

COMMUNITY RESOURCE GUIDE



LEWIS
COUNTY
NEW YORK

Resources at your fingertips!



NY Connects
Your Link to Long Term
Services and Supports



Publication brought to you by
Lewis County Office for the Aging & NY Connects

Clothing Assistance

- Forest Finds, Lyons Falls.....315-348-8119
Website: forestpresbyterianchurch.org
- Matthews Place, Boonville.....315-942-5636
Website: matthewsplace.mynny.biz
- Opportunity Knocks, New Bremen.....315-376-2981
Website: lewiscountyopportunities.com

Crisis Intervention

- Adult Protective Services (DSS).....315-376-5400
Website: lewiscountyny.gov/departments/social-services
- THRIVE Wellnes and Recovery.....315-376-5450
Crisis Number (evenings & weekends).....315-405-0696
Website: thrivenny.com
- Crisis Hot Line.....text "HOME" to 741741
Lewis County General Hospital Emergency Department.....315-376-5252
Website: lcgh.net
- Child Abuse Hotline.....1-800-342-3720
- Crisis Response for Children.....315-782-2327
Website: chjc.org/crisis-response
- Diabulimia Helpline (eating disorders with Type 1 diabetics).....1-425-985-3635
Website: diabulimiahelpline.org
- Domestic Violence/Rape Crisis/Victims Services.....315-376-4357
Website: lewiscountyopportunities.com
- National Eating Disorders Association.....1-800-931-2237
Website: nationaleatingdisorders.org
- National Association of Anorexia Nervosa & Associated Disorders (NADA).....1-888-375-7767
Website: anad.org
- New York Council on Problem Gambling.....518-867-4084
Website: nyproblemgambling.org
- NYS Office of Addiction & Supports (Gambling).....1-877-846-7369
Website: oasas.ny.gov/gambling/get-support
- Suicide & Crisis Lifeline/LGBTQ Youth Suicide & Crisis Line.....Dial 988
Website: 988lifeline.org
- Traumatic Loss Team.....315-376-9735
Website: lewiscountyny.gov/departments/community-service/hotlines

Daycare

- Community Action Planning Council.....315-782-4900
Website: capcjc.org
- DSS Daycare Funding.....315-376-5400
Website: lewiscountyny.gov/departments/social-services
- Hand in Hand Early Childhood Center.....315-376-9414
Website: handinhandlowville.com

Disability Services for Adults and Children

- The ARC Oneida/Lewis - NYSARC.....315-348-8401
Website: thearc.org
- Central Association for the Blind.....315-797-2233
Website: cabvi.org
- Central NY Developmental Disabilities Office, Region 2.....315-473-6978
Website: opwdd.ny.gov
- Children with Special Needs (Public Health).....315-376-5453
Website: lewiscountyny.gov/departments/public-health

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| Disabled Persons Action Organization | |
| Watertown..... | 315-782-3577 |
| Lyons Falls..... | 315-348-8380 |
| Website: <i>dpao.org</i> | |
| Kelberman - The Center for Excellence of Autism..... | 315-797-6241 |
| Website: <i>kelberman.org</i> | |
| LifePlan CCO NY..... | 315-565-2612 |
| Website: <i>lifeplanccony.com</i> | |
| NNY Cerebral Palsy Association..... | 315-788-5650 |
| Website: <i>nycerebralpalsy.org</i> | |
| NRCIL (Northern Regional Center for Independent Living)..... | 315-836-3735 |
| Website: <i>nrcil.net</i> | |
| Parent to Parent of NYS..... | 518-381-4350 |
| Website: <i>ptopnys.org</i> | |
| The ARC Jefferson-St.Lawrence Early Intervention/Case Management..... | 315-788-2730 |
| Website: <i>the.arc.org/chapter/the-arc-jefferson-st-lawrence</i> | |

Education

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|--|----------------|
| ACCES-VR (Vocational Rehabilitation)..... | 315-793-2536 |
| P-12 Education..... | 1-518-474-3862 |
| TASC (formerly GED)..... | 1-518-474-5906 |
| Office of Higher Education..... | 1-518-486-3633 |
| Website: <i>access.nysed.gov/vr</i> | |
| Alternative Center for Educational Services (ACES)..... | 315-377-7365 |
| Website: <i>boces.com</i> | |
| Adirondack Central School..... | 315-942-9200 |
| Website: <i>adirondackcsd.org</i> | |
| Beaver River Central School..... | 315-346-1211 |
| Website: <i>brcsd.org</i> | |
| Copenhagen Central School..... | 315-688-4411 |
| Website: <i>ccsknights.org</i> | |
| Harrisville Central School..... | 315-543-2707 |
| Website: <i>hcsk12.org</i> | |
| Howard G. Sackett Technical Center (BOCES), Glenfield..... | 315-377-7300 |
| Website: <i>boces.com</i> | |
| Jefferson Community College (JCC) | 315-786-2200 |
| Lewis County Education Center (JCC)..... | 315-376-9701 |
| Website: <i>sunyjefferson.edu</i> | |
| Jefferson-Lewis BOCES (Adult Education/Night Schooling)..... | 315-779-7200 |
| Website: <i>boces.com</i> | |
| Lewis County Head Start..... | 315-376-7531 |
| Website: <i>lewiscountynyheadstart.com</i> | |
| Literacy of Northern New York..... | 315-376-8188 |
| Jefferson County..... | 315-782-4270 |
| Website: <i>literacynny.org</i> | |
| Lowville Academy and Central School..... | 315-376-9000 |
| Website: <i>lowvilleacademy.org</i> | |
| River Valley Mennonite School..... | 315-493-0187 |
| Website: <i>rvmsroyals.com</i> | |
| South Lewis Central School..... | 315-348-2500 |
| Website: <i>southlewis.org</i> | |

Employment

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| ACCESS-VR (Vocational Rehabilitation)..... | 1-800-222-5627 |
| Office of the Professions..... | 1-518-474-3817 |
| <i>Website: acces.nysed.gov/v</i> | |
| Lewis County Workplace..... | 315-376-5800 |
| <i>Website: lewiscountyny.gov/departments/the-workplace</i> | |
| PIVOT Employee Assistance Program..... | 315-377-6600 |
| <i>Website: pivot2health.com</i> | |
| Unemployment Insurance..... | 1-888-209-8124 |
| <i>Website: labor.ny.gov</i> | |

Family & Children Services

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| Car Seat Fit Station (Lewis County Opportunities)..... | 315-376-8202 |
| Double Play Community Center..... | 315-376-7001 |
| <i>Website: doubleplaycc.com</i> | |
| DSS Support Collection Unit..... | 315-376-5400 |
| <i>Website: lewiscountyny.gov/departments/social-services</i> | |
| Family Support Services (NRCIL)..... | 315-836-3735 |
| <i>Website: nrcil.net</i> | |
| Fort Drum Soldiers & Family Assistance Center..... | 315-772-7781 |
| Single Point of Access (SPOA) Coordinator..... | 315-377-6014 |
| THRIVE Wellness and Recovery..... | 315-376-5450 |
| <i>Website: thriveny.com</i> | |

Food Assistance

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| Home Delivered Meals (Office for the Aging)..... | 315-376-5313 |
| <i>Website: lewiscountyny.gov/departments/office-for-the-aging</i> | |
| SNAP Benefit/Food Stamps..... | 315-376-5400 |
| <i>Websites: mybenefits.ny.gov / nyconnects.ny.gov</i> | |
| Food Bank of Central New York (SNAP application assistance)..... | 315-437-1899, ext. 259 |
| <i>Website: foodbankcny.org</i> | |

Food Pantries

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| Croghan Food Pantry..... | 315-921-0830 |
| Lewis County Opportunities - Copenhagen, Harrisville, New Bremen & Port Leyden..... | 315-376-8202 |
| <i>Website: lewiscountyopportunities.com</i> | |
| Lowville Food Pantry..... | 315-376-7431 |
| <i>Website: lowvillefoodpantry.org</i> | |
| Matthew's Place..... | 315-942-5636 |
| <i>Website: matthewsplace.mynny.biz</i> | |

Health Services & Supports

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| Cancer Services of the North Country..... | 1-866-442-2262 |
| <i>Website: health.ny.gov/cancerservicesprogram</i> | |
| CareNet of NNY | |
| Lowville..... | 315-874-4015 |
| Watertown..... | 315-782-5433 |
| <i>Website: carenetny.com</i> | |
| Home Health & Hospice..... | 315-376-5308 |
| <i>Website: lcgh.net</i> | |
| Lewis County General Clinical Resource..... | 315-376-5608 |
| <i>Website: lcgh.net</i> | |
| Lewis County Residential Healthcare Facility (intake)..... | 315-376-5205 |
| <i>Website: lcgh.net</i> | |

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|---|----------------|
| Lewis County Public Health..... | 315-376-5453 |
| <i>Website: lewiscountypublichealth.com</i> | |
| Lowville Dialysis Center..... | 1-800-424-6589 |
| <i>Website: davita.com/locations/ny/lowville/7785-n-state-st-5370</i> | |
| Lowville Family Dental Center..... | 315-376-4500 |
| <i>Website: nocofamilyhealth.org</i> | |
| North Country Prenatal/Perinatal Council..... | 315-788-8533 |
| <i>Website: ncppc.org</i> | |
| Planned Parenthood of NNY..... | 315-804-6174 |
| <i>Website: plannedparenthood.org</i> | |
| US Care Systems, Inc..... | 315-755-2258 |
| <i>Website: uscaresystems.com</i> | |

Hospitals & Medical Centers

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| Beaver River Health Center..... | 315-346-6824 |
| <i>Website: lcgh.net/beaver-river-health-center</i> | |
| Carthage Area Hospital..... | 315-493-1000 |
| <i>Website: carthagehospital.com</i> | |
| Copenhagen Health Center..... | 315-688-2305 |
| <i>Website: lcgh.net/copenhagen</i> | |
| Harrisville Health Center..... | 315-537-5041 |
| <i>Website: lcgh.net/harrisville-health-center</i> | |
| Lewis County General Hospital..... | 315-376-5200 |
| <i>Website: lcgh.net</i> | |
| Lowville Family Health..... | 315-376-4600 |
| <i>Website: nocofamilyhealth.org</i> | |
| North Country Family Dental..... | 315-376-4500 |
| <i>Website: nocofamilyhealth.org</i> | |
| South Lewis Health Center..... | 315-348-8407 |
| <i>Website: lcgh.net/south-lewis-health-center</i> | |
| Veterans Affairs Clinic | |
| Rome..... | 315-334-7100 |
| Watertown..... | 315-221-7026 |
| Syracuse..... | 315-425-4400 |
| <i>Website: syracuse.va.gov</i> | |

Housing Assistance

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|---|--------------|
| Emergency Homeless Assistance (DSS)..... | 315-376-5400 |
| <i>Website: lewiscountyny.gov/departments/social-services</i> | |
| Lewis County Opportunities..... | 315-376-8202 |
| <i>Website: lewiscountyopportunities.com</i> | |
| Snow Belt Housing Company..... | 315-376-2639 |
| <i>Website: snowbelt.org</i> | |
| THRIVE Wellness and Recovery..... | 315-376-5450 |
| <i>Website: thrivenny.com</i> | |

Insurance

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| AIDS Community Resource Health Patient Navigator..... | 1-800-475-2430 |
| <i>Website: communityhealthadvocates.org/agency/acr-health</i> | |
| North Country Prenatal/Perinatal Council..... | 315-788-8533 |
| <i>Website: ncppc.org</i> | |
| Lewis County Office for the Aging (Medicare)..... | 315-376-5313 |
| <i>Website: lewiscountyny.gov/departments/office-for-the-Aging</i> | |

Law Enforcement

DIAL 911 FOR EMERGENCIES

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| Department of Environmental Conservation (DEC)..... | 315-376-3521 |
| <i>Website: dec.ny.gov/lands/8075.html</i> | |
| Lowville Village Police Department..... | 315-376-6511 |
| Lewis County Sheriff's Department..... | 315-376-3511 |
| <i>Website: lewiscountyny.gov/departments/jail</i> | |
| New York State Police | |
| Lowville..... | 315-376-6513 |
| Carthage..... | 315-493-1331 |
| <i>Website: troopers.ny.gov</i> | |

Legal Services

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|--|----------------|
| District Attorney..... | 315-376-5390 |
| <i>Website: lewiscounty.ny.gov/departments/district-attorney</i> | |
| Family Court..... | 315-570-2440 |
| <i>Website: nycourts.gov/courts/5jd/lewis</i> | |
| Legal Services of Central New York..... | 1-877-777-6152 |
| <i>Website: lscny.org</i> | |
| New York State Justice Center..... | 1-855-373-2122 |
| <i>Website: justicecenter.ny.gov</i> | |
| Persons in Need of Supervision (PINS)..... | 315-376-5400 |
| <i>Website: lewiscounty.ny.gov/departments/social-services</i> | |
| Probation Department..... | 315-376-5358 |
| <i>Website: lewiscounty.ny.gov/departments/probation</i> | |
| Public Defender..... | 315-376-7543 |
| <i>Website: lewiscounty.ny.gov/departments/</i> | |
| Resolution Center of Lewis & Jefferson County..... | 315-785-0333 |
| <i>Website: resolution-center.net</i> | |

Mental Health Services

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| Carthage Area Hospital Behavioral Health..... | 315-493-3300 |
| <i>Website: carthagehospital.com</i> | |
| Children's Home of Jefferson County..... | 315-788-7430 |
| Crisis Telephone..... | 315-782-2327 |
| <i>Website: chjc.org</i> | |
| THRIVE Wellness and Recovery..... | 315-376-5450 |
| <i>Website: thrivenny.com</i> | |
| Mobile Integration Team (St. Lawrence Psychiatric Team)..... | 1-844-863-9314 |
| <i>Website: omh.ny.gov</i> | |
| Northern Regional Center for Independent Living..... | 315-836-3735 |
| <i>Website: plannedparenthood.org</i> | |

Parenting Classes

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|--|--------------|
| CareNet of NNY..... | 315-874-4015 |
| <i>Website: carenetny.com</i> | |
| Cornell Cooperative Extension of Lewis County..... | 315-376-5270 |
| <i>Website: ccelewis.org</i> | |
| NRCIL (Northern Regional Center for Independent Living)..... | 315-836-3735 |
| <i>Website: nrcil.net</i> | |

Personal Care/Home Care

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|--|--------------|
| Lewis County Department of Social Services (DSS)..... | 315-376-5400 |
| <i>Website: lewiscountyny.gov/departments/social-services</i> | |
| Lewis County Office for the Aging..... | 315-376-5313 |
| <i>Website: lewiscountyny.gov/departments/office-for-the-aging</i> | |
| Seniors Helping Seniors..... | 315-405-4950 |
| <i>Website: seniorcarenorthernny.com</i> | |
| US Care Systems, Inc..... | 315-755-2258 |
| <i>Website: uscaresystems.com</i> | |

Programs for Pregnant Moms

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| Breast Feeding/Lactation Consultant..... | 315-376-5200 |
| <i>Website: lcgh.net</i> | |
| CareNet of NNY | |
| Lowville..... | 315-874-4015 |
| <i>Website: carenetny.com</i> | |
| Lewis County General Hospital Maternity..... | 315-376-5602 |
| <i>Website: lcgh.net</i> | |
| Planned Parenthood of NNY..... | 315-804-6174 |
| <i>Website: plannedparenthood.org</i> | |
| Women, Infants, Children Program (WIC)..... | 315-376-6427 |
| <i>Website: nocofamilyhealth.org</i> | |
| Lewis County General Hospital Women’s Health Center..... | 315-376-5475 |
| <i>Website: lcgh.net</i> | |
| North Country Prenatal/Perinatal Council..... | 315-788-8533 |
| <i>Website: ncppc.org</i> | |

STD Testing

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|---|--------------|
| Lewis County Public Health..... | 315-376-5453 |
| <i>Website: lewiscountypublichealth.com</i> | |
| Planned Parenthood of NNY..... | 315-804-6174 |
| <i>Website: plannedparenthood.org</i> | |

Substance Abuse

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| Pivot Employee Assistance Program | |
| Lowville..... | 315-377-6600 |
| Watertown..... | 315-788-4660 |
| <i>Website: pivot2health.com</i> | |
| Samaritan Medical Center Behavioral Health..... | 315-779-5060 |
| <i>Website: samaritanhealth.com</i> | |
| THRIVE Wellness and Recovery..... | 315-376-5450 |
| <i>Website: thrivenny.com</i> | |
| United Prevention (UP!) Coalition..... | 315-204-0499 |
| <i>Website: uplewiscounty.org</i> | |

Transportation

- Birnie Bus Service, Lewis County.....315-376-6508
- Joseph P. Dwyer Veteran Peer Support.....315-767-0908
- Lewis County Office for the Aging.....315-376-5313
Website: lewiscountyny.gov/departments/office-for-the-aging
- Lewis County Public Transportation.....Text; 315-377-2024
Website: lewiscountyny.gov/public-transportation
- Medical Answering Service (MAS).....800-430-6681
Website: medanswering.com
- Volunteer Transportation Center (VTC).....315-788-0422
Website: volunteertransportationcenter.org

Utility Assistance

- Home Energy Assistance Program (HEAP).....315-376-5400
Website: otda.ny.gov/programs/heap
- Lewis County Opportunities.....315-376-8202
Website: lewiscountyopportunities.com
- Lifeline (phone discount).....1-800-921-8101
Website: lifelinesupport.org
- National Grid Emergency Assistance Program (extra help for HEAP recipients).....315-460-7671
- Safelink Wireless.....1-800-723-3546
Website: safelinkwireless.com

Weatherization

- EmPower.....1-800-263-3546
Website: nyserdera.gov/All-Programs/EmPower-New-York-Program
- Lewis County Opportunities.....315-376-8202
Website: lewiscountyopportunities.com
- Snow Belt Housing Company.....315-376-2639
Website: snowbelt.org
- USDA Rural Development.....315-782-7289
Website: rd.usda.gov/ny

THIS DIRECTORY IS BROUGHT TO YOU BY:

Lewis County Office for the Aging

5274 Outer Stowe Street
 PO Box 193
 Lowville, NY 13367
 Phone: 315-376-5313
 Email: ofa@lewiscounty.ny.gov
 Website: lewiscountyny.gov/departments/office-for-the-aging



NY Connects

315-376-5432 (OFA)
 315-785-8703, Ext. 212 (NRCIL)
 1-800-342-9871
 Website: nyconnects.ny.gov



For more information, visit:

nyconnects.ny.gov
 lewiscountyny.gov

OTHER RESOURCES, INFORMATION & ASSISTANCE

| | |
|--|-----------------------|
| ACR Health Home..... | 1-800-475-2430 |
| <i>Website: acrhealth.org</i> | |
| Alzheimer's Association..... | 1-800-272-3900 |
| <i>Website: alz.org</i> | |
| American Heart Association..... | 1-800-242-8721 |
| <i>Website: heart.org</i> | |
| American Red Cross..... | 315-234-2200 |
| <i>Website: redcross.org</i> | |
| Department of Motor Vehicles..... | 315-376-5331 |
| <i>Website: lewiscounty.ny.gov/departments/department-of-motor-vehicles</i> | |
| Lewis County Community Services..... | 315-376-5858 |
| <i>Website: lewiscounty.ny.gov/departments/community-services</i> | |
| Lewis County Office for the Aging..... | 315-376-5313 |
| <i>Website: lewiscounty.ny.gov/departments/office-for-the-aging</i> | |
| Lewis County Public Health..... | 315-376-5453 |
| <i>Website: lewiscounty.ny.gov/departments/public-health</i> | |
| Lewis County Veterans Service Agency..... | 315-376-5316 |
| <i>Website: lewiscounty.ny.gov/departments/veterans-service</i> | |
| LCGH Fund for Hope..... | 315-376-5110 |
| <i>Website: lcgh.net/lcgh-fund-for-hope</i> | |
| Migrant Worker Support/Outreach (Lewis, Jefferson, Oswego & Onondaga Counties)..... | 315-592-0830 |
| <i>Website: oco.org/health-services/migrant-health</i> | |
| Naturally Lewis..... | 315-376-2213 |
| <i>Website: discovertughill.com</i> | |
| NY Connects (Choices for Long-Term Care) | |
| Lewis County Office for the Aging..... | 315-376-5432 |
| NRCIL- Watertown Office..... | 315-785-8703 ext. 212 |
| <i>Website: nyconnects.ny.gov</i> | |
| NRCIL - Lowville Office (Northern Regional Center for Independent Living)..... | 315-836-3735 |
| <i>Website: nrcil.net</i> | |
| Poison Control Center..... | 1-800-222-1222 |
| Social Security Administration (Watertown Office)..... | 1-866-627-6995 |
| <i>Website: ssa.gov</i> | |
| Soldiers on Veterans Outreach..... | 1-866-406-8449 |
| <i>Website: wesoldieron.org</i> | |
| Smoking Cessation..... | 1-866-697-8487 |
| <i>Website: nysmokefree.com</i> | |
| Single Point of Access (SPOA) Coordinator..... | 315-377-6014 |
| Taking Care of Our Own..... | 315-348-4211 |
| <i>Website: lctakingcareofourown.com</i> | |
| THRIVE Wellness and Recovery..... | 315-376-5450 |
| <i>Website: thriveny.com</i> | |
| Traumatic Brain Injury (Syracuse)..... | 315-472-3171 |
| <i>Website: ariseinc.org</i> | |