

# LEWIS COUNTY HEAD START

## DIRECTORY OF SERVICES

2024-2025

**Children.....our most precious resource!**



Amy Marti - Executive Director

**Lewis County Head Start Office**

7671 North State Street

Lowville, NY 13367

**315-376-7531 Option 5**

Fax: 315- 376-8302

[www.lchskids.org](http://www.lchskids.org)

<https://www.facebook.com/groups/670751201333684/>

**Beaver Falls Center**

9601 Mira Lane

Beaver Falls, NY 13305

**315-376-7531 Option 4**

**Early Head Start Classroom**

6819 McAlpine Street

Lyons Falls, NY 13368

**315-376-7531 Option 3**

**Lowville Class 1**

7673 North State Street

Lowville, NY 13367

**315-376-7531 Option 2**

**Lowville Class 2**

7671 North State Street

Lowville, NY 13367

**315-376-7531 Ext. 1079**

**Lyons Falls Center**

6819 McAlpine Street

Lyons Falls, NY 13368

**315-376-7531 Option 3**

**BOCES Classroom**

5836 State Rte. 12

Glenfield, NY 13343

**315-755-6373**

*Directory Contact Person: Sara Delles, Family Services Manager*



## Table of Contents

AA & Al-Anon Meetings (Lewis County Area)-**4-5**

**ADULT EDUCATION/EMPLOYMENT AND TRAINING SERVICES-1-4**

Behavioral Health and Wellness Center, a Division Thrive-**30**

Care Net Pregnancy Center of Northern NY-**30-31**

Car Seats-**12**

Catholic Charities, Lewis County-**7**

Central New York Developmental Services Office-**40-41**

Children with Special Needs Programs (LCPH)-**41**

Cornell Cooperative Extension of Lewis County (CCE)-**7**

Crisis Hotlines-**29**

**COMMUNITY AGENCIES-4-18**

**DENTISTS-18-21**

**DOCTORS-21-28**

Ear, Nose and Throat (ENT) Specialists

Family Physicians

Obstetricians/Gynecologists

Ophthalmologists (Eye care)

Optometrists (Eye exams and glasses)

Pediatricians

Early Childhood Program (BOCES)-**42**

Emergency Food and Shelter Program (LCOP)-**12**

**EMERGENCY NUMBERS/POLICE/AMBULANCE, FIRE/CRISIS-29-30**

**HOTLINE SERVICES/SHERIFF'S DEPARTMENT**

Hand in Hand Early Childhood Center-**42**

**HEALTH SERVICES-30-37**

Hospitals-**31-32**

Housing Assistance Program-**12-13**

Jefferson-Lewis Board of Cooperative Education Services (BOCES)-**1**

Howard G. Sackett and Bohlen Technical Centers

Jefferson-Lewis Child Care Project-**42-43**

Jefferson Community College-**1**

Legal Aid Society of Mid NY, Inc. (LCOP)-**13**

Lewis County Chamber of Commerce-**9**

Lewis County Civil Service Commission-**2**

Lewis County Community Services-**9-10**

Lewis County Department of Social Services-**10-11**

Lewis County Food Pantry Network (LCOP)-**13-14**

Lewis County Head Start-**43**

Lewis County Office for the Aging (OFA)-**11-12**

Lewis County Opportunities, Inc. (LCOI)-**12-15**

Lewis County Probation Department-**15**

Lewis County Public Health Agency-**32**

Lewis County Public Transportation-**11**

Lewis County Search and Rescue-**29**

Lewis County Sheriff's Department-**29-30**

**LIBRARIES-37-39**

Literacy of Northern NY-**2-3**

Lowville Food Pantry, Inc.-**16**

Manpower Temporary Services-**3**

Milestones-Little Luke's-**43-44**

Navigation Services (NCPPC)-**34**

Non-Emergency Medicaid Transportation Program-**35**

North Country Library System-**39**

North Country Prenatal/Perinatal Council-**34**

Northern New York Cerebral Palsy Association-**44**

Northern Regional Center for Independent Living-**44-45**

NY Connects: Your Link for Long Term Services and Support-**45**

NYS Office of Children and Family Services, Bureau of Early  
Childhood Services -**45-46**

NYS Small Business Development Center-**3**

Opportunity Knocks Thrift Store (LCOP)-**48**

Planned Parenthood of North Country NY-**35-36**

**PRESCHOOLS/CHILDCARE/SERVICES TO PERSONS W/DISABILITIES-40-45**

Preventive Health Services (LCPH)-**32-33**

**RECREATIONAL PLAYGROUNDS/PARKS IN LEWIS COUNTY-47**

Rep Payee Service (LCOP)-**14**

Resolution Center of Jefferson Lewis Counties-**16**

Rubenzahl, Knudsen & Associates Psychological Services, P.C.-**36**

**SCHOOLS:** Elementary/Junior/Senior High in Lewis County-**46-47**

Snow Belt Housing Company, Inc.-**17**

Social Security Administration-**18**

The Arc, Jefferson/St. Lawrence -Children-**40**

The Arc, Oneida-Lewis Chapter, NYSARC- Adults-**40**

The Salvation Army-**17**

**THRIFT SHOPS-47-48**

Transportation Service (LCOP)-**14**

Victim Services Department (LCOP)-**14-15**

Volunteerism (LCOP)-**15**

Weatherization Program (LCOP)-**15**

North Country Family Health Center (WIC)-**36-37**

The WorkPlace: Lewis County's One-Stop for Employment &-**3-4**  
Training

## **ADULT EDUCATION/EMPLOYMENT AND TRAINING SERVICES**

### **Jefferson Community College**

**315-786-2200**

1220 Coffeen Street  
Watertown, NY 13601

### **Jefferson-Lewis Board of Cooperative Education Services (BOCES)**

Howard G. Sackett Technical Center – Adult Education

5836 State Route 12

**315-377-7300**

Glenfield, NY 13343

**1-800-356-4356**

Bohlen Technical Center – Adult Education

**315-377-7220**

20104 State Route 3

**1-800-356-4356**

Watertown, NY 13601

<http://www.boces.com>

Contact Persons: Kathy Grenier, Teacher

**315-377-7315**

Services: Free High School Equivalency Education (GED) Prep Classes. ESL (English as a Second Language), English Language and Civic Education. <http://bocesadulted.com>

Eligibility: Age 21 and older encouraged. Independent Study GED students must be at a reading and math level of 10<sup>th</sup> grade or above and work well on their own. An assessment test will be given during the intake appointment. Attendance at Orientation class required for everyone.

GED Orientation and Prep Courses: All participants must register for orientation through the website (adult web link/Lewis County/literacy education) and complete an orientation prior to attending classes. Lowville classes are available Wednesdays: 8:30-3:00 and Thursdays 9:00-12:00.

## **Lewis County Civil Service Commission**

7660 North State Street

Lowville, NY 13367

<http://lewiscountyny.org/content/Generic/View/6>

**315-376-5349**

Fax: 315-376-5152

Contact Person: Lynn Wormwood, Civil Service Administrator

Services: Provides information and conducts examinations to fill positions within Lewis County government, school districts, towns and villages.

Eligibility: Resident of Lewis County unless otherwise stated

Fees: \$20.00 for Police Series; \$15.00 for All Others

Hours: Monday – Friday 8:30-4:30

## **Literacy of Northern NY**

(Serving Jefferson and Lewis Counties)

7640 North State Street

Lowville, NY 13367

<http://www.proliteracynny.org/>

**315- 376-8188**

Fax: 315- 782-1394

*(Physical Address Only)*

Watertown Office

200 Washington Street Suite 303

Watertown, NY 13601-3335

*(Mailing Address)* **315-376-8188**

*(Rings into Watertown Office)*

Contact Persons: Cecilia Brock, Executive Director  
Deborah Tate, Program Manager

Eligibility: An adult or late teen (minimum of 16 years old) out of high school with a desire to improve reading and writing skills or learn English. English for Speakers of Other Languages.

Services: A free, confidential service to help adults learn to read, write or speak English better. It is done in a one-on-one setting. Also, collect children's books to give away during the holidays.

Hours: Call between 8:00-4:00 or leave a message  
*Watertown Office Monday – Friday 8:00-4:00*

**Manpower Temporary Services**

**414-312-5144**

250 Harrison Street Suite 501  
Syracuse, NY 13202

Services: Employment services agency. Staffing service in employment; temporary or permanent positions in industrial, office and technical. These positions could lead to permanent employment for anyone 18 years and older.

Hours: Monday – Friday 7:00-7:00

**NYS Small Business Development Center**

**315-782-9262**

Jefferson Community College  
1220 Coffeen Street  
Watertown, NY 13601  
<http://watertown.nyssbdc.org>  
E-mail: sbdc@sunyjefferson.edu

**The WorkPlace: Lewis County's One-Stop for  
Employment & Training**

**315-376-5800**

5274 Outer Stowe Street, PO Box 193  
Lowville, NY 13367

Contact Person: Lisa Hetzner, Staff and Workforce Development  
Coordinator

Services: A wide range of resources and services at a one-stop career center, including job leads and referrals, labor market information, job search assistance, career counseling and



planning, skills and aptitude testing; vocational training; employment related workshops, on the job training programs, follow-up/employment services, résumé preparation, computer-aided instructional job search.

One Stop Partners:

*Lewis County Employment & Training*: Adult On-the-Job and Classroom Training Programs; Youth Employment Services-Youth on the job training and classroom training.

*New York State Department of Labor*: Job development, placement and referrals

*ACCES-VR (Adult Career and Continuing Education-Vocational Rehabilitation)*: Employment services for people with disabilities, job training; placement and service support services for disabled

*Veterans Center*: A representative from the Veterans Center can meet in the office, by appointment. A contact number or email can be provided to assist in scheduling an appointment. (Veterans Service Agency 315-377-2065)

7660 North State Street  
Lowville, NY 13367

Eligibility: Anyone, Universal services (some for Lewis County residents only, some based on income)

Hours: Monday – Friday 8:30-4:30. Walk-ins welcome.

## **COMMUNITY AGENCIES**

### **AA, Al-Anon & NA (Narcotics Anonymous) Meetings (Lewis County Area)**

Mon.	7:00 pm	Croghan Mennonite Church Kirschnerville Road
Tues.	7:30pm	Lowville Presbyterian Church 7707 N. State Street
Wed.	7:00pm	Northern Regional Center for Independent Living (Narcotics Anonymous) 5520 Jackson Street, Lowville
	7:30 pm	Carthage St. James' Church

Thurs.	7:30 pm	Lowville Presbyterian Church 7707 N. State Street
Fri.	7:30 pm	Carthage Grace Episcopal Church 421 State Street
	8:30 pm	Adams Emmanuel Episcopal Church 39 E. Church Street
Sat.	12:00 pm	Lowville Presbyterian Church 7707 N. State Street
	7:30 pm	Harrisville St. Francis Solanus Church 14355 Maple Street

**Access Care and Resources for Health (ACR Health) 315-475-2430**

210 Court St, Suite 20

Fax: 315-472-6515

Watertown, NY 13601

<http://www.acrhealth.org>

Toll Free 1-877-475-0218

Services: Provides a range of support services to individuals with chronic diseases, including HIV/AIDS, diabetes, heart disease, obesity, asthma, substance use disorders, and serious mental illnesses, with the goal of positive health outcomes. Also provides a wide variety of targeted prevention and sexual health services to individuals, from youth through adulthood, as well as to community groups and organizations, with the goal of informed and responsible decision making.

Navigators are available to help individuals and businesses make informed health insurance decisions.

Serves the counties of Cayuga, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, and St. Lawrence.

Hours: Monday-Friday 8:30-4:30

**Bridges out of Poverty/Getting Ahead**

**315-376-5453**

[www.facebook.com/p/Bridges-Out-of-Poverty-Lewis-County-NY](http://www.facebook.com/p/Bridges-Out-of-Poverty-Lewis-County-NY)

Email: [stephaniehouserfouce@lewiscounty.ny.gov](mailto:stephaniehouserfouce@lewiscounty.ny.gov)

Contact Person: Stephanie Houser Fouse

Services/Bridges Out of Poverty: Two Bridges trainings are held each year for agencies and the public. The next one is planned for March to DSS. Exact date is TBA. Have offered a specialized training for health care, law enforcement, and first responders.

Services/Getting Ahead in a Just Getting by Word: 20-week session that looks at poverty, middle class and wealth. Kitchen table experience where a meal is shared and life stories are shared. Gift cards, transportation, and child care vouchers are all available. There is a trauma add on where ACES is done as a group. All graduates from this program are able to attend a monthly session to review concepts and meet and share tips.

**Catholic Charities of the Diocese of Ogdensburg**

44 Public Square  
Watertown, NY 13601

**315-788-4330**

Fax: 315-786-0539

Contact Persons: Cathy Ferren, Shayne Lippincott

Services: Family counseling, youth counseling, life skills program, adoptions, Foster Grandparent Program, financial assistance for working families (through Bridging the Gap-United Way Funding).

Eligibility: Any county resident

Fees: Sliding fee scale for counseling and adoption

Hours: Tuesday –Friday 8:00-4:00 (closed 12:00-1:00)

## **Catholic Charities, Lewis County**

6102 Blue St  
Glenfield, NY 13343

Contact Persons: Shawn Donahue, Program Director,  
Maria Garito, Case Manager

Services: Small food pantry, personal care items,  
Migrant/Immigrant Referral and Advocacy Program, Transitional  
housing

## **Cornell Cooperative Extension of Lewis County (CCE)      315-376-5270**

7395 East Road  
Lowville, NY 13367  
[ccelewis.org](http://ccelewis.org)  
E-mail: [lewis@cornell.edu](mailto:lewis@cornell.edu)  
Fax: 315-376-5281

Contact Person: Michele Ledoux, Executive Director

Services: Offers nutrition information covering a wide range of  
topics, ranging from parenting, young child and youth  
development, environmental and family issues, gardening, energy  
savings, dairy and agriculture. There are three departments within  
CCE: Agriculture, Community and Family Development, and 4H  
Youth Development.

Eligibility: Lewis County residents

Hours: Monday – Friday 8:30-4:30

## **Disabled Persons Action Organization (DPAO)      315-782-5285 Ext. 226**

5205 Ebbly Road  
Lowville, NY 13367  
<https://www.dpao.org>  
E-mail: [tcummings@dpao.net](mailto:tcummings@dpao.net)

Contact Person: Tina Cummings, Assistant Executive Director

Services: Many services are open to individuals in the community with a few available in the home such as Day Habilitation. They must meet OPWDD eligibility to access services.

Eligibility: To determine eligibility a person will need the following in general (may vary depending on individual situation: IQ score, ABAS, Relevant Medical Records, Psychiatric Report, Psychosocial Reports and/or Social History, IEP or 405 records, any other documents that verifies age of onset prior to 22, and physical physical within the last 12 months.

**Encompass Recreation**

**315-681-8055**

www.encompassrec.com

E-mail: [kylie@encompassrec.com](mailto:kylie@encompassrec.com)

Contact Person: Kylie Schell, Executive Director

Services: Programming offered for youth ages 2- high school. Offer sports and recreation opportunities for youth with higher support needs. No diagnosis is required.

**Family and Community Engagement Center (FACE)**

**315-779-7000**

20104 NYS Route 3

Watertown, NY 13601

[www.boces.com/o/special-education](http://www.boces.com/o/special-education)

E-mail: [eworden@boces.com](mailto:eworden@boces.com)

Contact Person: Emily Worden, School age Resource and Referral Specialist

Services: Programs are under the Office of Special Education for NYS. There is an early childhood and school aged child division each with a Professional Development Specialist and Resource and Referral Specialist. The team works with schools directly

providing training, updates, and regulation supports as they pertain to special education.

**Jefferson-Lewis County Mobile Integration Team (MIT) 315-323-5218**

[www.omh.ny.gov](http://www.omh.ny.gov)

E-mail: [Ryan.Cunningham@omh.ny.gov](mailto:Ryan.Cunningham@omh.ny.gov)

Contact Person: Ruann Cunningham

Services: Mobile Integration Teams are throughout New York State. Jefferson-Lewis County MIT currently serves Lewis, Jefferson, and St. Lawrence County. Works through the St. Lawrence Psychiatric Center and the Office of Mental Health. The referral is one page and can be completed by a parent, self-referral, school, or another agency. Services can be provided in the home, school, provider, office, and/or community. The program is 100% voluntary and for ages 5 years old and up. The length of program is approximately 1 year but can be more or less depending on the need.

Eligibility: Free service- does not bill insurance, but must have a suspected mental health diagnosis.

**Lewis County Chamber of Commerce**

**315-376-3014**

7551 South State Street

Lowville, NY 13367

[naturallylewis.com](http://naturallylewis.com)

<http://www.adirondackstughill.com/>

Contact Person: Brittany Davis, Executive Director

Services: Work with and serve community membership; local businesses. Tourism Center

Hours: Monday – Friday 9:00-4:00

**Lewis County Community Services**

**315-376-5858**

5274 Outer Stowe Street  
Lowville, NY 13367

Contact Person: Patricia Fralick, Director

Services: Oversees services in Lewis County in the area of Mental Health, Addiction, and Developmental Disabilities. Participants in these areas may contact Community Services to discuss concerns, complaints, etc. about the services being received.

**Lewis County Department of Social Services**

**315-376-5400**

5274 Outer Stowe Street, PO Box 193

Fax: 315-376-4112

Lowville, NY 13367

myBenefits.ny.gov

<https://www.nyconnects.ny.gov/Pages/#>:

Contact Person: Jenny Jones, Commissioner

Services: Adult Protective Services, Child Care Subsidy Program, Child Protective Services, Child Support Enforcement, Emergency Aid to Families for Heating/Electricity, Employment Services and Working Family Assistance, Foster Care Services, Health Insurance, Home Energy Assistance Program, Homeless Housing Programs, Medicaid, Personal Care, PINS Diversion, Preventive Services, SNAP Program, Temporary Assistance

Eligibility: Eligibility standards for Temporary Assistance, Medical Assistance, and SNAP (Supplemental Nutrition Assistance Program) are established by Federal and State laws and are based on income and resources. Eligibility for services is determined by the client's need for services as well as his/her income level. Protective Services for adults and children, and information and referral services are available to anyone without regard to income.

Hours: Monday – Friday 8:30-4:30 (messages between 12:00-1:00)

(If an emergency occurs after hours, call the Sheriff's Department at 376-3511)

**Lewis County Public Transportation**

**315-376-6508**

www.lewiscountyloop.com

TDB-TYY Service 1-800-662-1220

Contact Person: Tracy Caller

Services: Providing transportation service throughout Lewis County via Birnie Bus Service, Inc. Route closings are shared via radio (WBRV 101.3 FM, WLLG 99.3 FM, 900 AM) or television (channel 7). No service is provided on January 1, Memorial Day, July 4, Labor Day, Thanksgiving (2 days), December 25 and weekends. A Utica and Watertown run is available Monday-Friday to SUNY colleges.

Fees: Varies depending on bus route and age of rider

Hours: Office hours are 7:00-4:00

**Lewis County Office for the Aging (OFA)**

**315-376-5313**

Mailing Address: Fax: 315- 376-5105

5274 Outer Stowe Street

Lowville, NY 13367

<http://lewiscountyny.org/content/Generic/View/86>

E-mail: ofa-office@lewiscountyny.org

Contact Person: Carla Hellinger, Director

Services: OFA provides a wide variety of supportive services designed to enable senior citizens (age 60+) to remain safe and independent in their community and personal residence. This is accomplished through services such as information and assistance, the nutrition program, heating and energy program, personal care, housekeeping, transportation, legal services, insurance counseling and caregiver services. The NY Connects: Your Link to Long term Services and Supports is also housed at OFA. NY Connects is a



point of entry into the long term services and support system for older adults and people of all ages with disabilities.

Eligibility: Varies by program

Hours: Monday – Friday 8:30–4:30

**Lewis County Opportunities, Inc. (LCOI)**

**315-376-8202**

8265 State Route 812  
Lowville, NY 13367

Contact Person: Scott Mathys, Executive Director, Ext. 247

Hours: Monday – Friday 8:00-4:00

**Car Seat Program**

**315-376-8202**

Shauna Roggie, Family Services Manager  
Provides car seats for infants and children up to 4'9" by appointment. Recipients must be WIC eligible, live in Lewis County, and be the residential parent or legal guardian. Car seat techs are available.

**Emergency Food and Shelter Program**

**315-376-8202**

Shauna Roggie, Family Services Manager

Provides emergency assistance with fuel and utility payments (program is operational if funding is authorized for Lewis County in any given year).

**Housing Assistance Program**

**315-376-8202**

Judy LaBrake, Program Director

Provides assistance with rent payments to income eligible persons in Lewis and Jefferson Counties.

### FSS Program

Judy LaBrake, Program Director

Program is offered to existing Section 8 participants whose goal is to become self-sufficient and end assisted programs in the future by setting their own personal goals while establishing an escrow account.

### Home Ownership Program

Judy LaBrake, Program Director

Program offers home ownership possibilities to existing Section 8 participants who meet basic eligibility requirements.

### **Legal Aid Society of Mid New York, Inc.**

**1-877-203-1062**

788-2072

Assistance is provided to income eligible persons on civil matters. Screening and appointments will be scheduled through Watertown office.

### **Lewis County Food Pantry Network**

**315-376-8202** Ext. 1

Provides an emergency 3 to 5-day supply of food for those in need. If no open hours are listed or you need food before the next "open hours" day and time, simply call Lewis County Opportunities to schedule an appointment (Monday – Friday, 8:00 am – 4:00 pm).

Copenhagen Food Pantry: St. Mary's Church, 9371 NYS Route 12

Open Hours: Third Wednesday each month 4:00pm-6:00pm

Harrisville Food Pantry: Town of Diana Garage, 5952 Old State Road

Open Hours: 1<sup>st</sup> Tuesday each month 7:00 pm – 8:00 pm

New Bremen Food Pantry: Lewis County Opportunities, 8255 State Route 812

Open Hours: Monday, Wednesday, Friday 1:00 pm – 3:00 pm

Port Leyden Food Pantry: St. Martin's Rectory, 7108 North Street  
Open Hours: Monday-Friday, 8:30 am –11:30pm 314-348-6104

**Opportunity Knocks Thrift Store**

**315-376-2981**

Shauna Roggie, Family Service Manager

315-376-8202

Offers a variety of used goods: clothing, household items, and furniture. Donations accepted. Wednesday's and Thursday's or by appointment.

Hours: Monday – Friday 9:00-3:00  
Some Saturday's –call ahead

**Rep Payee Service**

**315-376-8202**

Shauna Roggie, Family Service Manager  
Jamie Aucler

Primarily for individuals who receive Social Security Benefits, Supplemental Security Income, and/or Social Security Disability who need help managing their money. Income is automatically deposited into an account managed by Opportunities, and then distributed for the household's daily living needs.

**Transportation Service**

**315-376-8202**

Shauna Roggie, Family Service Manager

Can assist eligible Lewis County residents with vehicle repairs, insurance & other transportation issues. Recipient must be working.

**Victim Services Department**

**315-376-8202** Ext. 4

**Help Hotline – 24 Hour** (Will accept collect calls **315-376-4357**)

Mary Interiano, Director Domestic Violence & Rape Crisis Program

Provides a safe dwelling (emergency shelter) for victims of domestic violence; a 24 hour telephone hotline 376-HELP.

Information and referral, advocacy, individual supportive counseling, therapy support groups for victims and their families, transportation, community education/outreach, and follow-up services. Also provides preventive education.

### **Volunteerism**

Shauna Roggie, Family Service Manager

**315-376-2981**

Many of LCOI's services (such as The Opportunity Knocks Thrift Store, Food Pantries, VITA Tax Preparation, Victim Services Hotline, and our Board of Directors) could not exist without dedicated community volunteers. If you have free time, and would like to make a difference, contact LCOI for more information.

### **Weatherization Program**

Michelle Widrick

**315-376-8202**

Provides services designed to curtail energy costs that include weather-stripping, caulking, insulation, installation or repair of storm windows and doors, and services to raise the efficiency of boilers, furnaces, and water heaters. Applicants must be income eligible.

### **Lewis County Probation Department**

7660 North State Street Suite 217  
Lowville, NY 13367

**315-376-5358**

Fax: 315-376-1673

Contact Person: Matthew Morrow, Director

Services: Supervises clients sentenced to probation by various courts, provides courts with investigations in regard to sentencing, collects restitution as ordered by the courts, operates community service program, pretrial release program, and domicile restriction program. Provides counseling for juvenile delinquency and refers appropriate cases to family court for resolution.

Hours: Monday - Friday 8:30-4:30

**Lowville Food Pantry, Inc.**

7646 Forest Avenue  
Lowville, NY 13367

<http://www.lowvillefoodpantry.org/>

E-mail: [lowvillefoodpantry@frontier.com](mailto:lowvillefoodpantry@frontier.com)

**315-376-7431**

Fax: 315-376-8833

Contact Person: Nancy Hanno

Services: Independent 501 c3, Open Food Pantry. Income guidelines are maximal. Conference and training room available for use. Oversight of the Food Sense, Christmas Sharing Program, Santa for Seniors and Summer Back Pack Program. Emergency 24-hour service (for agency/service use only)

Hours: Monday – Friday 9:00-11:30

Tuesday Evening Hours 5:00-7:00

*Croghan Food Pantry: Basement of Library, 9794 Rte. 812*

*Open Hours: 3<sup>rd</sup> Thursday each month 4:30 pm – 6:30 pm*

*(April through October)*

**Resolution Center of Jefferson Lewis Counties**

200 Washington Street Suite 207  
Watertown, NY 13601

**315-785-0333**

Fax: 315-785-0322

Contact Person: Jennifer Huttemann-Kall, Executive Director

Services: Mediation program for alternative dispute and conciliation of interpersonal disputes such as breach of contract, neighbor disputes, landlord/tenant, parent/child, bad checks, restitution for damages and small claims, Court Appointed Special Advocate (CASA) Jefferson and Lewis County, Youth Court of Jefferson County.

Hours: Monday – Thursday 8:00-4:00, Fridays by appointment

Wednesday's in Lowville, 8:00-4:00 @Maple Ridge Center

## **The Salvation Army**

**315-376-2639**

Contact Person: Brandi Kirch (Snow Belt Housing)

Services: Funds raised in Lewis County during the Salvation Army Annual Kettle Drive are available to Lewis County. These funds carry on in our community through a year round program of service designed to assist in meeting emergency and supplementary needs of individuals and families. These funds are also available for use during natural disasters and county wide emergencies, on a need based.

## **Snow Belt Housing Company, Inc.**

7500 South State Street  
Lowville, NY 13367  
[www.snowbelt.org](http://www.snowbelt.org)

**315-376-2639**

Fax: 315- 376-2518

Contact Persons: Jaylynn Heames, Executive Director, Brittany Locke, Housing Rehabilitation, Jeremy Chartrand, Property Manager, Brandy Kirch, Homeless Case Manager

Services: Provides adequate, safe, affordable housing to rent; grant application assistance to municipalities for housing related activities; and rental housing for low-moderate income families in various locations in Lewis County. Also, Direct Home Ownership Assistance, when funds are available. Main Street Revitalization Program. STEHP (Solutions To End Homeless Program) is to prevent homelessness as well as serves homeless families. Assistance with first months rent and security deposit

Hours: Monday – Friday 9:00-4:00

**Social Security Administration**

156 Bellew Avenue, South  
Watertown, NY 13601  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

**1-800-772-1213**  
**1-866-627-6995**  
(Watertown)

**DENTISTS** *(You may want to check with your dentist's office when making an appointment to see if your insurance is accepted.)*

**Boonville**

Dr. Sears & Caruso  
3 Schuyler Street  
Boonville, NY 13309  
Hours: Monday-Friday 8:30-4:00

Richard Sears, DDS  
Thomas Caruso, DDS  
Lisa Sear, DDS  
315- 942-4514

**Carthage/Black River**

McCue Dental  
3 Bridge Street  
Carthage, NY 13619  
Hours: Monday - Thursday 7:30-5pm

Dr. Natshya Fraser  
Dr. Alvin Bregman  
315-493-3510

Accepts: Medicaid, Fidelis, United Health Care

**Carthage Dental Care**

35761 Sayre Road  
Carthage, NY 13619  
Hours: Wednesday & Thursday 8:00-7:00

Dr. Jin Song  
315-493-6003

Accepts: Medicaid, Fidelis, United Health Care

**Cesario Family Dental**

28800 State Route 3, PO Box 820  
Black River, NY 13612  
Hours: Monday – Thursday 7:30-4pm

Dr. Vincent Cesario, Jr.  
315-773-4204

**LaClair Family Dental**

111 South Mechanic Street  
Carthage, NY 13619

Dr. Robert Allen LaClair  
315-493-1184

Accepts: Medicaid

Hours: Monday-Thursday 8:00-4:00

**Lowville**

Advanced Dental Care  
7626 North State Street  
Lowville, NY 13367

315-376-3121

Dr. Sam Pominville  
Dr. McKenzie Clemens  
Dr. Brooke Chase

Hours: Monday, Tuesday, Wednesday 8:00-5:00  
(closed 12:00-1:00)  
Friday 8:00 – 3:30

**Dr. Jonathan Gellert/Dr. Charles Dibble**

315-376-7563

7627 Park Avenue  
Lowville, NY 13367

Hours: Monday - Thursday 8:30-5:00  
Friday 8:30-12:00

**North Country Family Health Center**

315- 376-4500

7785 N. State Street  
Lowville, NY 13367

Dr. Chang  
Dr. Longo

Accepts: Medicaid, Fidelis, United Healthcare,  
Military Insurance

Hours: Monday - Friday 8:00-6

**Dr. Lynn Stacy**

315-376-8614

7504 East State Street  
Lowville, NY 13367

Hours: Monday, Tuesday, Thursday, Friday 9:00 – 5:00

**Utica/New Hartford**

Kids Teeth Only  
100 Genesee Street  
New Hartford, NY 13413

315-724-5437

Dr. Norman Cognetto

Hours: Monday – Thursday 9-5, Friday 8:30-1



**Watertown**

Aqua Dental                                  Dr. Rubina Khatoon                                  315-788-7888  
1283 Arsenal Street  
Watertown, NY 13601  
Accepts: Medicaid, Fidelis, United Health Care  
Hours: Mon/Wed 10-5, T/Th 10-6, Fri 10-2

**Dr. Bruce Dines**

315-788-4740

**Dr. Hiram Garcia**

531 Washington Street  
Watertown, NY 13601  
Accepts: Medicaid, Fidelis, United Health Care  
Hours: Monday – Friday 8:00-4:00

**Great Beginnings**

315-681-6818

127 Winslow Street                  Dr. Maria Laura Ybarra (pediatric dentist)  
Watertown, NY 13601  
Accepts: Medicaid  
Hours: Monday-Thursday 8-4:30

**Jefferson Dental Health PC**

315-788-7070

19333 US Rte 11  
Watertown, NY 13601  
Hours: Monday-Friday 8-5

**McCue Dental**

315-779-2222

1116 Arsenal Street  
Watertown, NY 13601  
Accepts: Medicaid, Fidelis, United Health Care  
Hours: Monday – Friday 7-4:30

**Northern Oral Surgery, Oral Surgeons (Adults only)**

315-782-3101

104 Paddock Street Suite 103                  Dr. Erhard A. Beuttenmuller  
Watertown, NY 13601  
Hours: Monday – Friday 8:00-3:00

**North Country Family Health Center**

315-788-9834

238 Arsenal Street

Dr. Maria Dille

Watertown, NY 13601

Dr. Lam Dr. Yom

Accepts: Medicaid, Fidelis, United Health Care,  
Military Insurance

Fees: Sliding Scale

Hours: Monday – Friday 8-6 Saturday 8-12

**Watertown Pediatric Dentistry**

315-221-4044

22645 Summit Drive

Dr. Andrew Beuttenmuller

Watertown, NY 13601

Hours: Mon 8:30-4, Tues/Wed 8-4, Thur 8-3

**DOCTORS** *(You may want to check with your doctor's office when making an appointment to see if your insurance or Medicaid is accepted.)*

**Ear, Nose and Throat (ENT) Specialists**

**Utica**

The Chahfe Center

315-792-4623

Medical Building

Dr. Fayez Chahfe

2206 Genesee Street Suite 301

Kimberly C. Keane, AU.D

Utica, NY 13502

**Watertown**

Watertown ENT Group

315-788-1751

Watertown Medical Center

Dr. Braxton Hillerman, MD

826 Washington Street Suite 204

Melissa Charlebois, PA

Watertown, NY 13601

Hours: Monday-Friday 8:00-4:30

**Family Physicians**

**Beaver Falls**

Beaver River Health Center

315-346-6824

9559 Main Street, PO Box 180

Dr. Robert Semlear

Beaver Falls, NY 13305

Dr. Brian Shambo

Amy Pfair, FNP

Accepts: Medicaid, Fidelis, United Health Care  
Military Insurance

Hours: Monday – Friday 8:30-4:00 (closed 12:00-1:00)

### **Boonville**

Boonville Family Care

315-942-3500

13407 State Route 12

Corrine Kelley, FNP

Boonville, NY 13309

Leah Boek, FNP

Accepts: Medicaid, Fidelis, United Health Care

Hours: Monday – Friday 8:00-4:00.

### **Faxton-St. Luke's Healthcare Boonville Medical Office** 315- 942-4391

13460 State Route 12

Andrew Milone, RPA

Boonville, NY 13309

Adam Seiger, MD

Brianna Button, NP

Hours: Monday – Friday 7:00-4:30.

### **Carthage**

Carthage Family Health Center

315-493-4187

117 Mechanic Street

Dr. Hardick Patel

Carthage, NY 13619

Dr. Ancy Kunnumpurath

Joanne Atkinson, PA

Accepts: Medicaid, Fidelis, United Health Care

Tricare, Martin's Point, Medicare

Hours: Monday – Friday 7:00-5:00 (Adults)

Monday – Friday 8:30-5:00 (Pediatrics)

### **Family Medicine of Carthage**

315-493-0128

214 Church Street

Dr. Jocelyn Aznar Beane

Carthage, NY 13619

Accepts: Fidelis, United Health Care, Tri-Care

Hours: Monday – Thursday 8:00-5:00 (closed 12:00-1:00)

Friday 8:00-12:00

**Family Practice Associates**

315- 493-7334

3 Bridge Street Suite 3  
Carthage, NY 13619

Dr. Kenneth J. Fish  
Dr. Scott H. Mitchell  
Dr. Jerome Cuyler

Accepts: Medicaid, United Healthcare  
Hours: Monday – Friday 8:00-5:00

**Copenhagen Family Health Center**

315-688-2305

Juile Emery, FNP  
9732 NYS Route 12, PO Box 26  
Copenhagen, NY 13626

Accepts: Medicaid, Fidelis, United Health Care  
Hours: Monday-Friday 8-4

**Gouverneur**

315-287-4440

Community Health Center – North Country  
77 West Barney Street  
Medical Building Suite C  
Gouverneur, NY 13642

Ernie Cougler, FNP  
Brittany Terpstra, PA

Accepts: Medicaid, Fidelis, United Health Care  
Hours: Monday 7-5pm, Tuesday – Friday 7am-7pm

**Harrisville**

315-537-5003

Harrisville Family Health Center  
14214 Church Street  
Harrisville, NY 13648

Accepts: Medicaid, Fidelis, United Health Care  
Hours: Monday, Tuesday, Wednesday, Friday 8:00-3:00  
Thursday 11:00-6:00

**Lowville**

Adults 315-376-4600

Lowville Medical Associates, LLP  
5402 Dayan Street  
Lowville, NY 13367

Dr. Lyndaker Dr. Palmer  
Dr. Feilmeier Dr. McHugh

Hours: Monday-Friday 8:00-4:00

Lewis County Family Practice  
7785 North State Street  
Lowville, NY 13367

315-376-5480

Dr. Kwicklis, S. Walton,  
Dr. Wat, Dr. Pisaniello, K. Bates  
Dr. Tuttle-Malone, K. Der,

Accepts: Medicaid, Fidelis, United Health Care

Hours: Monday – Friday 8:30-4:00

### **Lyons Falls**

South Lewis Health Center  
3926 State Route 12, PO Box 247  
Lyons Falls, NY 13368

315-348-8407

Dr. Lynn Pisaniello  
Julie Waters, FNP  
John Leuenberger, MD

Accepts: Medicaid, Fidelis, United Health Care

Hours: Tuesday – Friday 8:00-4:00.

Blood Draws: Thursdays, 7:30-9:00-Pre-registration is  
required-call Admissions at 376-5577.

### **Watertown**

Samaritan Watertown Family Health Center  
1575 Washington Street  
Watertown, NY 13601

315-786-7300

Accepts: Medicaid, Managed Care

Hours: Monday – Friday 7:00-5:00

### **Obstetricians/Gynecologists**

#### **Carthage**

Women's Way to Wellness  
117 N. Mechanic Street  
Carthage, NY 13619

315-493-3100

Dr. Gaston DaCosta  
Dr. Walter Doddard  
Dr. Emmanuel Nwogu

Accepts: Medicaid, Fidelis, United Health Care

Hours: Monday – Thursday 9:00-5:00, Friday 8:00-4:00

### **Lowville**

Women's Health Services

315-376-5475

7785 North State Street Suite 210     Dr. Lee Dutton  
Lowville, NY 13367     Hali Reed, FNP  
Selena Hughes, NP  
Cynthia Fraser, MD  
Accepts: Medicaid, Fidelis, United Health Care  
Hours: Monday – Friday 8:00-4:00.

South Lewis Health Center     315-348-8407  
3926 State Route 12, PO Box 247     Dr. Lynn Pisaniello  
Lyons Falls, NY 13368     Dr. Leuenberger  
Accepts: Medicaid, Fidelis, United Health Care  
Hours: Monday and Thursday 8:00-4:00.

**Utica**

St. Elizabeth's Women's/Children's Health Center     315-798-8317  
2212 Genesee Street     Dr. Cherine Awad  
Utica, NY 13502     Dr. Teresa Martorella  
Dr. Fadi Zakko  
Accepts: Medicaid, Fidelis, United Health Care

**St. Luke's Obstetrical Care Center**     315-624-6241  
1656 Champlin Avenue, PO Box 479  
Utica, NY 13502  
Services: Maternity and five laborist on staff  
Accepts: Medicaid, Fidelis, United Health Care  
Hours: Monday-Friday 8:00-4:00

**Watertown**

Comprehensive Women's Health Services     315-788-2003  
622 Washington Street     Walter Dodard, DO  
Watertown, NY 13601  
Accepts: Medicaid, Fidelis, United Health Care  
Hours: Monday – Thursday 8:30-4:30  
Friday 8:30-3:00

**Wise Woman Ob/Gyn**     315-782-6262  
172 Clinton Street     Nanci Lynn Hawkins, MD, SPMRS, FACOG

Watertown, NY 13601

Accepts: Medicaid, Managed Care, Fidelis, United Health Care

Hours: Monday – Friday 9:00-4:00

**Woman to Woman**

315-785-4155

1575 Washington Street  
Watertown, NY 13601

Dr. Barrett      Dr. Cain  
Dr. Dombrowska      Dr. Oliva  
Dr. VanArnam

Accepts: Medicaid, Fidelis, United Health Care

Hours: Monday – Friday 7:00-5:00

**Ophthalmologists (Eye care)**

**Lowville**

Center for Sight  
Lewis County General Hospital  
7785 North State Street  
Lowville, NY 13367

315-376-5206

Accepts: Medicaid, Fidelis, United Health Care

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

**Rome**

Dr. John Costello, Jr.  
Dr. Patrick A. Costello  
255 Hill Road  
Rome, NY 13441

Rome: 315- 336-6633  
New Hartford: 315-733-0451

Accepts: Medicaid, Fidelis, United Health Care

Hours: Monday – Friday 8:00-5:00

**Syracuse**

Dr. Walter Merriam, Pediatric Ophthalmology  
1810 Erie Boulevard East  
Syracuse, NY 13210

1-800-585-8056  
315-422-4321

Accepts: Medicaid, Managed Care, Fidelis, United Health Care

Hours: Monday -Thursday 8:30-4:00, Friday 8:00-4:00

## **Watertown**

Center for Sight 315-788-6070  
1815 State Street Drs. Sanni, Burke, Koloms, Crane & Hess  
Watertown, NY 13601

Accepts: Medicaid, Fidelis, United Health Care

Hours: Monday – Friday 8:00-5:00

## **Optometrists (Eye exams and glasses)**

### **Boonville**

Adirondack Eye Care Center 315-942-2122  
151 Main Street, Suite 1 Dr. David Vinci Dr. Pierson  
Boonville, NY 13309 Dr. Nichole Pollard

Accepts: Medicaid, United Healthcare, Tricare

Hours: Monday/Wed/Thur/Fri 9-5, Tuesday 11-7

### **Lowville**

Meade Optical, Inc. 315- 376-8159  
7785 N. State Street WTN. Office 315- 786-3937  
Lowville, NY 13367 Dr. Ryan Knox Dr. Ronald Knox

Accepts: Medicare, Tricare, Private Ins.

Hours: Monday-Thursday 9-5

### **Watertown**

Cerebral Palsy Association of the North Country/ 315-786-0983  
Community Health Care Center  
Jefferson County Office  
146L Arsenal Street, Suite 8  
Watertown, NY 13601

Services: MSC (Medicaid Services Coordination), CDPAP  
(Consumer Directed Personal Assistance Program), Eye  
Clinic and Foot Care Clinic

Accepts: Medicaid, Medicare and Managed Care

Hours: Eye Clinic Tuesday – Thursday



## **Pediatricians**

### **Lowville**

Lowville Medical Associates, LLP 315-376-5558  
5402 Dayan Street Dr. Shereen Palmer Dr. Mary Lou Feilmeier  
Lowville, NY 13367 Dyana Manning, RPA  
Hours: Monday – Friday 8:00-4:00

### **Rome**

Pediatric & Adolescent Medical Associates, P.C. 315-339-0401  
117 West Liberty Street, #1 Dr. Kinkee Chung  
Rome, NY 13440  
Accepts: Medicaid, Fidelis  
Hours: Monday – Friday 8-4:15

### **Pediatric Associates of Watertown**

315-782-4391

Dr. Gail Rose-Green, Dr. Oliva,  
20011 Summit View Blvd. Dr. Mario Victoria, Dr. Daniel  
Watertown, NY 13601 Dr. McGregor  
Alexandra Davies, PA-C Jonathan Jerome, PA-C  
Melissa L. Reynolds, FNP  
Eligibility: Patients from birth to 19 years of age  
Accepts: Medicaid, Fidelis, United Health Care  
Hours: Monday- Friday 8:00-4:30

### **Pediatric Wellness of Northern NY** (Watertown Pediatrics) 315-782-7330

1571 Washington Street Suite 107 Dr. Shari Hogan  
Watertown, NY 13601 Dr. Myla Estepa  
Dr. Honeylee Agustin  
Accepts: Medicaid, Fidelis, United Health Care  
Hours: Monday – Friday 8:00-12:00, 1:00-4:30

**EMERGENCY NUMBERS/POLICE/AMBULANCE, FIRE/CRISIS HOTLINE SERVICES, SHERIFF'S DEPARTMENT**

**Call Lewis County Sheriff's Department** 911 or **315-376-3511**  
**State Police** **315-376-6513**  
**Emergency Room at Lewis County General Hospital** **315-376-5252**

**Ambulance Services and Fire Departments**

3G-F/FR	Croghan-A/F	Natural Bridge-A/F
Beaver Falls-A/F	Harrisville-A/F	New Bremen-F
Carthage-A/F	Lowville-F	Port Leyden-A/F
Castorland-F/FR	Lyons Falls-A/F	Turin-A/F
Constableville-A/F	Martinsburg-F	West Leyden-A/F
Copenhagen-F	(A-Ambulance, F-Fire, FR-First Response)	

**Crisis Hotlines**

AIDS	NYS Information Hotline	1-800-541-2437
Children's Services	NYS Child Abuse	1-800-342-3720
	Hotline & Maltreatment Reporting Center	1-800-638-5163 (TDD/TTY)
Domestic Violence	Help Hotline	315-376-4357 (HELP)
	NYS Hotline	1-800-942-6906
Poisoning	Poison Control Center	1-800-222-1222
Rape Crisis	Help Hotline	315-376-4357 (HELP)
24 Hour AA & Al-Anon	Hotline Answering Service	1-800-765-8336

**Lewis County Search & Rescue**

**315-376-7745**

Ambulance & Advanced Life Support  
7782 West State Street  
Lowville, NY 13367  
<http://www.lcsr-ems.org/>

**Lewis County Sheriff's Department**

**315-376-3511**

5252 Outer Stowe Street, PO Box 233

Lowville, NY 13367

Contact Person: Michael Carpinelli, Sheriff

Services: Provides assistance to meet multiple needs at time of crisis, such as accidents of any kind, dog biting incidents, lost children/adults, and many others. If they cannot meet your need, they will refer you to someone who can. DARE (Drug Abuse Resistance Education) Program.

## **HEALTH SERVICES**

**Behavioral Health and Wellness Center, A Division of THRIVE** **315-376-5450**  
Fax: 376-7221

Lowville Commons  
7550 South State Street  
Lowville, NY 13367  
[www.tlsnny.com](http://www.tlsnny.com)

Medical Records Fax: 376-5501

Services: The Behavioral Health and Wellness Center (BHWC) will provide comprehensive mental health services to individuals who have Mental Health Concerns, Behavior Problems, Emotional Distress and Co-occurring Disorders. Services provided at the BHWC include Psychiatric Evaluation/Assessments and Medication Management, Group Therapy for adults and children, Individual Therapy for adults and children, Couples Counseling, Family Therapy, Psycho Educational Sessions and Support Groups.

Hours: Crisis walk-ins always accepted  
Monday and Friday 8:00-4:30, Tuesday-Thursday 8:00-6:00  
Saturday (every other) 8:00-2:30 by appointment

**Care Net Pregnancy Center of Northern NY** **315-874-4015**  
7636 North State Street  
Lowville, NY 13367  
[www.carenetny.com](http://www.carenetny.com)

Contact Person: Jody Roe, Center Director (Lowville Site)

Services: Free and confidential services: pregnancy tests, STD tests, limited ultrasound, consultation on all pregnancy options, compassionate and non-judgmental care, support after an abortion, support after miscarriage or stillbirth. Referrals for testing, adoption and community support services.

Hours: Monday – Wednesday 10:00-3:00 or by appointment

Services: Comprehensive evaluation and assessment, group and individual counseling, referral services to other levels of care. MAT- (Medication Assisted Treatment), Continuing Care- for continued successful treatment. Case Management-to work with the overall needs of the person, to meet individual needs beyond recovery. OPT (Out Patient Treatment Clinic) (Watertown Office)

Fees: Most insurance plans and Medicaid are accepted. For those with no insurance coverage, an \$80.00 evaluation fee is charged and a sliding fee scale based on income and dependents is set up after admission.

Hours: Monday - Friday 8:00-5:00 (Closed daily 12:00 – 1:00)  
Walk Ins Welcome

## **Hospitals**

Carthage Area Hospital 315-493-1000  
1001 West Street  
Carthage, NY 13619

Lewis County Health System 315-376-5200  
7785 North State Street  
Lowville, NY 13367

Rome Memorial Hospital 315-338-7000

1500 North James Street  
Rome, NY 13440

Samaritan Medical Center 315-785-4000  
830 Washington Street  
Watertown, NY 13601

St. Elizabeth's Medical Center 315-801-8100  
2209 Genesee Street  
Utica, NY 13501

Faxton/St. Luke's Healthcare 315-624-6000  
1656 Champlin Avenue  
New Hartford, NY 13502

**Jaclyne Newton, Licensed Mental Health Counselor 315-681-5019**

Jaclyne.newton.lmhc@gmail.com

Tuesdays at LCGH Suite 230

**(F)315-222-7313**

Monday, Wednesday, Thursday and Friday, Telehealth

Services: Individual, group, couples and family therapy  
Insurances accepted include Medicaid, Medicare, also self-pay  
sliding fee scale available.

**Lewis County Public Health Agency 315-376-5453**

7785 North State Street, Suite 2  
Lowville, NY 13367

Fax: 315-376-7013

Contact Person: Ashley Waite, Public Health Director

Hours: 8:30-4:30

### **Preventive Health Services**

This preventive health program is designed to promote healthy lifestyles, prevent disease and reduce the impact of disease on county residents. This program includes:

Maternal Child Health Home Visiting Program – offers home visits by a nurse to high risk pregnant or breast-feeding women, new mothers or newborn infants at no charge.

Childhood Immunizations – required immunizations are free of charge to children who qualify; some third party billed. Appointments are available on Tuesdays and Fridays by appointment only.

Adult and Travel Immunizations – routine immunizations are available for a fee during regularly scheduled clinic times; some third party billed directly. Travel immunizations are available for a fee, by appointment.

Childhood Lead Poisoning Prevention – offers case management of children with elevated lead, education to the public and service organizations. Free lead testing for all children ages 1-4 regardless of insurance status; by appointment only.

Communicable Disease Control, Rabies Prevention, West Nile Virus Prevention – receives reports of all reportable diseases, monitors the community for disease, and offers education and treatment if indicated. Free rabies pet clinics 3 times per year.

HIV and Hepatitis C Counseling and Testing – free anonymous and confidential counseling and testing offered; by appointment only.

Tobacco Cessation – trained cessation counselors available to offer education and support by appointment.

Health Education – offers free educational sessions to businesses, school and other organizations about a variety of health topics.

Chronic Disease Prevention – wellness clinics offered at industrial sites and Senior Nutrition sites. Offers diabetes risk assessments, nutrition education and tobacco cessation. Chronic disease self-management Program and diabetes prevention programs available to the public at no charge.

Emergency Preparedness and Response – assists with County response to emergencies and offers public education regarding natural or biological emergencies.

**Children with Special Needs Programs**

Rebecca Kelly, Program Coordinator

**315-376-5453**

Fax: 376-7013

Child Find Program (birth to 3), Early Intervention Program (birth to 3), Preschool Special Education Program (age 3 to 5), Children with Special Healthcare Needs – Resource and Referral, Physically Handicapped Children’s Program (birth to 21).

**North Country Cancer Services Program**

**855-592-0830**

**North Country Prenatal/Perinatal Council**

**315-788-8533**

200 Washington Street Suite 300  
Watertown, NY 13601

Contact Person: Tina Cobb, Executive Director

Services: Dedicated to improving family, maternal, infant and child health in Lewis County. All services are free and voluntary. Services include health education for consumers and professionals, coordination of services and support for pregnant women, The Youth Empowerment and Health (YEAH!) Program and Comprehensive Adolescent Pregnancy Prevention Program at Lowville Academy Central School and Navigation Assistance for the NYS Marketplace for health insurance, Medicaid and Child Health Plus applications, certified car seat technicians, and certified lactation counselors.

Hours: Monday – Friday 8:00-4:30

**Navigation Services**

**315-788-8533**

Assistance to apply for Child Health Plus, Medicaid and to navigate the NY State of Health Marketplace. Help to find a health insurance plan that is right for you, see if you can get help with costs, help finding a primary care provider and specialist, and to apply for and enroll in your health plan. Please call for an appointment which can be over the phone or in-person.

**Non-Emergency Medicaid Transportation Program**      **1-800-430-6681**

PO Box 1200  
Syracuse, NY 13218

Services: A centralized regional system for all Lewis County participants. Transportation is directed to a **Medical Answering Service (MAS)** located in Syracuse. MAS can be reached 24/7. At least a five-day notice is required to set up a non-emergency transport. However, there are exceptions when accommodations can be made with less notice. Also, all client or provider complaints are to be directed to MAS and you will be referred to a supervisor.

Birnie Bus will still provide transportation services, but will be authorized to do so by MAS. The dedicated phone number for Birnie Bus will direct clients to call MAS.

Volunteer Transportation Center (VTC) still provides transportation services, but will be authorized by MAS. VTC provides 24/7 coverage. Due to the call center now being available 24/7 it is possible for weekend discharges from the hospital to get service. Medicaid patients who request reimbursement for driving their own vehicle will also need to call MAS for authorization and will be sent a packet with the “new” required forms.

**Planned Parenthood of North Country NY** (Call center) **315- 804-6174**  
7398 Turin Road (Watertown) 315- 788-8065  
Lowville, NY 13367

Contact Person: Kayla McNulty, Health Center Manager

Services: Pregnancy testing, counseling, routine check-ups, assessments on treatment of minor vaginal infections, information and referrals, VD screening, PAP tests, individualized information in fertility awareness, assistance with educational programs, research and resource materials, oral HIV testing. Female and male



services. Adoption information and referrals. Emergency contraceptives. Enrollment for Family Planning Benefit Program. Prep services for HIV and transgender services.

Fees: Sliding Scale, participates with insurance

Hours: Watertown: Monday and Tuesday, 8:30-7:00  
Wednesday and Thursday, 7:00-7:00  
Friday, 7:30-5:00  
Saturday, 8:30-12:00 1x monthly  
Lowville: Monday, 8:30-5:30

**Rubenzahl, Knudsen & Associates Psychological Services, P.C.** **315-788-3332**

5402 Dayan Street Suite 2  
Lowville NY 13367

Services: Counseling and psychological testing.

Eligibility: Most private insurances accepted.

Hours: Monday – Friday 8:00-5:00

**Watertown Behavioral Health Urgent Care** **315-755-1251**

650 State St, Watertown, NY 13601

Services: 24 Hour Mental Health Care, Rapid mental health assessment and crisis intervention, case management and care coordination, voluntary respite care, home like environment

**WIC Program**

**North County Family Health Center – Lewis County** **315-376-6427**  
7785 North State Street Fax: 315-376-6173  
Lowville, NY 13367

Contact Person: Rosetta Landis, Site Leader

Services and Eligibility:

**Women:** Supplemental food packages (milk, eggs, cereal, fresh fruit and vegetables) for pregnant women and nursing mothers

**Infants:** Under 1 year of age; formula and supplements for breast fed babies

**Children:** Pregnant Mom's and Birth -five years of age

For more information call WIC office.

**LIBRARIES**

**Beaver Falls Library**

**315-346-6216**

9607 Lewis Street

Beaver Falls, NY 13305

Hours: Monday 10:30-4:00; 5:30-8:00

Thursday 10:00-5:00

Thursday 10:00-4:00

**B Elizabeth Strong Memorial Library**

**315-348-6433**

6312 East Main Street

Turin, NY 13473

Hours: Monday 10:00-4:00

Tuesday 12:00-8:00

Thursday 7:00-9:00

Summer Reading Program

**Brantingham-Greig Reading and Technology Center**

**315-348-8272**

5186 Greig Road (New Town Hall)

Ext. 5

Greig, NY 13345

Hours: Tuesday 2:00-4:00

Thursday 2:00-4:00

Saturday 10:00-12:00

**Constableville Village Library**

**315-397-2801**

3158 Main Street

Constableville, NY 13325

Hours: Monday 9:00-11:00; 1:00-3:00  
Wednesday 3:00-7:00  
Thursday 12:00-4:00  
Saturday 9:00-11:00  
Summer Reading Program

**Croghan Free Library**

**315-346-6521**

9794 State Route 812

Croghan, NY 13327

Hours: Monday 10:00-6:00, Wednesday 10:00-6:00  
Friday 10:00-6:00

**Harrisville Free Library**

**315-543-2577**

8209 Main Street

Harrisville, NY 13648

Hours Monday-Friday 10:00-6:00

**Lowville Free Library**

**315-376-2131**

5387 Dayan Street

Lowville, NY 13367

Hours: Monday 10:00-5:00  
Tuesday 10:00-7:00  
Wednesday 10:00-5:00  
Thursday 10:00-7:00  
Friday 10:00-5:00  
Saturday 10:00-1:00

Story Hour Tuesdays 11:00

**Lyons Falls Library**

**315-348-6180**

3918 High Street (beside Gould Mansion)

Lyons Falls, NY 13368

Hours: Tuesday & Wednesday 3:00-7:00  
Thursday & Friday 1:00-5:00  
Saturday 8:00-12:00

**North Country Library System**

22072 County Route 190  
Watertown, NY 13601

<http://ncls.northcountrylibraries.org/>

**315-782-5540**

Fax: 315-782-6683

TDD: 315- 782-5895

Contact: Kathy Van Ness, Outreach Specialist

Services: Large print and audio books are sent through the mail as a free service to anyone 62 or over and/or has a hearing impairment, visual impairment, or physical impairment.

Hours: Monday – Friday 8:00-4:30

Closed January 1, Martin Luther King Jr. Day, President's Day, Memorial Day, July 4, Labor Day, Columbus Day, November 11, Thanksgiving Day and the following Friday, Christmas Day

**Port Leyden Community Library**

3145 Canal Street

Port Leyden, NY 13433

Hours: Monday 9:00-1:00; 4:00-6:00, Tuesday 1:00-5:00

Wednesday 4:00-9:00, Friday 1:00-5:00

Saturday 9:00-12:00

Story Hour on Fridays 10:00-11:00 (follows school schedule)

**315-348-6077****Town of Lewis Library**

Hours: Wednesday 2:00-4:00 Story Hour Tuesdays 10:30-12:00

Thursday 6:00-8:00

(Sept. & Oct.)

**315-942-6813****William H. Bush Memorial Library**

5605 Whitaker Road

Martinsburg, NY 13404

Hours: Monday, Wednesday, Friday 10:00-6:00

Tuesday & Thursday 9:00-1:00

Saturday 10:00-12:00

**315-376-7490**

Fax: 376-3096

**PRESCHOOLS/CHILD CARE & SERVICES TO PERSONS WITH DISABILITIES**

**The Arc, Oneida-Lewis Chapter, NYSARC-Adults**

**315-348-8401**

6138 West Main Street, PO Box 126  
Turin, NY 13473

Contact Persons: Karen Korotzer, CEO  
Erin Largett, MSC Coordinator  
Rose Larkins, Northern Region Coordinator

Services: Vocational, employment training, job placement, residential opportunities, rehabilitation, day habilitation, community habilitation, recreation, service coordination, plan of care support services, transportation for people with intellectual and developmental disabilities in Oneida and Lewis counties.

Hours: Monday – Friday 8:30-4:00

**The Arc, Jefferson/St. Lawrence -Children**

**315-788-2730**

420 Gaffney Drive  
Watertown, NY 13601

<https://www.thearcjslc.org>

Contact Person: David Friedlander, Coordinator of Early Childhood Education, Ext. 1226

Services: Operates six integrated preschool classrooms for both typically developing children and students with disabilities between the ages of 0-5. Promotes social interaction, pre-kindergarten readiness skills and age-appropriate self-help abilities. All of this is accomplished in a nurturing environment and in partnership with the child's family.

Hours: Monday – Friday 7:00-5:00, follows the public-school calendar  
6-week summer program

**Central New York Developmental Services Office**

**315-376-1700**

7020 Route 12, PO Box 231

Fax: 315-376-6164

Lowville, NY 13367

Contact Person: Heather Bailey, Treatment Team Leader

Eligibility: Children or adults must have disabilities including Developmental Disabilities, Cerebral Palsy, Autism, Epilepsy, and neurological impairments.

Services: Residential - for Adults 18 and over. Intermediate Residential Alternatives (IRAs) provide day habilitation for adults, home care services/in-home respite, linkage and referrals and advocacy.

Hours: Monday – Friday 8:00-4:30

### **Children with Special Needs Programs**

**315-376-5453**

Lewis County Public Health  
7785 North State Street, Suite 2  
Lowville, NY 13367

Fax: 315-376-7013

Contact Persons: Rebecca Kelly, Coordinator  
Cathy Dosztan, Service Coordinator

Services: Child Find Program (birth to 3), Early Intervention Program (birth to 3), Preschool Special Education Program (age 3 to 5).

Eligibility:

- 1) Birth to age 21, depending on program
- 2) Developmental delay, diagnosed chronic or physical condition or children “at risk”
- 3) Lewis County Resident

Fees: None

**Early Childhood Program- BOCES  
Howard G. Sackett Technical Center**

55836 State Route 12  
Glenfield, NY 13343

**315-377-7300**  
Fax: 315-377-7309

Contact Person: Rebecca Sweredoski, Early Childhood Instructor

Early Childhood students participate in internships within the community where they gain valuable real-life experiences as they apply their knowledge and skills learned at the vocational center.

**Hand in Hand Early Childhood Center**

**315-376-9414**

5780 Brookside Circle  
Lowville, NY 13367

<http://www.hihecc.com/lowville.html>

Contact Person: Jenniffer Bleakley, Director  
[www.hihecc.director@gmail.com](http://www.hihecc.director@gmail.com)

Age: 6 weeks – school age

Services: Provides day care programs for children ages 6 weeks through 5 years, full day preschool, and before school care for Lowville school district (6:30 am – 8:00 am). A tuition-based After School Program is offered at Lowville Academy and South Lewis School for grades K-8 daily until 6:00 when school is in attendance.

Hours: Monday – Friday 7:00-5:30

**Jefferson-Lewis Child Care Project (CAPC of Jefferson County) 315-782-4900  
Ext. 239**

518 Davidson Street  
Watertown, NY 13601

Contact Persons: Cathy Brodeur, Director  
Nikkia Kolbinski, Parent Referral

Services: Child care resource and referral, family daycare provider registration assistance; enroll legally exempt processing for providers. Confidential assistance and follow-up. Training for in-home providers and classrooms.

Hours: Monday – Friday 8:00-4:00

**Lewis County Head Start**

7673 North State Street, PO Box 206  
Lowville, NY 13367

[www.lewiscountynyheadstart.com](http://www.lewiscountynyheadstart.com)

**315-376-7531 option 5**

Fax: 315-376-8302

Contact Person: Amy Marti, Executive Director

Services: Head Start serves three and four-year-old children and their families. The purpose of the program is to promote school readiness by enhancing the social and cognitive development of children through educational, health, nutritional, social and emotional support services to enrolled children and their families. The agency serves all areas of the county offering either classroom or Early Head Start home-based services. Children with disabilities make up at least 10% of the enrollment.

Eligibility: 90% of families must meet the Federal Income Guidelines; 10% of the enrollment may exceed the income guidelines.

Hours: Monday – Friday 8:00-4:00

**Milestones-Little Luke's Children Center**

16783 Ives Street Road  
Watertown, NY 13601

**315-207-2022**

Fax 93150 326-0052

Contact Person: Lynn Amell, Executive Director

Services: Early Intervention and Pre-K Services; evaluations, therapist and home base services.



Hours: Monday – Friday 9:00-4:00

**Northern New York Cerebral Palsy Association**

**315-788-5650**

714 Washington Street  
Watertown, NY 13601

Contact Persons: Barb Trombley, Medicaid Service Coordinator  
Madonna Westtake, MSC Supervisor

Services: Provides the following programs and services to fit your needs: Environmental Modifications

Home Modification	Case Management
Family Reimbursement	Guardianship Assistance
Plan of Care	Home Habilitation
Home and Community Based Waiver	
Medicaid Service Coordination	
FI (Fiscal Intermediary)	

Cerebral Palsy Specialty clinics are held on a monthly basis. We provide the opportunity for Physical Therapists, Occupational Therapists, Orthotic Consultants, medical Supply Consultants, Service Coordinators and Nursing staff on site, at the time of clinic.

Hours: Monday – Friday 8:00-4:00

**Northern Regional Center for Independent Living**

**315-836-3735**

5520 Jackson Street  
Lowville, NY 13367

Fax: 315-376-3404

[www.nrcil.net](http://www.nrcil.net)

E-mail: [karenb@nrcil.net](mailto:karenb@nrcil.net)

Contact Person: Karen Boliver, Associate Director

Services: Family Support and Independent Living supports. Peer to Peer Advocacy, Mental Health Advocacy. Mental Health Recovery Center, (Women's, Men's, Anger and Wellness Groups) Recovery Coaches, Benefits Advisements, and Many Support

Groups. Employment Training and Placement. SPARK-helping students with life skills and moving into adulthood, with schools. Parent groups and parenting education classes. Lending library of CDs and books as resources. Resource room for lending equipment needed for disabilities. Respite for families, educational advocacy. R.O.T.E.O. (Reaching Out To Each Other), social group for adults. Making the Connection. SMART and Double Trouble Recovery Programs. A community computer, fax, phone, and copier.

Hours: Monday – Friday 8:30-4:30. Crisis or Crisis Recovery Line for any time after 4:30, 315-755-8408

### **NY Connects Your Link for Long Term Services and Support**

**315-376-5432**

Lowville Commons  
7550 South State Street  
Lowville, NY 13367  
[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

Mailing Address: Fax: 315-376-5105  
7660 South State Street  
Lowville, NY 13367

Contact Person: Stephen Virckler, Long Term Care Coordinator

Services: Provides assistance to children, parents or elderly people by connecting them to resources that assist with their needs and disabilities.

Eligibility: Anyone with questions or needing assistance in finding disability resources and/or long term care needs.

Hours: Monday – Friday 8:30-4:30, Answering service also available

**NYS Office of Children and Family Services,  
Bureau of Early Childhood Services**

**315-423-1202  
1-800-732-5207**

## **SCHOOLS**

Beaver River Central School  
9508 Artz Road, PO Box 179  
Beaver Falls, NY 13305

[www.brcsd.org](http://www.brcsd.org)

Transportation

315-346-1211  
Fax: 315-346-6775

315-346-1211

Copenhagen Central School  
3020 Mechanic Street, PO Box 30  
Copenhagen, NY 13626

<http://www.ccsknights.org/>

315-688-4411  
Fax: 315-688-2001

Harrisville Central School  
14371 Pirate Road  
Harrisville, NY 13648

<http://www.hcsk12.org/site/default.aspx?PageID=1>

315-543-2707  
Fax: 315-543-2360

Lowville Academy and Central School  
7668 North State Street  
Lowville, NY 13367

<http://www.lowvilleacademy.org/>

Fax: 315-376-1933

Transportation

Elementary School Principal's Office

Middle School

High School Principal's Office

Health Office

315-376-7212  
315-376-9005  
315-376-9010  
315-376-9015  
315-376-9007

River Valley Mennonite School  
5473 State Route 410  
Castorland, NY 13620

315-493-0187

South Lewis Central School  
4264 County Road 43, PO Box 10  
Turin, NY 13473

[www.southlewis.org](http://www.southlewis.org)

315-348-2500  
Fax: 315-348-2510

Transportation Department	315-348-2590
Information Line-Weather	315-348-2653 (COLD)
Principal's Office/Middle School	315-348-2570
Principal's Office/High School	315-348-2520
Nurse	315-348-2525
Attendance Office/Middle & High School	315-348-2526

## **RECREATIONAL PLAYGROUNDS/PARKS IN LEWIS COUNTY**

- Beaver Falls – Beaver Falls Recreation, East Main Street
- Constableville - Constableville Rec Center, Main Street
- Croghan – Croghan Recreation Park, 9562 Park Drive
- Greig – Town of Greig Community Park, 5300 Greig Road
- Harrisville – Swings, Springs & Other Things, Church Street
- Lowville – Lewis County Fairgrounds, Bostwick Street
- Lowville – Veteran’s Memorial Park, Parkway Drive
- Lyons Falls – Riverside Park, 6904 Laura Street
- Martinsburg – Whetstone Gulf State Park, 6065 West Road
- Martinsburg – Whitaker Park, 5836 Whitaker Road
- [www.whitakerpark.com](http://www.whitakerpark.com)
- Turin – Turin Community Park, Route 26
- Watson – Watson Community Park, Number Four Road

## **Ice Skating**

- Constableville – Constableville Rec Center, Main Street 315-397-2569
- Croghan – Croghan Recreation Park, 9562 Park Drive 315-346-1979
- Harrisville – Swings, Springs & Other Things, Church Street
- Lowville – Lewis County Fairgrounds, Bostwick Street 315-376-6528
- Lyons Falls – Riverside Park, 6904 Laura Street 315-348-8744

## **THRIFT SHOPS**

### **Family Thrift Shop**

**315-376-4146**

5410 Shady Avenue  
Lowville, NY 13367

Services: Good used clothing, all sizes, including shoes

Hours: Wednesday, Thursday, Friday 9:30-4:00

**Forest Finds**

**315-348-8119**

Forest Presbyterian Church  
4109 Center Street  
Lyons Falls, NY 13368

Services: All sizes of good used clothing, household goods, etc.

Hours: Tuesday & Thursday 1:00-4:00, Saturday 9:00-12:00

**Matthew's Place**

**315-942-5636**

165 Main Street  
Boonville, NY 13309

Services: All sizes of clothing and shoes, bedding and a variety of house ware items.

Hours: Wednesday, Thursday, Friday & Saturday 10:00-1:00

Food Pantry: Same hours as the store

**Opportunity Knocks Thrift Store**

**315-376-2981**

8255 State Route 812  
Lowville, NY 13367

Contact Person: Shauna Roggie, FSM

315-376-8202

Services: Offers a variety of used goods: clothing, household items and furniture. Donations accepted.

Hours: Monday – Friday 9:00-3:00