEGO COUNTY

7 Morrill Place
Fulton, NY 13069
598-3108 FAX: 598-3306
Contact: Alissa Viscome
email: aviscome@oswegoind.org

SERVICES: ARC of Oswego County is a private not-for-profit organization which has been providing programs and services to individuals with disabilities since 1955. Services include Early Intervention and evaluation services for infants and toddlers, guardianship assistance, recreational and respite activities, senior day habilitation programs, and more. Its mission is to be a leader in the field of developmental disabilities, committed to meeting the needs of individual growth, productivity, and independence through education, advocacy, and increased community acceptance and participation. Its sister agency, Oswego Industries, Inc. provides services to adults with disabilities: together creating a comprehensive support system for Oswego County residents with disabilities.

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. Monitoring and assistance for various medical conditions as well as necessary personal care assistance are provided.

MEDICAID SERVICE COORDINATION – Assisting families in gaining access to necessary services and supports. May include Individualized Service Planning, Advocating, and Record Keeping; for children with disabilities aged 3 to 21.

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

ARISE

Center for Independent Living		
9 Fourth Avenue	2 Broad Street	113 Schuyler Street, Suite 2
Oswego, NY 13126	Pulaski, NY 13142	Fulton, NY 13069
342-4088 (V/TTY/Spanish) FAX: 342-4107	298-5726 FAX: 298-5729	887-5156 FAX: 887-5163
Contact: Sabine Ingerson , Oswego		
e-mail: singerson@ariseinc.org		
Website: www.ariseinc.org		

SERVICES: ARISE is an independent living center run by and for people with disabilities in Onondaga, Oswego, and Madison Counties. The main Oswego County office is in Oswego, with satellite offices in Pulaski and 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 8:00 AM - 4:00 PM

ADVOCACY - ARISE assists persons with disabilities in advocating for their individual rights and seeks to overcome "systems" or institutional barriers to individual freedoms that prevent person with disabilities from fully participating in their communities.

Contact: Jim Karasek
342-4088 ext: 206
e-mail: jkarasek@ariseinc.org

CENTRAL SQUARE SOCIAL GROUP – This group is for youth ages 13 to 21 and still in school. The group meets in the Central Square area and is open to anyone in Oswego County. Activities include a mix of events (holiday parties and dances, marching in parades, or attending performances) and meetings designed to build social skills or focus discussions on topics relevant to teenagers, such as making and keeping friends. Participants benefit from exposure to new people and social situations, which expand their perspectives and experiences, while creating social ties that will benefit them as they transition to young adults.

Contact: Vicki Affinati
342-4088 ext : 225
email: vaffinati@ariseinc.org

COMMUNITY CONNECTIONS: This group is for individuals ages 18 and up 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, attending sporting events, having dinner at local restaurants, going to plays, or participating in seasonal activities. The group will provide a structure framework for participants to grow their independent living skills, 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
342-4088 ext : 225
email: 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: Lee Sullivan
342-4088 ext: 224
e-mail: lsullivan@ariseinc.org
email: lwahlquist@arise.org

DAY HABILITATION SERVICES – offers individuals with developmental disabilities opportunities to develop their skills and abilities while increasing their participation in the community through volunteer work, social and recreational events, and independent living skills training.

Contact: Lee Sullivan
342-4088 ext:224
e-mail: lsullivan@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
342-4088 ext:225
e-mail: vaffinati@ariseinc.org

EMPLOYMENT SERVICES - Supported employment services for people of all abilities offers employment services to individuals and employers. Employment consultants help participants to identify work goals and seek employment. Job coaching assists individuals in their new job.

Contact: Darlene Klock
342-4088 ext: 212
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. The program can serve 10 individuals with developmental disabilities. It is typically scheduled the first week after summer school. Five Sibshops 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.

Contact: Sabine Ingerson
342-4088 ext. 210
email: singerson@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: Kris Rabideau
342-4088 ext. 207
e-mail: krabideau@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
342-4088 ext. 211
email: jcronk@ariseinc.org

IN-HOME RESPITE – is for individuals with developmental disabilities who live at home with their families. Activities can include engaging the individual in play, helping with homework, serving a meal or assisting with personal care. The goal is to strengthen family relationships by providing a time to recharge.

Contact: Kathy Mahar
298-5726 ext. 204
email: kmahar@ariseinc.org

MEDICAID SERVICE COORDINATION - Service Coordination is based on the “Hallmarks of the Persons Centered Approach” to planning and principles that keep the person and his/her aspirations and abilities the focal point for interaction with the system. Even though the extent to which a person requires assistance from the service coordinator varies, the underlying principles for assistance should not. The services are provided to newborns up to senior citizens and once approved in most cases are eligible for life. The criteria for eligibility is the disability must manifest prior of age 22, a psychological report including intellectual functioning reporting scale and for people with IQ above 60, assessment of adaptive scores and summary reports. There cannot be a cure for the disability.

Contact: Lisa Seguin
342-4088 ext: 208
email: lseguin@ariseinc.org

ONE-ON-ONE DAY CAMP - This new program will provide 1:1 support to meet the need of individuals who would like to be involved in integrated recreation at a local camp with their peers. This program is limited to four youth for one week of camp each.

Contact: Sabine Ingerson
342-4088 ext. 210
email: singerson@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: Lisa Seguin
342-4088 ext: 208
email: lseguin@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: Sabine Ingerson
342-4088 ext. 210
email: singerson@ariseinc.org

SOCIAL SKILLS CLASSES/“DINE AND DISCUSS” GROUP - Social skills classes are fun-filled session for older elementary school age students where participants learn and practice the skills needed to make friends and get along with others. Activities include interactive games, role-playing, and work sheets in a supportive environment with peers. This is offered in two locations during the year and is a set of six sessions. A “Dine and Discuss” parent Group meets at the same time to give parents the chance to exchange ideas and learn techniques on how to best help their children as well as take care of themselves.

Contact: Vicki Affinati
342-4088 ext : 225
email: vaffinati@ariseinc.org

TEEN GROUP – This group provides peer support for students ages 11 to 18 with a developmental disability. It meets 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, visiting an apple orchard, and seeing a play. Emphasis is placed on providing a relaxed atmosphere for students to make new friends and experiences.

Contact: Vicki Affinati
342-4088 ext : 225
email: vaffinati@ariseinc.org

AURORA OF CENTRAL NEW YORK, INC.

518 James Street
Suite 100
Syracuse, NY 13203
422-7263 FAX: 422-4792
email: auroracny@auroraofcny.org
Website: www.auroraofcny.org

SERVICES: AURORA of Central New York, Inc. is a private, not-for-profit agency which provides rehabilitation services to people who are blind, visually impaired, deaf, hard of hearing, late-deafened or deaf/blind in Oswego, Cayuga and Onondaga counties. Aurora's services include: social work, advocacy, information and referral, employment services, orientation and mobility instruction, rehabilitation teaching, adaptive technology evaluation and training, low vision services, children's instructional services, sign language instruction, as well as professional Sign Language Interpreting through the Marjorie Clere Interpreter Referral Services.

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

CAREER EMPLOYMENT SERVICE *A Division of Oswego Industries, Inc.*

7 Morrill Place
Fulton, NY 13069
598-3112 FAX: 593-7237
Contact: Alissa Vicome
e-mail: aviscome@oswegoind.org

SERVICES: An employment service designed to meet the needs of people with disabilities who desire community based employment. Services include screening and job-based assessment; job development and job matching; individual job coaching; and unlimited job retention.

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

CENTRAL NEW YORK DEVELOPMENTAL SERVICES OFFICE

5 Tower Drive
Fulton, NY 13069
598-6120 FAX: 598-5713
Contact: Laurie Elliott, Team Leader

SERVICES: Serves as the local representative of the New York State Office of Mental Retardation and Developmental Disabilities in Oswego County. A major focus of CNY DSO workers' activities is to develop and support community-based services and supports for developmentally disabled individuals and their families. These activities include the direction of a Family Care Program, diagnosis and evaluation, service coordination and advocacy services. In some instances, financial assistance may be available for home modifications and respite. Additionally, CNY DSO has developed community-based individualized residential alternatives for the severely disabled, located in Central Square, Fulton, Mexico, Oswego and Palermo. A limited amount of respite is available at one of these sites.

The CNY DSO works cooperatively with other local provider agencies to support mentally retarded and developmentally disabled individuals in maintaining services in the community.

HOURS: 8:00 AM - 4:30 PM

EARLY INTERVENTION AND SPECIAL NEEDS PRESCHOOL

Little Lukes
10 Burkle Street
Oswego, NY 13126
701-1107 (option 2) FAX: 701-1131
Contact: Jackie Pullen, Coordinator
email: Jackie@littlelukes.com
Website: www.littlelukes.com

SERVICES: Little Lukes provides early intervention, preschool-related services, inclusive preschool classrooms, and inclusive childcare. Early Intervention Services include physical, occupational, speech therapies and special instruction teacher services. Preschool-related services include physical, occupational, speech therapies and special education itinerant teacher services. Our caring, professional staff assists families through the process from referral and evaluation through scheduling and transition. Our enthusiastic therapists and licensed professionals work together to exceed expectations and help children and families meet IEP and IFSP goals.

Inclusive preschool classrooms are available as half day and full day sessions Monday thru Friday in Oswego, Fulton, Pulaski, Dewitt and Radisson. Our in-house team of Little Lukes therapists use small group and push in and pull out therapy sessions to meet the individual needs of the child.

EMPIRE INTERPRETING SERVICE

109 S. Warren Street, Ste. 406
Syracuse, NY 13210
472-1383 FAX: 472-8032
Contact: Theresa Slater, President/CEO
Corissa Widger, Director of Spoken Languages
email: info@empireinterpreting.com
Website: www.empireinterpreting.com

SERVICES: Empire Interpreting Service is an Interpreting Referral Agency in Central New York providing 24/7 professional sign language and spoken language interpreters in legal, educational, medical, mental health, platform and religious settings. This list of venues is continually expanding to meet the increasing need for professional interpreters in a myriad of settings.

Many of our interpreters are state or nationally certified, possessing the years of experience, knowledge and credentials required to fulfill your particular interpreting needs. We care fully match the strengths of our interpreters to each assignment, keeping in mind ADA requirements and consumer preference.

ENABLE Family Support Program

1603 Court Street
Syracuse, NY 13208
410-3335 FAX: 455-1230
Contact: Diane Weiermann
e-mail: dweiermann@enablecny.org
Website: www.enablecny.org

SERVICES: The goals of the Family Support Project are to help families remain intact by providing individual and family support, and to assist people with disabilities to move toward independence. The Family Support Coordinator can provide: information and referral for needed services, informal counseling, advocacy, ongoing support, and assistance to find other funding sources when no personal funds are available. The Adaptive technician can evaluate, design, and build adaptations for home, school, or work place. Services include consultation, project design plans, cost estimates and clerk-of-the works project oversight. Projects include: ramp construction and repairs, custom-made grab bars, custom stairs, bathroom/kitchen modifications and school and worksite modifications. The family support project is funded through a grant from the Office of Mental Retardation and Developmental Disabilities. Eligible individuals must have a developmental disability.

ENABLE Home Service Program

1603 Court Street
Syracuse, NY 13208
410-3335 FAX: 455-1230
Contact: Diane Weiermann
e-mail: dweiermann@enablecny.org
Website: www.enablecny.org

SERVICES: Home Service Program provides mobile services to persons with disabilities and their families in their home communities resulting in a significant improvement in the quality of their lives in their community. Through home visits, the Home Service director works with individuals and their families to identify and address their needs. Children and adults with developmental, physical and health related disabilities and their families are the special groups that benefit from Enable's Home Service Program. In particular, we focus on supports for people with limited funding options who might otherwise "fall through the cracks." Enable's Home Service Program can provide advocacy, information and referral, adaptive equipment design and environmental modification design.

ENABLE TRAIID Center and Project Adapt

1603 Court Street
Syracuse, NY 13208
410-3335 FAX: 455-1230
Contact: David Selover
e-mail: dselover@enablecny.org
Website: www.enablecny.org

SERVICES: Technology Related Assistance for Individuals with Disabilities (TRAIID) is a federally funded project administered by the New York State Commission on Quality of Care for Persons with Disabilities. 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.

A searchable database of all the equipment in the Project Adapt inventory is available on Enable's website. Enable also gratefully accepts donations for items and adapted equipment that are in good condition and can be "recycled" to another individual in the community through the Project Adapt lending library.

GUARDIANSHIP PROGRAM

ARC of Oswego County
7 Morrill Place
Fulton, New York 13069
598-3108 FAX: 598-3306
Contact: Judy Bonanni
email: jbonanni@oswegoind.org

SERVICES: The Guardianship Program provides free information and a range of educational materials concerning legal guardianship, how to apply to the court, and other future care planning issues such as wills and trusts. The Guardianship Coordinator is available to meet with parents and families about their individual questions and concerns, provide legal referrals and assist families in obtaining professional psychological evaluations. The ARC's Guardianship Program also serves as a resource for other local agencies which serve persons with disabilities.

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

HOURLY WAIVER RESPITE

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

SERVICES: The HCBS Waiver program provides "a break" for families caring for a developmentally disabled member age 16 and over by taking the individual out into the community. A 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

MEDICAID SERVICE COORDINATION

Oswego County Opportunities, Inc.
239 Oneida Street
Fulton, NY 13069
598-6664 FAX: 598-8214
Contact: Karen Merrill
e-mail: youthservices@oco.org

SERVICES: This is a state medicaid service plan to assist eligible persons by providing them with a person centered planning approach which promotes the concept of choice, individual services and supports, and consumer satisfaction.. Call 598-6664 for further information.

NOTE: THIS USED TO BE UNDER OCO'S MRDD PROGRAM, IT IS NOW UNDER C&DS.

MID-STATE EARLY CHILDHOOD DIRECTION CENTER (ECDC)

805 South Crouse Ave
Syracuse, NY 13244
1-800-962-5488 443-4444 FAX: 443-4338
Contact: Tracey Menapace
e-mail: ecdc@syr.edu
Website: <http://ecdc.syr.edu>

SERVICES: ECDC is 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 training's to address the specific needs of parents, providers and agencies. We are located at Syracuse University's Center on Human Policy, Law and Disability Studies

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

NYS COMMISSION ON QUALITY OF CARE AND ADVOCACY FOR PERSONS WITH DISABILITIES

(518)388-2875

Website: www.cqc.ny.gov

SERVICES: Provides information and referral to persons with disabilities, their families and advocates. Also informs persons of their rights within systems to appeal or contest decisions made on their behalf. Trade-in equipment exchange program uses a computer data base to find used assistive devices. An electronic bulletin board on disabilities services and information is available at 1-800-949-4232. The Advocate office is also a referral source for the Americans with Disabilities Act.

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

OSWEGO COUNTY OPPORTUNITIES RESIDENTIAL SERVICES

239 Oneida Street

Fulton, NY 13069

598-4710

FAX: 598-4788

e-mail: residentialservices@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 598-4710 or 598-4732 for more information.

Day Habilitation – Day Habilitation provides assistance to consumers with developmental disabilities through self-help, adult daily living skills, socialization, recreation, and other needed skills. Services focus on enabling the individual to obtain his or her maximum functioning level. The Day Habilitation Program operates Monday through Friday from 8:30AM – 3:00PM. Call 598-4729 for further information.

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

598-3108

FAX: 598-3306

Contact: Maria Malave-Ruiz, Prevocational Services

email: mmalave@oswegoind.org
Judy Bonnani, Day Habilitation
email: jbonnani@oswegoind.org
Adam Michalski, Medicaid Service Coordinator
email: amichalskii@oswegoind.org

SERVICES: Oswego Industries, Inc. is a private, not-for-profit Community Rehabilitation Program which has been providing programs and services to adults with disabilities since 1968. Services include pre-vocational and vocational training, day habilitation services, and Medicaid Service Coordination. Its mission is to be a partner in the development of comprehensive community services designed to improve the quality of life for all people, with the primary emphasis on those with disabilities, by providing the necessary support programs to enable individuals to grow with dignity and achieve their highest level of independence and self-fulfillment. Its sister agency, ARC of Oswego County, provides services to children and seniors with disabilities: together creating a comprehensive support system for Oswego County residents with disabilities.

L.I.F.E. DAY HABILITATION – A community-based service designed to teach skills for independence, promote inclusion, and enhance consumer choice and interest. Activities might include Christmas shopping: practicing appropriate social skills, learning money management, and making choices.

PRE-VOCATIONAL TRAINING - Training and work experience assisting with time management skills, appropriate workplace behavior, personal appearance, and good work habits.

VOCATIONAL TRAINING – Consumers can work on real-world jobs subcontracted from local and national business. Paychecks are provided to every working employee with a disability, regardless of their level of productivity, boosting self-esteem and encouraging independence.

ENHANCED DAY HABILITATION – A highly specialized service designed to meet the medical, social, and adaptive needs of those who are severely and profoundly multiply disabled. The only such program in Oswego County, our Enhanced Day Hab provides adults with a variety of activities that stimulate senses, teach functional skills, provide meaningful recreation, and further develop physical abilities.

MEDICAID SERVICE COORDINATION – Assisting families in gaining access to necessary service and supports. May include individualized Service Planning, Advocating, and Record Keeping: for children with disabilities aged 3 to 21.

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

PARENTS OF SPECIAL CHILDREN INC.

2 Tower Drive Suite C
Fulton, NY 13069
598-7672 FAX: 598-1774
Contact: Marie Smith, Program Coordinator
e-mail: coordinator@pscswego.org

SERVICES: Parents of Special Children, Inc. is a family support organization that offers services to developmentally disabled persons and their families in Oswego County. The Family Reimbursement Program assist families with the cost of respite care and purchases for items related to the individual's disability. Our Education Resource Program can help families in search of answers to the special education process. 'Autism Connections' provides families with an open forum to discuss the challenges and successes of life experiences with a family member diagnosed with Autism. This group meets on the first Tuesday of each month and welcomes all individuals seeking support.

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

PERSON TO PERSON: CITIZEN ADVOCACY OFFICE, INC.

PO Box 551
Fulton, NY 13069
593-2303 FAX: 593-0611
Contact: Walter Snyder
e-mail: WalterSnyder@msn.com
Website: www.ppcadvocacy.org

SERVICES: Citizen advocacy programs bring the needs and interests of an individual who is developmentally disabled and at risk of social isolation to the attention of an advocate. This advocate, with the support of the Citizen Advocacy office, will respond to those needs through a freely given, usually lasting advocacy relationship. Advocates are non-paid volunteers.

HOURS: Monday – Friday 8:30AM – 4:30PM or by an appointment

REGIONAL SPECIAL EDUCATION TECHNICAL ASSISTANCE CENTER - (RSE-TAC) (OSWEGO COUNTY BOCES)

Mexico Campus
179 Co. Rte. 64
Mexico, NY 13114
963-4320 FAX: 963-4280
Contact: Teri Marks, Special Education School Improvement Specialist Coordinator
Tracie Mosher, Special Education School Improvement Specialist
Becky Pemberton, Secretary
Website: www.oswegoboces.org

Fulton Campus (Main Office)
806 West Broadway
Fulton, NY 13069

SERVICES: The SESIS (Special Education School Improvement Specialist) network is an instructional support system organized to provide professional development to a variety of individuals and distribute information to persons involved in the education of people with disabilities in targeted school districts and BOCES. All SESIS assists in the equal educational achievement of students with a variety of disabilities by providing appropriate training, effective instructional materials, the latest research and the development of new teaching materials to identified districts based upon the performance of students with disabilities. Technical assistance on special education issues available to everyone. And extensive lending library is available to anyone in Oswego County.

SENIOR DAY HABILITATION

ARC of Oswego County
The Hughes Building,
314 Park Street
Fulton, NY 13069
598-6007 FAX: 598-2212
Contact: Caitlin Doran-Prior
email: cprior@oswegoind.org

SERVICES: A community based program designed to provide elderly adults with developmental disabilities a rewarding alternative to employment. Participants must be at least 55 years old or have a medical problem that causes them to have an early retirement. The program offers participants a wide variety of activities that promote feelings of self-fulfillment, productivity, and independence. These experiences are individualized to the needs and personal preferences of the participants with an emphasis on integration into the natural community environment.

The program is staffed by a Coordinator and trained Day Habilitation Instructors. Transportation is arranged with existing transportation services within the county. Some of the activities offered include arts and crafts, pet therapy, cooking, gardening, Intergenerational projects, fishing, exercise, current events, theme parties, bowling, day trips, community outings, and volunteer opportunities.

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

SPECIAL OLYMPICS

Central New York Region
6315 Fly Road
East Syracuse, NY 13057
314-6839
Contact: Sean Coakley

SERVICES: To provide year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with mental retardation. Also provides initial and on-going training of volunteers and coaches for Special Olympics.

SYRACUSE UNIVERSITY PARENT ADVOCACY CENTER (SUPAC)

Syracuse University Center on Human Policy, Law and Disability Studies
805 South Crouse Ave.
Syracuse, NY 13244
443-4336 or toll free (877)824-9555 (toll free) FAX: 443-4338
email: supac@syr.edu
Website: www.supac.org

SERVICES: SUPAC is the Mid-State Region Special Education Parent Center. SUPAC provides parents of children with disabilities information, training, resources, and strategies to promote their meaningful involvement in their children's education; assist in understanding their children's disabilities; promote early resolution of disputes between parents and school districts' promote the use of resolution sessions and special education mediation; assist in understand their procedural due process rights; and enhance parents' skills and levels of confidence to communicate effectively and work collaboratively with schools and other stakeholders to advocate and actively participate in their children's education. Please visit our website for an on-going list of resources and trainings offered.

SUPAC information is also provided in Spanish as well as other languages up request. SUPAC serves the following regions: Herkimer-Fulton- Hamilton-Otsego; Madison-Oneida; Oneida-Herkimer-Madison; Oswego County; Onondaga-Cortland-Madison; Tompkins-Seneca-Tioga; Cayuga-Onondaga and Syracuse City.

SUPPORT GROUPS/SUPPORT ORGANIZATIONS

AL-ANON

Contact: Council on Alcoholism 342-2370 (for schedules)

SERVICES: Offers support through the sharing of experiences of living with an alcoholic. Individuals can be spouses, children, friends or other relatives of an alcoholic. Meetings are held throughout Oswego County. Schedules can be obtained from the Council on Alcoholism or call the Al-Anon Information Service at 471-0190.

AL-ATEEN

Contact: Council on Alcoholism 342-2370 (for schedules)

SERVICES: A fellowship of young people (usually 10 - 18 years old) whose lives have been affected by alcoholism in a family member, parent or close friend. AL-ATEEN believes alcoholism is a family disease because it affects all members emotionally and sometimes physically. HOTLINE 472-5555

ALCOHOLICS ANONYMOUS

Contact: Council on Alcoholism 342-2370 (for schedules)

SERVICES: Self-help groups for people who want to stop drinking. Meetings are held throughout Oswego County at various times during the day and evening. Call the Council on Alcoholism for an updated schedule.

ALLIANCE CENTER

Contact: George Ebert, Project Coordinator 1-800-654-7227 24 hour support line & advocacy

ALZHEIMER'S CARE GIVER SUPPORT GROUP (OSWEGO HEALTH)

Meets the 4th Wednesday of each month 7:00PM – 8:30PM at the Manor at Seneca Hill's Adult Day Health Services Room Contact: Dianne Morrisette 349-5341

BREAST CANCER SUPPORT GROUPS

American Cancer Society
Fulton Group
Contact: Liz Schremp 592-7468

American Cancer Society
The Encouragers (Oswego)
Contact : Emily Coe 343-5417

SERVICES: To share experiences and offer support to those who have breast cancer. The group will discuss concerns or questions regarding breast cancer and provide a place for people to talk. The **Fulton group** monthly meetings are held at the Fulton YMCA on the 3rd Tuesday of every month and offer occasional guest speakers, books and videos. The **Oswego group** meets the 3rd Monday of the month. **NO MEETINGS IN DECEMBER.**

SERVICES: A breast cancer support group that meets on the third Monday of every month at the Office Tavern on Seneca Street in Oswego. Meetings are held at 11:30 AM.

BREAST-FEEDING PEER COUNSELING SUPPORT PROGRAM

Oswego County Opportunities
WIC Program
10 George Street Suite 400
Oswego, NY 13126
343-1311 1-888-730-3803 FAX: 343-9504
Contact: Mary Ellen Pierce or Kim Kelley

SERVICES: Experienced breast-feeding mothers have been trained to be peer counselors to increase breast-feeding rates within the community. Peer counselors are responsible for face-to-face or phone contact to support mothers.

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 Coordinator Liz Schremp at 592-7468.

CENTRAL SQUARE SOCIAL GROUP

ARISE Child and Family Service, Inc.
9 Fourth Avenue
Oswego, NY 13126
342-4088 ext. 225 FAX: 342-4107
Contact: Vicki Affinati
e-mail: vaffinati@ariseinc.org

SERVICES: This group is for youth between the ages of 13 and 21 and who are still in school. The group meets in the Central Square area, but is open to anyone in Oswego County. Activities include a mix of events (holiday parties and dances, marching in parades, attending performances), meetings designed to build social skills, and discussions on topics relevant to teenagers. Participants benefit from exposure to new people and social situations which expand their perspectives and experiences, while creating social ties that benefit them as they transition to young adults.

COMMUNITY CONNECTIONS

ARISE Child and Family Service, Inc.
9 Fourth Avenue
Oswego, NY 13126
342-4088 ext. 225 FAX: 342-4107
Contact: Vicki Affinati
e-mail: vaffinati@ariseinc.org

SERVICES: This group is for people between the ages of 18 and 30 and who live in the community with their families and want to find peer support. Participants decide the social activities of the group (bowling, attending sporting events, going out to dinner, going to plays, etc.). The group will provide a structured framework for participants to increase their independent living skills, forge stronger personal relationships, develop informal supports, and make connections with fellow community-members.

DIABETES SUPPORT GROUPS (OSWEGO HEALTH)

OSWEGO – meets the third Wednesday of the month from NOON to 1:00PM at the Oswego Health Services Center, lower level conference room adjacent to Oswego Hospital

FULTON – meets the first Thursday of the month from 10:00AM – 11:00AM at Springside at Seneca Hill.

Leading both groups are Certified Diabetes Educators Nola Gardner and Susan Callaway, RNs

FRIENDS OF CAMP HOLLIS INC.

PO Box 291
Oswego, NY 13126
Contact: Alyssa Amyotte
email: friendsofcamphollis@hotmail.com

SERVICES: The purpose of the Friends of Camp Hollis (FOCH) is to provide a support system which raises capital, receives grants and accepts in-kind donations to maintain and improve Camp Hollis and its programs while keeping the camp experience within reach of all Oswego County residents. To that end, we contribute approximately \$15,000 each year to provide need-based scholarships for Oswego County children.

FRIENDS OF OSWEGO COUNTY HOSPICE, INC.

PO Box 102 34 East Bridge Street Suite 202
Oswego, NY 13126
343-5223 FAX: 343-0278
Contact: Debbie Bishop, Exec. Director
e-mail: oswegohospice@verizon.net

SERVICES: Conduct public education and fund raising activities to support the Oswego County Hospice Program. Funds raised are used for patient and family support, patient sunshine funds, staff and volunteer training and support, Hospice Memorial Gardens and Camp Rainbow of Hope – a bereavement camp for children ages 8 – 12.

HOPE FOR BEREAVED SUPPORT GROUP

Family Life Education
Contact: Donna Lupien 342-6326
Dawn Russell Farley

SERVICES: Grief support group in Oswego, still sponsored by Family Life Education. Meets the second Tuesday of each month from 7:00PM – 9:00PM at Oswego Hospital, 110 West 6th Street, in the conference room off of the cafeteria.

LA LECHE LEAGUE

Meetings are at mothers' homes.
Contact: Amy 342-1443 or Jean 343-4046 (certified co-leaders of the group)
Website: www.LLLI.org

Mother can call anytime.

THE LIGHT – LEARNING ABOUT ILLNESS AND GENERATING HOPE TOGETHER

Meets every other Tuesday from 3:00PM – 4:30PM at 74 Bunner Street, Oswego Health's Behavioral Services Division) Contact: Cindy Volk-Delucia 326-4104

MULTIPLE SCLEROSIS SUPPORT GROUP (OSWEGO HEALTH)

Meets the first Wednesday of each month from 2:00PM – 3:30PM in the first floor dining room of the Manor at Seneca Hill Contact: Dianne Morrisette 349-5341

PARENT TO PARENT OF NEW YORK STATE

North Central Regional Coordinator
Exceptional Family Resources
1065 James Street, Suite 220
Syracuse, NY 13203
478-1462 ext. 322 FAX:478-1467
Contact: Dru Nordmark
e-mail: dnordmark@contactefr.org
Website: www.parenttoparentnys.org

SERVICES: to support and connect families and individuals with special needs. Parents of children with developmental disabilities can be matched (locally or nationally) with other parents whose children share the same disability via telephone or email. Call to be matched with another parent for support and/or sharing of experiences, or to volunteer to become one of our support parents. P2P also offers presentations to parent groups, professional and community organizations, Family to Family Health Care Information Center, Outreach, Information and Referral. There are regional offices throughout New York State.

SMOKING CESSATION PROGRAMS (OSWEGO HEALTH)

Oswego Health offers two free smoking cessation classes. 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: www.oswegohealth.org/health-resources-and-education.cfm

In addition, residents can call 349-5513 for smoking cessation counseling. All Oswego Health smoking cessation programs are lead by a certified smoking cessation instructor.

TRANSPORTATION

A&E Transport Inc.

Dunham School Services
34 Co. Rte. 31 PO Box 330
Minetto, NY 13115
342-0771 FAX: 342-5184
Contact: Rosanne Ross

SERVICES: Transporting of preschoolers (3 and 4 year olds) with disabilities.

CENTRO Bus of Oswego

512 East Seneca Street
Oswego, NY 13126
342-4400 FAX: 342-2879
Contact Person: Kathy Kintz
e-mail: kkintz@centro.org
Website: www.centro.org

SERVICES: Centro provides transportation for the City of Oswego, SUNY Oswego, City of Fulton, Mexico and Syracuse. Centro also provides ADA Para-transit service for people who cannot access the regular fixed route service due to a disability. The Para-transit service operates around Centro's regular fixed route schedule and deviates up to 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
425-4352

SERVICES: Any honorably discharged veteran may avail themselves of this FREE service by calling 425-4352 during the hours of 8:00AM and 2:00PM. We must have 48 hours minimum notice to schedule a ride to either the VA Medical Center in Syracuse or to the Seneca Hill Outpatient Clinic.

Our mission is to pick up veterans at their home on the day of their clinic appointment, bring them to their appointment and then return them home. We ask that veterans make their appointment between the hours of 8:00AM and 1:00PM. Our van leaves Syracuse **no later than** 2:00PM or sooner.

F&C Taxi

598-4797 FAX: 592-7091
Contact: Dennis Miller

Golden Sun Bus

2043 Co. Rte. 8
Oswego, NY 13126
343-4675

Lake City Taxi

54 West Bridge Street #11
Oswego, NY 13126
343-2400 or 343-2500
Contact: Kyle Davis
e-mail: lakecitytaxi@yahoo.com

SERVICES: Taxi and Delivery Service; Senior Discounts; safe, reliable, and clean vehicles; courteous drivers.

HOURS: 24 hours a day/7 day a week (weather permitting)

McFee Memorial Ambulance

52 Watson Ave.
Mexico, NY 13114
963-7244 FAX: 963-0738
Contact: Todd Windey

North Shore Ambulance

PO Box 513
Cleveland, NY 13042
675-3110 FAX: 675-3941
Contact: Kathy LaVigne

North Shore Volunteer Emergency Squad, Inc.

136 Bridge Street Box 513
Cleveland, NY 13042
675-3110 FAX: 675-3941
Contact: Kathy LaVigne

SERVICES: 24 hour emergency medical transport for the Town of Constantia and Town of Vienna.
Established 1949

Northern Oswego County Ambulance, Inc. (NOCA)

21 Delano Street
Pulaski, NY 13142
298-6220 FAX: 298-2258

SERVICES: Emergency Ambulance Service; Non Emergency Ambulance transports; wheel chair transports

OCO Public Transportation

74 Pierce Drive
Fulton, NY 13069
598-4713 Ext. 6 FAX: 598-1219
Contact: Gary Mashaw
e-mail: gmashaw@oco.org
www.oco.org/transportation.htm

SERVICES: OCO Mobility Transportation provides Oswego County Public Transit (OPT) fixed-route service throughout the entire county with route deviation available with 24-hour advance reservation. Call N-Ride and other demand response services with 3 business days advance reservation 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.

Oswego City Ambulance

Oswego Fire Department
35 East Cayuga Street
Oswego, NY 13126
343-2161 FAX: 343-0243

Oswego County Ambulance

404 Ontario Street
Fulton, NY 13069
592-4145 FAX: 598-7107
Contact: Zachary Mentor, Vice President

SERVICES: 24/day medical transportation by ambulance and also able to provide wheelchair van transportation

SAVAC (Student Association Volunteer Ambulance Corps of Oswego, Inc.)

SUNY Oswego Campus
5 Mackin Complex
Oswego, NY 13126
312-4003
Contact: Director of Operations
e-mail: savac@oswego.edu

SOVAC (Southern Oswego County Ambulance Corps)

8 Gertrude Drive PO Box 209
Central Square, NY 13036
676-5071 FAX: 676-3295

SERVICES: Emergency medical services, first aid, CPR classes; public education.

VOLUNTEER PROGRAMS

ADOPT-A-HIGHWAY

New York State Department of Transportation
P.O. Box 420
Mexico, NY 13114
963-3730 FAX: 963-0826
Contact: Jamie Tompkins
Darlene Campbell
Website: www.nysdot.gov

SERVICES : Groups can adopt a two-mile section of a state highway and remove litter. The Department of Transportation (NYSDOT) provides the required safety equipment and supplies and will remove the trash after a group does a pick-up. Periodically, NYSDOT publicizes the group's adoption.

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

CHILDREN'S BOARD OF OSWEGO

P.O. Box 373
Oswego, NY 13126
Contact: Tanya Baum, President
email: tanyambaum@yahoo.com
Website: www.oswegochildrensboard.com

SERVICES: Provides a variety of services:

- collection of food and clothing for needy families
- scholarship for graduating high school seniors
- poison prevention education programs in the schools and Oswego Hospital
- Arts in the Parks, a summer program featuring crafts and performances at local parks
- annual "Unsung Hero" award honoring a children's advocate
- support for Oswego Hospital through donations for pediatric equipment and hosting pediatric hospital tours for school groups
- free cultural children's performances

FRESH AIR FUND FRIENDLY TOWN PROGRAM

Fresh Air Fund
633 3rd Avenue.
New York City, NY 10017
1-800-367-0003
email: freshair@freshair.org
Website: www.FreshAir.org

SERVICES: The Fresh Air Fund, a not-for-profit agency, has provided a free summer experience in the country to more than 1.7 million New York City children from disadvantaged communities since 1877. Each year thousands of children visit volunteer host families in 13 states and Canada through the Friendly Town Program or attend Fresh Air Fund camps.

YOUTH SERVICES

CORNELL COOPERATIVE EXTENSION OF OSWEGO COUNTY

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

4-H Club Program

Contact: Pamela Patch, Administrative Assistant Ext. 401

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

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

LEADERSHIP OSWEGO COUNTY YOUTH

Oswego City/County Youth Bureau
70 Bunner St.
Oswego, NY 13126
349-3451 FAX:349-3231
Contact: Brian Chetney
e-mail: brian@oswegocounty.com
Website: www.oswegocounty.com

SERVICES: Provides training for Oswego County High School freshman and sophomores who have shown leadership potential. Training includes two weekend retreats at Camp Hollis, day long sessions once a month in Mexico BOCES (requires permission to leave school) and a community service project. Youth interested should contact their guidance counselor or the Oswego City-County Youth Bureau.

LIBERTY PARTNERSHIP PROGRAM

Oswego State University
253A Wilber Hall
Oswego, NY 13126
312-2121 FAX: 312-6011
Contact: Shari Purtell, Program Director
e-mail: purtell@oswego.edu

SERVICES: Provides counseling, tutoring, career awareness and cultural enrichment to secondary through comprehensive pre-collegiate/dropout prevention programs. At this time we provide services to students at Central Square High School, Hannibal Middle/High School and Mexico Middle/High School.

NATIONAL RUNAWAY SWITCHBOARD 1-800-RUNAWAY (1-800-786-2929)

SERVICES: Serves runaway and homeless youth in crisis throughout the United States by providing non-judgmental, non-directive crisis intervention. The Switchboard provides crisis intervention for adolescents, up to age 18, and their families. The Switchboard serves youth who are thinking of leaving or already left home.

Information and referral is given, conference calls with families are set up on toll-free lines. Conference calls are also made with agencies to confirm the appropriateness and availability of services. Messages can be delivered to parents and guardians. Switchboard volunteers establish rapport ; explore facts and feelings; focus the call; explore options; and establish a plan of action.

The National Runaway Switchboard administers Greyhound's Home Free program which provides free one-way bus tickets for runaway youth who wish to return home.

HOURS: 24 hours a day, 7 days a week, 365 days a year

OSWEGO COUNTY FIRE RELATED YOUTH PROGRAM (FRY)

For Oswego:

Oswego City Fire Department
35 East Cayuga Street
Oswego, NY 13126
343-2161 FAX: 343-0243
Contact: Jeffrey M. McCrobie
email: jmccrobie@oswegony.org

For Fulton:

City of Fulton Fire Department
Municipal Building
170 South 2nd Street
Fulton, NY 13069
592-7477
Contact: Chief Anthony Gorea

For other County Fire Departments:

Oswego County Fire Coordinators Office
720 East Seneca Street
Oswego, NY 13126
349-8800 FAX: 349-8810
Contact: Donald J. Forbes

SERVICES: The primary mission of the Fire Related Youth (FRY) Program is to provide intervention services for families experiencing problems with juvenile fire setting. Fire service caseworkers provide specialized fire prevention education and activities aimed at eliminating repeat behavior. An inter-agency referral network of various public service organizations helps to provide alternative methods of dealing with this serious problem.

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

OSWEGO CITY - COUNTY YOUTH COURT

Oswego City-County Youth Bureau
70 Bunner Street
Oswego, NY 13126
349-3575 FAX: 349-3231
Contact: Brian Chetney or Dawn Metott
e-mail: brian@oswegocounty.com or dmott@oswegocounty.com
Website: www.oswegocounty.com

SERVICES: Youth Court is a family court diversion program aimed at reducing juvenile delinquency in the city/county of Oswego. It's a trial by peers process for the first time offender between the ages of 7 and less than 16 years old, who have allegedly committed a violation or a misdemeanor. Youth Court offers these youth an opportunity to constructively assume responsibility for their actions as well as offer them a chance to learn about the justice system. Youth Court members are students from area middle schools and high schools who volunteer their time to provide a fair and equitable system in which juvenile crime can be handled. Confidentiality is stressed throughout the entire process and hearings are not open to the public.

PROJECT DARE

Oswego County Sheriff's Department
39 Churchill Road
Oswego, NY 13126
349-3314 or 349-3380
Contact: Uniformed Division Road Patrol Lieutenant or First Sergeant

SERVICES: The Drug Abuse Resistance Education Program of the Oswego County Sheriff's Department provides drug education to 5th grade students in the Pulaski School District.

RED CROSS CLUBS

American Red Cross of Central New York
333 West 1st Street
Oswego, NY 13126
Contact: Danielle Hayden, Branch Director
email: Danielle.Hayden@redcross.org
Website: www.syrarc.org

SERVICES: Red Cross Clubs serve as an opportunity for youth, elementary through college age, to become involved with and learn about the American Red Cross. Through activities and events the youth learn about the disaster and preparedness services provided, health and safety training, blood services, Armed Forces Service and even some international workings through the Measles Initiative. An excellent opportunity to get youth involved in volunteering and public service.

THE PATH (Program to Assist the Teenage Homeless)

Oswego County Opportunities, Inc.
1001 South 1st Street
Fulton, NY 13069
598-6664
Contact: Karen Merrill
e-mail: youthservices@oco.org

SERVICES: The PATH is a transitional living program for homeless young people, ages 16 -21 that provides the opportunity to learn independent living skills, complete educational goals and to become a responsible member of the community.

HOURS: Monday - Friday 9:00 AM - 5:00 PM (Office)

THE Q Center @ ACR

LGBTQ Youth Programs
627 West Genesee Street (mailing address)
Syracuse, NY 13204
701-2431
Contact: Q Center Program Director
e-mail: qcenter@ACHRHealth.org
Website: www.aidscommunityresources.com/content.cfm/Services/youth-center

SERVICES: The Q Center @ ACR is a safe place for LGBTQ youth and their allies, ages 8-22, 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 – 26.

YMCA Teen Center (OSWEGO YMCA)

YMCA Armory Building
265 West 1st Street
Oswego, NY 13126
343-1981 or 342-6082
Contact: Kyle Walton

SERVICES: Free after school program for students in grades 7 - 12. Hours are Monday thru Friday from 2:45PM - 5:45PM. Free transportation to the YMCA is provided by the Oswego City School District. Registration is required.

YMCA YOUTH CENTER - FORT ONTARIO

Oswego YMCA (mailing address)
249 West First Street
Oswego, NY 13126
342-4870 FAX: 343-3750
Contact: Michael Lavner, Director

SERVICES: A multifaceted program aimed at youth aged 11 to 18, which provides a wide range of activities which include; field trips, reading materials and educational speakers. The Youth Center has billiards tables, fooseball, television, stereo, Sega and a gymnasium. Activities include basketball, racquetball, aerobics, volleyball, dances, and a wide range of community services. The center is located at Fort Ontario.

HOURS: SEPTEMBER – JUNE: Monday – Friday 4:00PM – 8:30PM; Saturday & Sunday 12:00AM – 4:30PM
LAST OF JUNE – FIRST OF SEPTEMBER: Monday – Saturday 11:00AM – 4:00PM

YMCA SKATE PARK

34 West 2nd Street
Oswego, NY 13126
342-6082 or 343-1981
Contact: Michael Lavner

SERVICES: For children ages 11 - 18. Ramps, bowl and more. **HELMETS ARE REQUIRED AT ALL TIMES.**

YOUTH ADVISORY COUNCIL

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

SERVICES: The Youth Advisory Council (YAC) of Oswego County is made up of students from all over Oswego County and was established to be a resource to the people of Oswego County in creating and supporting projects, programs, and organizations serving and /or led by the youth of Oswego County. It also acts as a youth advisory council to the Oswego City-County Youth Bureau voicing the opinion of Oswego County youth pertaining to youth issues.

YOUTH FOR CHANGE

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

SERVICES: To educate the school community of the signs, effects, and prevention of bullying, resulting in the development of a safe, nurturing environment where diversity is understood, valued, and accepted. We will strive to reduce and eliminate occurrences of bullying among children/adolescents and adults in and out of school through prevention, intervention, and education.

YOUTHWORKS

Oswego County Division of Employment and Training
200 North Second Street
Fulton, NY 13069
591-9000 FAX: 591-9047
Contact: Youth Team
email: thurlow@oswegocounty.com
Website: www.yourcareerconnection.org

SERVICES: YOUTHWORKS helps youth aged 16 – 21 achieve their goals in employment and education. Priority is given to youth who have graduated or dropped out of high school. Youth take part in specialized services according to their level of need. Services may include: work experience, tutoring, life skills, counseling, career exploration, job readiness and the opportunity to earn rewards for academic and job performance. YOUTHWORKS is a federally funded program and there are some eligibility guidelines.

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

MISCELLANEOUS

ART ASSOCIATION OF OSWEGO

Building 30
Fort Ontario Complex
Oswego, NY 13126
343-5675
Contact: Laurie Kester
Website: www.OswegoArts.org

SERVICES: The Art Association is a not-for-profit organization dedicated to furthering art appreciation, art education, and to encourage 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. One member show is scheduled each year, a non-juried show which takes place in July. Other exhibits of local and regional works are shown throughout the year.

BACK STREET BOOKS AND BISTRO

Oswego County Opportunities, Inc.
201 – 203 Oneida Street
Fulton, NY 13069
598-5669 FAX: 593-6835
Contact: Ann Clark
e-mail: youthservices@oco.org

SERVICES: Back Street Books and Bistro offers a wide variety of used books for a reasonable price, internet service, copying and fax services as well as opportunities to volunteer, intern, or gain employment training and experience.

BMEN

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

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

COMMUNITY ENDOWMENT FOUNDATION

PO Box 174
Central Square, NY 13036
668-8318
Contact: Bernadette Costello
Website: www.CEFNET.net

SERVICES: "To further the education and physical well-being of all giving and willing individuals residing within the boundaries of the Central Square School District, herein after referred to as the community."

LEGAL AID SOCIETY OF MID-NY, INC.

108 West Bridge Street
Oswego, NY 13126
342-2191 FAX: 342-1891
e-mail: oswegolegalaid@wnylc.com
Website: www.lasmny.org

SERVICES: Represents clients with incomes below 125% of the poverty level in a wide range of civil legal matters with an emphasis on housing and government matters. Provides advice and representation in select cases to individuals whose unemployment, SSI/SSD, Public Assistance, Medicaid, Food Stamps or HEAP has been denied, terminated or reduced. Prevents homelessness by defending tenants from eviction. Provides representation on tenants rights issues in public and subsidized housing, as well as representing clients in domestic violence issues, housing discrimination, and housing code enforcement cases.

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

LEGAL CLINIC

Oswego County Office Building
46 East Bridge Street 4th Floor
Oswego, NY 13126
FAX: 343-2705
Contact: Robert J. Nicholson

SERVICES: Free legal clinic . Consultation provided on a wide range of legal matters. Qualified individuals will be referred to an attorney to represent them free of charge.

HOURS: Friday afternoons 2:00PM – 4:00PM

NEW YORK CIVIL LIBERTIES UNION - CENTRAL NEW YORK CHAPTER

471-2821
Contact: Executive Director
e-mail: cnystaff@nyclu.org
Website: www.nyclu.org

SERVICES: The office will respond to concerns about civil liberties issues when a 1 or 2 page summary is mailed to New York Civil Liberties Union, 753 James Street Suite 8, Syracuse, NY 13203 or faxed to 471-1077.

OSWEGO COUNTY SPCA-OCAWL

PO Box 442
Fulton, New York 13069
592-5551
email: info@oswegospca.org
Website: www.oswegospca.org

SERVICES: The purpose of this organization is to prevent cruelty to animals to the limits of its' ability, to relieve suffering among animals, and to extend humane education. The Oswego County SPCA strives to seek suitable homes for animals without owners through a strong adoption policy.

OSWEGO COUNTY BAR ASSOCIATION

Website: www.oswego-bar.org

SERVICES: Founded in 1901, the Oswego County Bar Association provides general assistance and coordinates continuing legal education (CLE) programs among practicing attorneys in Oswego County.

The Association is a member organization formed with the following purposes: to maintain the honor and dignity of the profession of law; to promote suitable reforms and necessary improvements in the law; to facilitate the administration of justice; to elevate the standards of integrity, professional competence and courtesy in the legal profession; to cultivate and cherish the spirit of friendship among the members of the Association; and to foster other kindred purposes.

OSWEGO COUNTY SOIL AND WATER CONSERVATION DISTRICT

3105 State Route 3
Fulton, NY 13069
592-9663 FAX: 592-9595
Contact: John DeHollander, District Manager
e-mail: information@oswegosoilandwater.com

SERVICES: An authorized county agency that assists landowners and other groups to protect the county's natural resources. Some services provided include natural resource conservation education, urban erosion and sediment control, storm water and flood control, coastal erosion control, rural erosion control, non-point source pollution control, forestry assistance, tree seedling sales, topographic maps sales, and historical reference aerial photos.

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

TYLER ART GALLERY

SUNY Oswego
126 Tyler Hall
Oswego, NY 13126
312-2113 FAX: 312-5642
Contact: Michael Flanagan, Assistant Director
email: michael.flanagan@oswego.edu
Website: www.oswego.edu

SERVICES: Tyler Art Gallery presents a multitude of exhibitions in two gallery spaces, including outstanding traveling exhibitions, locally produced loan exhibitions and the best work of the students and faculty. Exhibitions are usually interdisciplinary in nature so that the gallery's programs will be relevance to a wide range of campus interest, as well as that of the public at large.

Tyler Art Gallery is a teaching gallery, regularly used by art classes as a means of providing an essential opportunity for students to have a direct encounter with original works of art of professional quality. The gallery also serves as a training base for the museum studies program, giving students the opportunity to see and participate in the day-to-day workings of an art gallery.

UNDER AGE 60 MEAL SERVICE PROGRAM

Oswego County Opportunities, Inc.
Nutrition Services
239 Oneida Street
Fulton, NY 13069
598-4712
Contact: Bridget Dolbear, Program Services Coordinator
email: bdolbear@oco.org

SERVICES: A fee-based home delivered meal program is available through OCO Nutrition Services to 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. Meal service description:

- Prospective client must reside within 2 miles of current delivery routes
- Meal service will constitute 2 meals per day
- Cost of meals for self-pay clients are \$7/per day for two meals a day
- Clients are billed at the beginning of the month for meals. We accept SNAP benefits.

UNITED WAY OF GREATER OSWEGO COUNTY

1 South First Street
Fulton, NY 13069
593-1900 FAX: 598-3375
Contact: Melanie Trexler
e-mail: melanieunitedway@windstream.net
Web Page: www.oswegounitedway.org

SERVICES: The United Way of Greater Oswego County is a locally governed organization that conducts a community-wide campaign each year for the benefit of its' 23 member agencies and 39 programs, as well as all 501-C-3 organizations that are designated.

VETERANS COUNCIL – OSWEGO NY

Charles Haws Sr., President
342-3994

SERVICES: To carry on the observances of "honoring our noble dead" and saluting and respecting all veterans who have served our country.

INDEX

(Andrew) Michaud Residential Health Services, 72
4-H Club Program, 79, 110
4-H Youth Development Program, 24
911 (Oswego County), 17
A&E Transport, Inc., 107
ACCES VR (formerly VESID), 94
Addictions Helpline, 3
ADECCO Employment Services, 31
Adopt-A-Grandparent, 90
Adopt-A-Highway, 109
Adult Basic Education Program (BOCES), 23
Adult Day Health Care (Seneca Hill Manor), 72
Adult Education Training Programs (BOCES), 23
Advocate for Persons With Disabilities, 100
Aging, Office for the (Oswego County), 16, 91
Agriculture Program, 24
AIDS Community Resources, 33
Airport (Oswego County), 16
AL-ANON, 104
AL-ATEEN, 104
Alcoholics Anonymous, 104
Alliance Center, 104
Altmar-Parish-Williamstown Central Schools, 23
Alzheimer's Care Giver Support Group (OSWEGO HEALTH), 104
Amboy 4-H Environmental Education Center, 77
American Cancer Society, 33
American Diabetes Association, 33
American Heart Association, 34
American Red Cross, 30
AmeriCorps Program, 32
Anger Management, 14
Annie Porter Ainsworth Memorial Library, 62
ARC, 94
 Guardianship Program, 99
 Hourly Waiver Respite, 99
 Senior Day Habilitation, 102
ARC (Oswego County NYSARC)/Youth Development Program, 94
ARISE, 65, 94
Art Association of Oswego, 114
Aurora of CNY, Inc., 97
Austin Court Apartments, 50
Back Street Books and Bistro, 114
Band Concerts Fulton Community, 80
Bascol Before and After School Childcare, 9
Before and After School Child Care – Oswego YMCA, 11
Behavioral Services, Oswego Hospital, 69
Bishop's Commons, 90
BMEN, 114
Board of Elections, 17
BOCES, 27
 Adult Basic Education Program, 23
 Adult Education Training Programs, 23
 English for Speakers of Other Languages - ESOL, 25
 High School Equivalency, 26
 Migrant Education Tutorial and Support Services Program, 26
 Regional Special Education Technical Assistance Center, 102
Boy Scouts of America, 77
Bradley Place Apartments, 50

Breast Cancer Hotline, 34
 Breast Cancer Program - Oswego Hospital, 43
 Breast Cancer Support Groups, 104
 Brownell Center for Behavioral Health, 65
 Bull Head Point Park, 77
 Camp Hollis, 77
 Camp Talooli School Break Child Care, 9
 Camp Zerbe, 78
 Canal Park Marina, 78
 Cancer Information Service, 34
 Cancer Society, American, 33
 Career Employment Services (Oswego Industries), 97
 Caring and Sharing Breast Cancer Support Group, 104
 Catholic Charities, 53
 CYO, 79
 Family Support Services, 14
 Health Home Care Management Program, 66
 Health Home Non-Medicaid Care Management, 67
 Cayuga Community College – Fulton Campus, 23
 Central New York Developmental Services Office, 97
 Central Square Central School District, 23
 Central Square Medical Center, 34
 Central Square Social Group, 105
 Central Square/Hastings Recreation, 78
 CENTRO Bus of Oswego, 107
 Chamber of Commerce
 Greater Oswego-Fulton, 7
 Chemical Dependency Program OCO, 3
 Child Abuse and Maltreatment Register, 61
 Child Care and Development Council of Oswego County, 10
 Child Care Complaint Line, 9
 Child Health Plus, 35
 Childcare Center and Preschool, 9
 Children 1st, 76
 Children With Special Needs, 41
 Children's Board of Oswego, 109
 Children's Centers of Oswego, Inc., 10
 Christopher Court Apartments, 50
 City of Fulton Community Development, 6, 48
 City Pool (Fulton), 80
 Civil Liberties Union, New York, 115
 Cleveland Recreation, 78
 Clothing and Textiles, 25
 CNY Occupational Health Clinical Center, 34
 Cogswell Free Library, 62
 Community Based Family Care, 66
 Community Based Mentoring, 66
 Community Connections, 105
 Community Development (City of Fulton), 6, 48
 Community Development Office, 6, 48
 Community Development, Tourism and Planning, 16
 Community Education and Professional Training, 24
 Community Endowment Foundation, 114
 Conifer Park Alcohol and Drug Treatment Center, 3
 Conifer Park Outpatient Clinic, 3
 Constantia Recreation, 79
 Consumer Directed Personal Assistance Program, 35, 66
 Consumer Protection Board, 71
 Continuing Education – Driving Courses, 24
 Cooperative Extension of Oswego County, 79
 Cornell Cooperative Extension of Oswego County, 24, 110

Council on Alcoholism, 3
 County Clerk (Oswego County), 17
 Creekside Apartments, 50
 CYO, 79
 Cystic Fibrosis Foundation, 35
 DAV Van (Disabled American Veterans), 107
 Department of Energy and Housing Weatherization, 49
 Developmental Services Office (Central New York), 97
 Dexterville Community Services, 53
 Diabetes Association, American, 33
 Diabetes Support Groups (OSWEGO HEALTH), 105
 Discovery Day Care of Phoenix, 10
 District Attorney (Oswego County), 17
 Domestic Violence Hotline, 53
 Early Intervention and Special Needs Preschool, 97
 Emergency Management (Oswego County), 18
 Emergency Services and Food Pantry, 53
 Empire Interpreting Service, 98
 Enable, 98
 Home Service Program, 98
 Traid and Project Adapt, 98
 Environment Health Division, 41
 Environmental Conservation, 71
 Environmental Management Council, 18
 F&C Taxi, 107
 Facilitated Enrollment for Child Health Plus & Medicaid - OCO, 35
 Families with Attention Deficit Disorder (FADD), 105
 Family Education and Partnerships (FEP), 14
 Family/Youth/Adult Services, 54
 Farnham, 4
 Fire Coordinator (Oswego County), 18
 Fire Related Youth Program (FRY), Oswego County, 111
 Food Pantries of Oswego County, 57
 Food Sense Program, 54
 Fort Brewerton/Greater Oneida Lake Chamber of Commerce, 7
 Fort Ontario State Historic Site, 46
 Fresh Air Funds, 109
 Friends of Camp Hollis, 105
 Friendship Thrift Shop, 55
 Fulton Adult Indoor Tennis Program, 80
 Fulton City School District, 25
 Fulton Community Development, 6, 48
 Fulton Community Room, 80
 Fulton Health Center, 39, 87
 Fulton Housing Authority, 50
 Fulton Medical Center, 35
 Fulton Mill Apartments, 50
 Fulton Public Library, 62
 Fulton YMCA, 81
 Day Camp, 81
 Latch Key Program, 10
 Learn to Swim Program, 81
 Fulton YMCA Family Programming, 81
 Fulton Youth Basketball Program League, 82
 Fulton Youth Summer Tennis League, 82
 Gentiva Health Services, 36
 Girl Scouts, 82
 Golden Age Passports, 90
 Golden Sun Bus, 107
 Granby Recreation Program, 82
 Growing Up Healthy Hotline, 36

Guardianship Program, 99
 H. Lee White Marine Museum, 46
 Hannibal Area Joint Recreation Program, 82
 Hannibal Central School District, 25
 Hannibal Cooperative Nursery School, 11
 Hannibal Free Library, 62
 Upstairs at the Library, 83
 Harbor Lights Chemical Dependency Service, 5
 Head Start, Oswego County, 11
 Health Centers, 42, 87
 Health Education - OCO, 39
 Health Home Non-Medicaid Care Management, 67
 Health Services (Department of Social Services), 39
 Personal Care Services Program, 39
 Health Services (Oswego County), 39
 Heart Association, American, 34
 Heritage Foundation of Oswego County, 46
 High School Equivalency (BOCES), 26
 Highway Department (Oswego County), 18
 Historian Office, 18
 Historical Society of Oswego County, 46
 Home Aides of CNY, 36
 Homeless Services, 55
 Homeless Services - OCO, 55
 Hope for Bereaved Support Group, 105
 Hospice, 40
 HOSPICE - Friends of Oswego County Hospice, Inc., 105
 Hospitals Home Health Care, 36
 Hourly Waiver Respite, 99
 Housing Assistance Program – Oswego County, 49
 Housing Development Council (Oswego), 49
 Housing Visions_(formerly Hamilton Homes), 51
 Human Ecology Program, 25
 Job Assistance Readiness Training (JART), 31
 Keeping Kids Connected, 67
 La Leche League, 106
 Labor Department (New York State), 31
 Ladies Home of Oswego, 72
 Lake City Taxi, 107
 Latch Key Program (Fulton YMCA), 10
 Latch Key Program (Oswego YMCA), 11
 Leadership Oswego County Youth, 110
 Legal Aid Society of Mid-NY, Inc., 114
 Legal Clinic, 115
 Liberty Partnership Program (SUNY Oswego), 110
 Lifeline, 37
 Lifestyles Center, 37
 Line Dancing (Fulton), 80
 Lions Club, 37
 Literacy Volunteers, 26
 Little Free Libraries of Oswego, 63
 Low Income Day Care Program, 11
 Lupus Foundation, 37
 Manor at Seneca Hill, 73
 Marine Museum (H. Lee White), 46
 Maritime Foundation, Oswego, 83
 McFee Memorial Ambulance, 107
 Meadow View Apartments, 51
 Meadowbrook Manor, 73
 Medicaid Service Coordination, 99
 Medical Alarms/Lifeline, 37

Medicare, 32
 Mens Basketball Leagues (Fulton), 80
 Mental Health Association of Oswego County, 67
 Mental Health First Aid, 68
 Mental Health Services - Arise, 68
 Mental Hygiene Divison - Department of Social Services, 68
 Mexico Central School District, 26
 Mexico Health Center, 38
 Mexico Recreation, 83
 Mid-State Early Childhood Direction Center (ECDC), 99
 Migrant Education Tutorial and Support Services (METS), 26
 Minetto Senior Housing, 51
 Morningstar Care Center (formerly Sunrise Nursing Home), 73
 Motor Vehicles (Oswego County), 19
 Multiple Sclerosis Support Group (OSWEGO HEALTH), 106
 National Runaway Switchboard, 110
 Navigator Program of Oswego County, 38
 New Justice Conflict Resolution Services, Inc., 55
 New Life Crisis Pregnancy Center, 87
 New York Civil Liberties Union, 115
 New York State HIV Counseling Hotline, 38
 New York State HIV/AIDS Information Service, 38
 North Oswego County Health Services, Inc., 39, 87
 North Shore Ambulance, 108
 North Shore Volunteer Emergency Squad, Inc, 108
 Northbay Campgrounds, 83
 Northern Oswego County Ambulance, Inc. (NOCA), 108
 Northway Medical Associates, 38
 Nutrition Education, 25
 Nutrtrion Services, 90
 NYS Divions of Human Rights, 71
 OCO Public Transportation, 108
 Office of Business and Community Relations, 7
 Office of Temporary And Disability Assistance, 56
 Options, 87
 Oswego City Ambulance, 108
 Oswego Community Christian School, 27
 Oswego County Ambulance, 108
 Oswego County Bar Association, 115
 Oswego County Fire Related Youth Program, 111
 Oswego County Health Services, 39
 Oswego County Opportunities, 58
 Breast Feeding Peer Counseling Support Program, 104
 Discovery Day Care of Phoenix, 10
 Head Start, 11
 Residential Services, 100
 WIC, 89
 Oswego Enlarged City School District, 27
 Oswego Hospital, 42
 Antenatal Breat Feeding Class, 87
 Behavioral Services (formerly Mental Health), 69
 Case Management Department, 59
 Lifeline, 37
 Mexico Health Center, 38
 Occupational Health, 42
 Prepared Childbirth Classes, 88
 Oswego Hospital Occupational Health, 42
 Oswego Housing Development Council, 49
 Oswego Industries
 Career Employment Services, 97
 Oswego Industries, Inc., 100

Oswego Lacrosse Club, Inc., 83
 Oswego Maritime Foundation, 83
 Oswego Public Library, 63
 Oswego State University Center for Learning and Community Service, 59
 Oswego YMCA, 84
 Latch Key Program, 11
 Oswego City Youth Center, 111
 Senior Citizen Activities, 92
 Oswego YMCA Youth Center - Fort Ontario, 113
 Oswego Youth Court, 111
 Paddock's Landing, 51
 Palermo Recreation Program, 84
 Parent Educator Program (EP), 76
 Parent to Parent of NYS, 106
 Parenting After Separation and Divorce, 76
 Parents of Special Children, Inc., 101
 Parish Health Services Center, 43
 Parish Public Library, 63
 Parks and Recreation (City of Oswego), 84
 Parks and Walking Trails (Fulton), 78
 Parks, Recreation and Historic Preservation, 71
 Parkview Manor Apartments, 51
 Pathstone Corporation, 59
 Patrick Court Apartments, 51
 Penfield Library, 64
 Person to Person Citizen Advocacy Office, Inc., 101
 Personnel (Oswego County), 19
 Phoenix Central School District, 28
 Phoenix Health Services Center, 43
 Poison Control Center, Central New York Regional, 30
 Pontiac Nursing Home, 73
 Pontiac Terrace Apartments, 51
 Pregnancy Care Center, 88
 Prepared Childbirth Classes, 88
 Presumptive Eligibility Program, 88
 Prevention Education Program, 28
 Probation (Oswego County), 19
 Project DARE, 111
 Public Health, 20
 Public Health Nursing Service, 40
 Public Service Department, 71
 Pulaski Central School District, 28
 Pulaski Early Learning Center, Inc., 12
 Pulaski Health Center, 43
 Pulaski Public Library, 64
 Reach - CNY, Inc., 88
 Real Property Tax Service, 20
 Reality Check, 60
 Reality Check CO2, 60
 Recycling (Oswego County Solid Waste), 21
 Red Cross Clubs, 112
 Red Cross, American, 30
 Regional Special Education Technical Assistance Center (BOCES), 102
 Relatives Raising Relatives (RRR), 60
 Residential Services (OCO), 100
 Richland Joint Youth Program, 84
 Ronald McDonald House, 43
 RSVP of Oswego County (Retired and Senior Volunteer Program), 92
 Rural and Migrant Ministry of Oswego County, Inc., 60
 SADD, 5
 Safe Haven Inc., 47

Safety Training Institute, 84
 Salvation Army (Fulton), 60
 Salvation Army (Oswego), 60
 Samaritan Family Health Center, 44
 Sandy Creek Central School District, 28
 Sandy Creek Recreation, 84
 SAVAC (Student Association Volunteer Ambulance Corps of Oswego, Inc.), 108
 Scriba Recreation Department, 85
 Scriba School Age Child Care Program, 12
 Senior Camping, 92
 Senior Citizen Activities (Oswego YMCA), 92
 Senior Citizen Clubs, 92
 Senior Citizen Hotline, 92
 Senior Day Habilitation, 102
 Services to Aid Families (SAF), 14
 Sheriff, 20
 Simeon-Dewitt Apartments, 52
 Smoking Cessation Programs (OSWEGO HEALTH), 106
 Social Security Administration, 32
 Social Services (Oswego County), 20
 Soil and Water Conservation District (Oswego County), 115
 Solid Waste/Recycling (Oswego County), 21
 Soup Kitchens/Free Dinners, 58
 SOVAC (Southern Oswego County Ambulance Corps), 108
 SPCA-OCAWL of Oswego County, 115
 Special Olympics, 102
 Springboard Mural Project, 85
 Springbrook Apartments, 52
 Springside at Seneca Hill, 93
 St. Francis Commons Assisted Living Program, 93
 St. Luke Apartments, 52
 St. Luke Residential Health Care Facility, 74
 Adult Day Health Care, 72
 Stafkings Healthcare Systems, 44
 Step By Step Wellness Program, 70
 Stop DWI, 21
 Students Against Driving Drunk (SADD), 5
 Subsidized Housing, 50
 Substance Abuse Information Line, 5
 Sudden Infant and Child Death (SICD) Resource Center, 44
 Summer Concert Series - Fulton, 81
 Sunny Days Nursery School, 12
 SUNY Oswego
 Penfield Library, 64
 SUNY Oswego Division of Extended Learning, 29
 Syracuse University Parent Advocacy Center (SUPAC), 102
 The Light, 106
 The PATH, 112
 THE Q Center @ ACR, 112
 Thrift Store, 61
 Tobacco Free Network of Oswego County, 44
 Towpath Towers, 52
 Traveling Arts in the Parks, 85
 Treasurer (Oswego County), 22
 Trinity Catholic Early Childhood Center, 12
 Trinity Catholic Pre K-6, 29
 Tyer Art Gallery, 116
 Under Age 60 Meal Service Program, 116
 United States Tennis Association (USTA) Youth Tennis, 85
 United Way of Greater Oswego County, 116
 Upstairs at the Library, 83

VA Outpatient Clinic, 45
Valehaven Home for Adults, 75
Veterans Affairs (New York State), 71
Veterans Council, 116
Veterans Service (Oswego County), 22
Village Center Apartments, 52
Visitation Center, 61
Volney Recreation Program, 86
Weatherization, 49
West Monroe Recreation, 86
WIC, 89
Williamstown Community Preschool, 13
Workforce of Oswego County, 31
YMCA Preschool, 13
YMCA Skate Park, 113
YMCA Teen Center_(Oswego_YMCA), 112
Youth Advisory Council, 113
Youth Bureau
 Camp Hollis, 77
 Camp Zerbe, 78
 Oswego Youth Court, 111
 Senior Camping, 92
 Youth Advisory Council, 113
Youth Bureau Parks and Recreation, 22
Youth Court (Oswego), 111
Youth For Change, 113
Youth for Youth Health Education - OCO, 39
YOUTHWORKS, 113