

# Where to Turn Resource Directory

**Essex County Office for the Aging**

**&**

**Essex County NY Connects**

**P.O. Box 217**

**Elizabethtown, NY 12932**

**518-873-3695**

**518-873-3815**



**NY Connects:  
Choices for  
Long Term Care**



## Preface

The Where to Turn Resource Directory is published by the Essex County Office for the Aging, Essex County NY Connects, and the Mental Health Association in Essex County, Inc. This resource is provided to consumers, caregivers, and providers to assist in identifying services that may benefit our community members. Our community members are privileged to have access to a wide array of services that will assist them with carrying out their day-to-day tasks.

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- The Essex County Board of Supervisors
- Title III of the Older American's Act
- The New York State Office for the Aging
- The Mental Health Association in Essex County

### Comments or corrections should be addressed to:

Essex County Office for the Aging  
132 Water Street  
P.O. Box 217  
Elizabethtown, NY 12932  
518-873-3695

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**Disclaimer:** The inclusion or exclusion of an entity does not constitute an endorsement nor signify disapproval by **NY Connects**. **NY Connects** does not assume responsibility for the quality of services provided by any entity deemed eligible for inclusion.

## Table of Contents

Preface.....	2
Table of Contents.....	3
Abuse:Children and Adults.....	4
Aid to the Blind, Deaf, and Disabled.....	7
Aid to the Elderly.....	13
Alcohol and Drug Abuse.....	19
Children, Youth, and Family Services.....	22
Counseling and Mental Health.....	30
Educational Opportunities.....	34
Financial Assistance.....	39
Funeral Homes.....	41
Health Care Information and Support.....	42
Hospitals, Clinics, and Nursing Homes.....	47
Housing and Energy.....	55
In-Home Services.....	56
Information and Referral.....	59
Legal Services and Law Enforcement.....	64
Local Police and Emergency Numbers.....	66
Intellectual and Development Disabilities.....	68
Pharmacies.....	71
Pregnancy and Infant Care.....	72
Schools.....	74
Senior and Family Housing.....	76
Support Groups.....	79
Taxi and Transportation.....	83
Veterans Affairs.....	84
NY Connects.....	85
Toll-Free Numbers.....	86
Index.....	89
Client Satisfaction Survey.....	96

## ABUSE: CHILDREN AND ADULTS

### **Adult Protective Services**

Essex County Department of Social Services  
132 Water Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3550  
Fax: 518-873-3794  
Website: [www.co.essex.ny.us/](http://www.co.essex.ny.us/)

*Services for people 18+ with physical and/or mental impairments unable to protect themselves or their resources, cannot provide for their basic needs, and have no one willing and able to help in a responsible manner.*

### **Behavioral Health Services North, Inc.**

22 U.S. Oval – Suite 218  
Plattsburgh, NY 12903  
Tel: 518-563-8206  
Fax: 518-563-9958  
Website: [www.bhsn.org](http://www.bhsn.org)

Clinical Services (Plattsburgh)  
2155 NY 22B  
Morrisonville, NY 12962  
Tek: 518-563-8000

*Treatment programs for emotionally disturbed children and adults, elder care, respite and caregiver support services, domestic violence services.*

### **Child Abuse Hotline**

NY State Office of Children & Family Services  
Tel: 800-342-3720  
Website: [www.ocfs.ny.gov/main/cps](http://www.ocfs.ny.gov/main/cps)

*24-hour hotline; caller anonymity guaranteed.*

### **Child Find of America, Inc.**

P.O. Box 277  
New Paltz, NY 12561  
Tel: 845-883-6060, 1-800-I-AM-LOST  
Email: [information@childfindofamerica.org](mailto:information@childfindofamerica.org)  
Website: [www.childfindofamerica.org/](http://www.childfindofamerica.org/)

*Brings missing and abducted children home and prevents and resolves the family conflicts that can lead to child abduction and abuse.*

## **ABUSE: CHILDREN AND ADULTS (cont.)**

### **Child Protective Services**

**Essex County Department of Social Services  
7551 Court Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3404  
Website: [www.co.essex.ny.us/](http://www.co.essex.ny.us/)**

*Investigation and assessment services to children, safeguarding the well-being of abused and neglected children, ensuring safety to the child, and preserving and stabilizing family whenever possible.*

### **Essex County Sheriff's Office**

**P.O. Box 68  
702 Stowersville Road  
Lewis, New York 12950  
Tel: 518-873-6321  
Website: [www.co.essex.ny.us/](http://www.co.essex.ny.us/)**

### **Local Police**

**Lake Placid Police - 518-523-3306  
Moriah Police - 518-546-7286  
Saranac Lake – 518-891-4428  
Ticonderoga Police - 518-585-3456  
**For Emergencies, please dial 911****

### **NY State Coalition against Domestic and Sexual Violence**

**119 Washington Avenue  
Albany, NY 12210  
Tel: 518-482-5465  
Tel: 1-800-942-6906 – NYS Hotline  
Fax: 518-482-3807  
Website: [www.nyscadv@nyscadv.org](mailto:www.nyscadv@nyscadv.org)**

*Hotline, crisis counseling, works to ensure the effective and appropriate services to survivors through community outreach, training, technical assistance, and policy development.*

### **Sexual Assault Services of Essex County**

**6470 Main St, Suite 2  
PO Box 582  
Westport, NY 12993  
24-Hour Hotline: 877-212-2323**

*Counseling on sexual assault issues and relationships over the age of 12. 24-hour hotline, crisis counseling, therapy, advocacy, information and referrals, prevention education/training. Services are provided to victims of sexual assault no matter when the assault occurred. Whether it was 2 hours ago or 20 years ago, services can be provided. Crime Victims Board claims.*



## AID TO BLIND, DEAF, AND DISABLED

### **Advocacy for the Developmentally Disabled (Starbridge)**

1650 South Avenue, Suite 200  
Rochester, NY 14620  
Tel: 585-546-1700  
Fax: 585-224-7100  
Web: [www.starbridgeinc.org](http://www.starbridgeinc.org)

*Information and referral for developmentally disabled, employment and community living services, community education.*

### **Behavioral Health Services North, Inc.**

22 U.S. Oval, Suite 218  
Plattsburgh, NY 12903  
Tel: 518-563-8206  
Fax: 518-563-9958  
Website: [www.bhsn.org](http://www.bhsn.org)

*Offers behavioral health, case management, psychiatric, mental health, outpatient treatments, rehabilitation, counseling, nursing, alcohol and drug testing, and employee assistance services.*

### **Board of Cooperative Educational Services (BOCES)**

#### **Champlain Valley Educational Services (CVES)**

##### **Malone Campus**

23 Huskie Lane  
Malone, NY 12953  
Tel: 518-483-6420

##### **Mineville Campus**

3092 Plank Road  
Mineville, NY 12956  
Tel: 518-942-6691

##### **Plattsburgh Campus**

1585 Military Turnpike  
Plattsburgh, NY 12901  
Tel: 518-536-7340  
Website: [www.cves.org](http://www.cves.org)

*CV-TEC Programs: Building trades, natural resource management, allied health, cosmetology, auto technology, child care, special education programs, alternative ed/GED prep.*

### **Center for Disability Services**

314 South Manning Blvd.  
Albany, NY 12208  
Tel: 518-437-5700  
Website: [www.cfdsny.org](http://www.cfdsny.org)

*The Center for Disability Services provides services throughout upstate New York to enable and empower people, primarily those with disabilities, to lead healthy and enriched lives.*

## AID TO BLIND, DEAF, AND DISABLED (cont.)

### **Cerebral Palsy Association of the North Country**

380 County Rte 51 (Creighton Road)

Malone, NY 12953

Tel: 518-483-1076

Fax: 518-483-1039

Website: [www.cpnorthcountry.org](http://www.cpnorthcountry.org)

*Provides family services, advocacy, and community living options for people with disabilities.*

### **Client Assistance Program**

Resource Center for Independent Living, Inc.

131 Genesee St, PO Box 210

Utica, NY 13503-0210

Tel: 315-797-4642

Fax: 315-797-4747

Website: [www.rcil.com](http://www.rcil.com)

*Support, education, and advocacy for people with disabilities to ensure that choices for independent living are respected.*

### **Clover Patch Camp**

55 Helping Hand Lane

Glenville, NY 12302

Tel: 518-384-3042

Fax: 518-384-3001

Website: [www.cloverpatchcamp.org](http://www.cloverpatchcamp.org)

*Clover Patch Camp serves as a residential summer camp for adults and children with developmental disabilities. Operated by the Center for Disability Services, camp also serves as a respite for families providing a fully accessible facility, including an accessible therapeutic swimming pool, with trained staff.*

### **Eleanor M. Luse Center for Disorders of Communication**

#### **UVM College of Nursing & Health Science**

489 Main Street

Burlington, VT 05401

Tel: 802-656-3861

Fax: 802-656-2528

Website: [www.uvm.edu](http://www.uvm.edu)

*Provides hearing health care, voice, speech, and language therapy, and treatment for stuttering in children and adults.*

### **Learning Disabilities Association of NY State**

1202 Troy Schenectady Road

Latham, NY 12110

Tel: 518-608-8992

Fax: 518-608-8993

Website: [www.ldanys.org/](http://www.ldanys.org/)

*Individual case advocacy, community education, information and referral for people with learning disabilities and related neurological impairments.*



## **AID TO BLIND, DEAF, AND DISABLED (cont.)**

### **Medicaid Program**

**Essex County Department of Social Services  
7551 Court Street  
PO Box 217  
Elizabethtown, New York 12932  
Tel: 518-873-3441, 518-873-3450  
Fax: 518-873-3499  
Website: [www.co.essex.ny.us/](http://www.co.essex.ny.us/)**

*Assistance program for low-income individuals/families or people with disabilities who are unable to pay for medical care.*

### **Mental Health Association in Essex County, Inc.**

**6096 NYS Route 9N  
Westport, NY 12993  
Tel: 518-962-2077  
Tel: 800-440-8074  
Fax: 518-962-8233  
Website: [www.mhainessex.org/](http://www.mhainessex.org/)**

*A wide range of programs to facilitate the recovery of people who have experienced mental illness.*

### **Mountain Lake Services**

**10 St. Patrick's Place  
Port Henry, NY 12974  
Tel: 518-546-3381  
Fax: 518-546-7138  
Website: [www.mountainlakeservices.org/](http://www.mountainlakeservices.org/)**

*Residential/vocational/day programs, services for developmentally disabled adults and children.*

### **New York State Commission on Quality of Care and Advocacy for People with Disabilities**

**401 State Street  
Schenectady, NY 12305-2397  
Tel: 1-800-624-4143 or 518-388-2892  
Fax: 518-388-2890  
Website: [www.nyconnects.ny.gov/providers/advocacy](http://www.nyconnects.ny.gov/providers/advocacy)**

*An independent agency responsible for oversight in the state's mental hygiene system, investigates and responds to requests concerning patient/resident care and treatment that cannot be resolved within facilities; CAP - employment and training advocacy services; PAIMI (Protection and Advocacy for Individuals with Mental Illness), New York State Assistive Technology Advocacy Project.*

## AID TO BLIND, DEAF, AND DISABLED (cont.)

### **New York State Office for People with Developmental Disabilities**

44 Holland Avenue  
Albany, New York 12229  
Tel: 866-946-9733  
TTY: 866-933-4889  
Email: [info@opwdd.ny.gov](mailto:info@opwdd.ny.gov)  
Website: [www.opwdd.ny.gov](http://www.opwdd.ny.gov)

*In-patient services for the severely disabled; Out-patient evaluations, assistance getting services for children and adults with developmental disabilities and other physical and/or neurological disabilities.*

### **New York State Commission for the Blind (NYSCB)**

52 Washington St  
Albany District Office  
Rensselaer, NY 12144  
Tel: 518-473-1675  
Tel: 866-871-3000  
Tupper Lake Outstation: 518-359-4353  
Website: [ocfs.ny.gov/main/cb/](http://ocfs.ny.gov/main/cb/)

*Vocational rehabilitation and other direct services to legally blind children, adults, and the elderly, with the goals of economic self-sufficiency and full integration into society.*

### **New York State Talking Book and Braille Library**

Cultural Education Center  
222 Madison Avenue  
Albany, NY 12230  
Tel: 518-474-5935 or 1-800-342-3688  
Fax: 518-474-5786  
Website: [www.nysl.nysed.gov/tbbl/](http://www.nysl.nysed.gov/tbbl/)

*The New York State Talking Book and Braille Library (TBBL) lends Braille, recorded books, and magazines to those who are unable to read standard printed materials because of a visual or physical disability.*

### **North Country Association for the Visually Impaired (NCAVI)**

22 U.S. Oval, Suite B-15  
Plattsburgh, NY 12903  
Tel: 518-562-2330  
Fax: 518-562-2331  
Website: [www.ncavi.org/](http://www.ncavi.org/)

*Free services in Essex, Clinton, Franklin and St. Lawrence Counties to blind and legally blind individuals of all ages. If you or someone you know is living with vision loss NCAVI can help.*

## **AID TO BLIND, DEAF, AND DISABLED (cont.)**

### **North Country Center for Independence**

**80 Sharron Avenue  
Plattsburgh, NY 12901  
Tel: 518-563-9058  
Fax: 518-563-0292  
Website: [www.ncci-online.com/](http://www.ncci-online.com/)**

*Information & referral, peer counseling, advocacy, independent living skills training, accessibility consultation, assistive technology, benefits advisement, employment services, and long-term care information to empower people with disabilities to live more independent & productive lives.*

### **North Country Legal Services (Legal Aid Society of Northeastern NY)**

**100 Court Street  
P.O. Box 989  
Plattsburgh, NY 12901  
Tel: 518-563-4022 or 1-833-628-0087  
Fax: 518-563-4058  
Website: [www.lasnny.org/](http://www.lasnny.org/)**

*Legal counseling and representation, variety of civil areas specializing in handicapped law education, disability claims, public entitlements, landlord/tenant problems, family problems, consumer issues, unemployment.*

### **Northeastern Association for the Blind at Albany**

**301 Washington Avenue  
Albany, NY 12206  
Tel: 518-463-1211  
Website: [www.naba-vision.org/](http://www.naba-vision.org/)**

*Assists individuals who are blind or visually impaired to achieve independence and growth. Services and support are provided that are responsive and flexible to each person's unique needs. NABA provides services throughout the greater Capital Region to residents of Albany, Columbia, Fulton, Greene, eastern Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren and Washington counties.*

### **North Star Family of Services (Citizen Advocates, Inc.)**

**70 Edgewood Road  
Saranac Lake, NY 12983  
Tel: 518-891-5535  
24 hr Crisis Lines: 518-891-5535 or 518-483-3261  
Website: [www.citizenadvocates.net/](http://www.citizenadvocates.net/)**

*Serving individuals with developmental, behavioral, or intellectual challenges of any age to live independent lives; outpatient clinic, work programs, community residences.*

**AID TO BLIND, DEAF, AND DISABLED (cont.)**

**Sunmount DDSO - Administrative Offices**

**2445 State Route 30  
Tupper Lake, NY  
Tel: 518-359-2962, 518-359-4072  
Fax: 518-359-2276  
Website: [www.opwdd.ny.gov/](http://www.opwdd.ny.gov/)**

*Sunmount Developmental Disabilities Services Office (DDSO) serves the six northern New York counties: Franklin, Essex, Clinton, Hamilton, Jefferson and St. Lawrence. In partnership with the local government units and nonprofit private sector agencies, Sunmount DDSO is involved with the planning, development, funding, technical support, quality assurance and direct operations of a wide variety of community-based residential, day and at home support services.*

**Sunmount DDSO - Plattsburgh**

**159 Margaret Street, Suite 104  
Plattsburgh, NY 12901  
Tel: 518-561-8190 ext. 207  
Fax: 518-561-1558  
Website: [www.opwdd.ny.gov/](http://www.opwdd.ny.gov/)**

*Serving people in Essex and Clinton counties who are intellectually disabled, have cerebral palsy, epilepsy, neurological impairment, autism, or other developmental disabilities.*

**SUNY Plattsburgh Speech & Hearing Center**

**101 Broad Street  
Plattsburgh, NY 12901  
Tel: 518-564-2170  
Website: [www.plattsburgh.edu](http://www.plattsburgh.edu)**

*Hearing, Speech, voice and language evaluation, diagnosis and treatment services for infants, children, and adults; hearing aid evaluation, fitting, and dispensing.*

**NOTES**


## AID TO THE ELDERLY

### **American Association of Retired Persons (AARP)**

Customer Support - 888-687-2277

Website: [www.aarp.org](http://www.aarp.org)

*A variety of programs designed for individuals 50 years or older.*

### **Adirondack Community Action Program (ACAP) - Aging Services**

7572 Court Street, Suite 2, P.O. Box 848

Elizabethtown, NY 12932

Tel: 518-873-3207

Fax: 518-873-6845

Website: [www.acapinc.org](http://www.acapinc.org)

*Nutrition Program for the Elderly - Provides nutritious meals, social activities, and information and referral for seniors 60 and over at 13 sites throughout the county. Provides home delivered meals and a daily contact to homebound elderly.*

### **Adult Protective Services**

Essex County Department of Social Services

132 Water Street, P.O. Box 217

Elizabethtown, NY 12932

Tel: 518-873-3550

Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Services for people 18 and over with physical and/or mental impairments who are unable to protect themselves or their resources, cannot provide for their basic needs, and have no one willing and able to help in a responsible manner.*

### **Alzheimer's Disease Assistance Center**

101 Broad Street

227 Sibley Hall - SUNY Plattsburgh

Plattsburgh, NY 12901

Tel: 518-564-3377

Website: [www.plattsburgh.edu/](http://www.plattsburgh.edu/)

*Assessment and diagnosis including Mental Status Assessment and Neuropsychological evaluation. Provides support groups, caregiver resource centers, education and training, adult day programs providing respite for family members.*

### **Alzheimer's Disease Caregiver Support Initiative**

101 Broad Street

528 Sibley Hall – SUNY Plattsburgh

Plattsburgh, NY 12901

Tel: 518-564-3364

Website: [www.plattsburgh.edu](http://www.plattsburgh.edu)

*Expanded support to caregivers of individuals with Alzheimer's disease and other dementias. Services are activities or actions performed, provided, or arranged to promote, improve, conserve, or restore the mental or physical well-being of caregivers and improve their quality of life. Support services include care consultation, family consultation, caregiver support groups, training and education programs, repite, and technology based services.*

## AID TO THE ELDERLY (cont.)

### **Apple Valley Senior Housing Corp.**

1 Apple Valley Drive  
Peru, NY 12972  
Tel: 518-643-6766  
TDD: 800-662-1220  
Fax: 518-643-2258  
Email: [kflynn@applevalleysh.org](mailto:kflynn@applevalleysh.org)  
Website: [www.applevalleysh.org](http://www.applevalleysh.org)

*The mission of Apple Valley is to provide a safe, functional, affordable, and pleasant residential setting for income-eligible seniors 62 or older as well as persons with disabilities 18 or older.*

### **Behavioral Health Services North, Inc.**

22 U.S. Oval, Suite 218  
Plattsburgh, NY 12901  
Tel: 518-563-8206  
Website: [www.bhsn.org](http://www.bhsn.org)

*Treatment programs for emotionally disturbed children and adults, elder care, respite and caregiver support services, domestic violence services.*

### **Diabetes Support Group**

Elizabethtown Community Hospital  
Tel: 518-873-9005  
Contact: Mary White-Ferris  
Website: [www.ech.org/Departments-and-Programs](http://www.ech.org/Departments-and-Programs)

*Third Tuesday of every month at 4:30 P.M. Helps patients and their families connect with other living with diabetes*

### **Essex County Mental Health Services**

7513 Court Street  
P.O. Box 8  
Elizabethtown, NY 12932  
Tel: 518-873-3670  
Fax: 518-873-3777  
Website: [www.co.essex.ny.us/MentalHealth.asp/](http://www.co.essex.ny.us/MentalHealth.asp/)

*The mission of Essex County Mental Health Services is to improve the emotional, behavioral, and psychological well-being of individuals through therapeutic partnerships with mental health professionals.*

### **Essex County Patient Services**

132 Water Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3500  
Website: [www.co.essex.ny.us/PublicHealth/PublicHealth.asp/](http://www.co.essex.ny.us/PublicHealth/PublicHealth.asp/)

*Individual and family assessments; in-home skilled nursing, physical, speech and occupational therapy; blood pressure and flu immunization clinics.*

## AID TO THE ELDERLY (cont.)

### **Essex County Office for the Aging**

132 Water Street

P.O. Box 217

Elizabethtown, NY 12932

Tel: 518-873-3695

Fax: 518-873-3784

Website: [www.co.essex.ny.us/OFA.asp](http://www.co.essex.ny.us/OFA.asp)

*Resource center, home delivered meals, congregate meal sites, nutrition information and referrals for a registered dietician, health insurance counseling, long-term care insurance education, case management; assistance with completing applications for Medicaid, food stamps, HEAP, and Social Security; medical transportation, caregiver support, volunteering opportunities, friendly visiting, telephone discount program, telephone reassurance program.*

### **High Peaks Hospice**

#### **Northern Office**

47 Tom Phelps Road

PO Box 205

Mineville, NY 12956

Tel: 518-891-0606

Email: [admin@highpeakshospice.org](mailto:admin@highpeakshospice.org)

[hphospice@highpeakshospice.org](mailto:hphospice@highpeakshospice.org)

#### **Northern Office**

309 County Rte 47, Suite 3

P.O. Box 840

Saranac Lake, NY 12983

Tel: 518-891-0606

Email: [admin@highpeakshospice.org](mailto:admin@highpeakshospice.org)

[hphospice@highpeakshospice.org](mailto:hphospice@highpeakshospice.org)

#### **Southern Office**

454 Glen Street

Glens Falls, NY 12801

Tel: 518-891-0606

Email: [admin@highpeakshospice.org](mailto:admin@highpeakshospice.org)

[hphospice@highpeakshospice.org](mailto:hphospice@highpeakshospice.org)

Website: [www.highpeakshospice.org](http://www.highpeakshospice.org)

*Focuses on the individual and his or her choices or wishes. Cares for not just physical comfort, but also social, spiritual, emotional, and practical. Care includes visits, assessment, planning, and teaching. Provides needed medications, equipment, supplies, and materials related to the illness and needed to address or prevent symptoms or discomfort.*

### **Holbrook's Adult Home**

73 North Street

Granville, NY 12832

Tel: 518-642-3476

Website: [www.holbrookadulthome.com](http://www.holbrookadulthome.com)

*Social Adult Day Care Program, long-term residency with 24-hour supervision, housekeeping, meals, laundry, activity program, case management.*

## AID TO THE ELDERLY (cont.)

### **Housing Assistance Program of Essex County (HAPEC)**

103 Hand Avenue  
P.O. Box 157  
Elizabethtown, NY 12932  
Tel: 518-873-6888  
Fax: 518-873-9102  
Website: [www.hapec.org](http://www.hapec.org)

*Home-buying assistance, rent subsidy program, home repair, based on income-eligibility.*

### **Keeseville Country Gardens**

164 Hill Street  
Keeseville, NY 12944  
Tel: 518-834-7725  
Fax: 518-834-1500

*Subsidized senior living, handicap accessible.*

### **Lee House Apartments**

4318 Main Street  
Port Henry, NY 12974  
Tel: 518-873-3692

*Housing for seniors 62 years and older and handicapped/disabled regardless of age.*

### **Mercy Care for the Adirondacks**

185 Old Military Road  
Lake Placid, NY 12946  
Tel: 518-523-5580  
Website: [www.adkmercy.org](http://www.adkmercy.org)

*Mercy Care for the Adirondacks is a renewed mission of the Sisters of Mercy in the Adirondacks. Its mission is to extend love, friendship, and assistance including spiritual care to elders and infirm persons living in their own homes or other communities for independent living. It serves elders through a friendship volunteer program, a parish nurse program, and an education and advocacy program.*

### **North Country Center for Independence**

80 Sharron Avenue  
Plattsburgh, NY 12901  
Tel: 518-563-9058  
Fax: 518-563-0292  
Website: [www.ncci-online.com](http://www.ncci-online.com)

*Helps people with disabilities to live more independent and productive lives. Provides services like information and referral, peer counseling, advocacy, independent living skills training, radio reading service, accessibility consultation, assistive technology, benefits advisement, employment services, and long-term care information.*



## AID TO THE ELDERLY (cont.)

### **North Country Conflict Resolution Services**

Town of North Elba Town Hall  
2693 Main Street, Suite 204  
Lake Placid, NY 12946  
Tel: 518-523-0102  
Fax: 518-523-0107  
Website: <http://rurallawcenter.org>

*Program of the Rural Law Center of NY Inc. Services include mediation, conciliation, arbitration, conflict resolution, workshops.*

### **North Country Home Services**

**Administrative Office**  
25 Church Street  
Saranac Lake, NY 12983  
Tel: 518-891-2641  
Fax: 518-891-2055  
**Ticonderoga Office**  
18 Montcalm Street  
Ticonderoga, NY 12883  
Tel: 518-585-9820  
Website: [www.nchs.net](http://www.nchs.net)

*A home health care agency serving Northern New York. Services provided include home health care, lifeline, skilled nursing, and chore/companion services.*

### **Nutrition Program for the Elderly (ACAP)**

74 Fairground Way  
Westport, NY 12993  
Tel: 518-962-2730  
Fax: 518-962-2731  
Website: [www.acapinc.org](http://www.acapinc.org)

*Home delivered meals, nutrition education, congregate meal sites*

#### **Nutrition Sites:**

AuSable Forks – 518-647-8173	Minerva – 518-251-2510
Crown Point – 518-597-3703	Moriah – 518-546-7941
Elizabethtown – 518-637-5688	Newcomb – 518-582-4798
Essex/Willsboro – 518-963-7022	Schroon Lake – 518-532-0179
Keeseville – 518-834-4689	St. Armand – 518-891-3189
Lake Placid – 518-837-2501	Ticonderoga – 518-585-7682
Wilmington – 518-946-2922	

### **Retired Senior Volunteer Program (RSVP)**

38 Park Place – Suite 3  
Port Henry, NY 12974  
Tel: 518-546-3565  
Fax: 518-546-3079

*A wide variety of volunteer opportunities for people 55 years and older, benefitting people of all ages in Essex County.*

**AID TO THE ELDERLY (cont.)**

**Senior Citizens Overlook Apartments**

45 Main Street, Suit 1  
Bloomingdale, NY 12913  
Tel: 518-891-2194  
Fax: 518-891-2676  
Website: [www.overlookapts.org](http://www.overlookapts.org)

*Housing for senior citizen or people with disabilities.*

**Sunmount DDSO - Administrative Offices**

2445 State Route 30  
Tupper Lake, NY 12986  
Tel: 518-359-4097  
Website: [www.opwdd.ny.gov/location/sunmount](http://www.opwdd.ny.gov/location/sunmount)

*Part-time jobs for low-income seniors working with children with special needs.*

**The Arbors at Shelburne**

687 Harbor Road  
Shelburne, VT 05482  
Tel: 1-802-478-8151  
Website: [www.benchmarkseniorliving.com](http://www.benchmarkseniorliving.com)

*Residential-care community for individuals with memory impairment, day and overnight respite care and family support.*

**The Greenwood**

89 Greenwood Street  
Lake Placid, NY 12946  
Tel: 518-516-1038  
Fax: 518-523-8906

*Independent living apartments for seniors 62 or older or for people with disabilities.*

**NOTES**


## ALCOHOL AND DRUG ABUSE

### **Alcoholics Anonymous (AA)**

3 Roosevelt Terrace  
Plattsburgh, New York 12901  
Tel: 518-561-8444  
Website: [www.aa.org](http://www.aa.org)

*AA is a collaboration of men and women who are willing to share their experiences and strengths, to overcome alcoholism, with one another. There are no dues or fees to become a member. Counseling and meetings are available.*

### **Alcoholics Anonymous (AA) - Elizabethtown and Tri-Lakes Area**

Meeting places vary; Call to request a meeting schedule.  
Tel: Local Hotline- 518-891-9035 or 800-281-1190  
Tel: National Office- 212-870-3400

*12-step self-help program. "Open" meetings for the public and professionals to learn about AA. "Closed" meetings are for alcoholics only. There are no dues or fees to become a member.*

### **Al-Anon/Alateen Family Groups**

Meeting places vary; Call to request an Alateen meeting schedule.  
Tel: National Hotline 888-4AL-ANON.  
Website: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

*12-step self-help program; "Open" meetings for the public and professionals to learn about Al-Anon/Alateen. "Closed" meetings are for families and friends of alcoholics. Alateen meetings are "closed" for youth only.*

### **Canton-Potsdam Alcohol Detoxification Unit**

50 LeRoy Street  
Potsdam, NY 13676  
Tel: 315-265-3300  
Website: [www.cphospital.org](http://www.cphospital.org)

*Assists individuals with a desire to stop drinking and willing to enter in a treatment program.*

### **Champlain Valley Family Center**

20 Ampersand Drive  
Plattsburgh, NY 12901  
Tel: 518-561-8480  
Fax: 518-566-6382  
Website: [www.cvfamilycenter.org](http://www.cvfamilycenter.org)

*Out-patient individual and family counseling for substance abuse problems, counseling, referral and community-based prevention.*

### **Essex County Community Services Board**

7513 Court Street  
P.O. Box 8  
Elizabethtown, NY 12932  
Tel: 518-873-3670

*Responsible for planning and development of services in areas of mental health, alcoholism, and substance abuse.*

## ALCOHOL AND DRUG ABUSE (cont.)

### **Essex County Stop DWI/Youth Bureau**

7551 Court Street, P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3630  
Fax: 518-873-3633  
Website: [www.stopdwi.org](http://www.stopdwi.org)

*Information and education programs to combat drunken driving; services for youth.*

### **Hospitality House, Therapeutic Community, Inc.**

271 Central Avenue  
Albany, NY 12201  
Tel: 518-434-6468  
Fax: 518-434-6302  
Website: [www.hospitalityhousetc.org](http://www.hospitalityhousetc.org)

*Long-term residential treatment facility for males that specializes in individuals with chronic relapse conditions.*

### **North Country Freedom Homes, Inc.**

25 Dies Street  
Canton, NY 13617  
Tel: 315-379-0139  
Fax: 315-379-1004  
Website: [www.ncfreedomhomes.org](http://www.ncfreedomhomes.org)

*Provides community residential services to recovering individuals to promote and maintain abstinence from alcohol, other mood-altering drugs and substances.*

### **Prevention Team of Essex County, Inc.**

173 Lord Howe Street  
Ticonderoga, NY 12883  
Tel: 518-585-7424  
Website: [www.preventionteam.org](http://www.preventionteam.org)

*The Prevention Team builds relationships to promote healthy social environments for families, schools, and communities leading to healthy choices by individuals.*

### **St. Joseph's Addiction Treatment and Recovery Centers**

159 Glenwood Drive  
Saranac Lake, NY 12983  
Toll free: 877-813-8647  
Admissions: 518-891-4135  
Inpatient: Saranac Lake: 518-891-3950  
Outpatient: Elizabethtown: 518-873-9144  
Massena: 315-705-6564  
Keeseville: 518-834-5550  
Tupper Lake: 518-359-5401  
Malone: 518-483-6566  
Ticonderoga: 518-585-7934  
Saranac Lake: 518-891-5353

## ALCOHOL AND DRUG ABUSE (cont.)

**Website:** [www.stjoestreatment.org](http://www.stjoestreatment.org)

*St. Joseph's mission is to promote healing and recovery for individuals, as well as their families, suffering from substance use disorders and problem gambling.*

### **St. Lawrence Addiction Treatment Center**

**1 Chimney Point Drive**

**Hamilton Hall**

**Ogdensburg, NY 13669**

**Tel: 315-393-1180**

**Fax: 315-393-6160**

**Website:** <http://www.oasas.ny.gov/>

*The St. Lawrence Addiction Treatment Center at Hamilton Hall is one of 13 in-patient addiction rehabilitation facilities operated and governed by the NYS Office of Alcoholism and Substance Abuse Services. It is located in Northern NY on the St. Lawrence River. It is a 40 bed inpatient, rehabilitation program. The ATC provides addiction treatment services to New York's North Country, Lake Champlain and Saratoga Regions, and Capital District.*

### **NOTES**


## CHILDREN, YOUTH, AND FAMILY SERVICES

### **4-H Youth and Family Development Program**

Cornell Cooperative Extension  
8487 US Rte. 9  
Lewis, NY 1295  
Tel: 518-962-4810 Ext: 407 or 416  
Website: [essex.cce.cornell.edu/4-h-youth](http://essex.cce.cornell.edu/4-h-youth)

*This program works with youths in 4-H club settings, in-school, after-school, and summer youth programs.*

### **Adirondack Community Action Program (ACAP) – Child and Family Services**

7572 Court Street, Suite 2  
P.O. Box 848  
Elizabethtown, NY 12932  
Tel: 518-873-3207  
Website: [www.acapinc.org](http://www.acapinc.org)

*Advantage after-school program, child care, family development, Head Start, weatherization, emergency needs, and nutrition/meals.*

### **Adirondack Community Action Program (ACAP) – Head Start**

7572 Court Street, Suite 2  
P.O. Box 848  
Elizabethtown, NY 12932  
Tel: 518-873-3207  
Website: [www.acapinc.org](http://www.acapinc.org)

*Childhood development program focusing on the social, health, nutritional, educational and emotional needs of children. Children and their families participate in center and home based activities that promote their growth and well-being.*

#### **Sites are at the following areas:**

Lake Placid Head Start - 161 Hillcrest Avenue, Lake Placid, NY 12946  
518-523-0003  
Moriah Head Start - CVES Building - Box 353, Mineville, NY 12956  
518-942-7509  
Saranac Lake Head Start - 24 Depot Street, Saranac Lake, NY 12983  
518-891-4314  
Ticonderoga Head Start – 270 Burgoyne Rd, Ticonderoga, NY 12883  
518-585-6300  
AuSable Forks Head Start – 11 School Ln, AuSable Forks, NY 12912  
518-647-8405  
Elizabethtown/Lewis Head Start – 8566 US Rte 9, Lewis, NY 12950  
518-873-3288

*Acceptance in the program is determined by gross family income, child's age, residence, special needs, and family circumstances.*

## CHILDREN, YOUTH, AND FAMILY SERVICES (cont.)

### **Adirondack Community Action Program (ACAP) – Community Services Program**

7572 Court Street, Suite 2  
P.O. Box 848  
Elizabethtown, NY 12932  
Tel: 518-873-3207 ext. 239  
Website: [www.acapinc.org](http://www.acapinc.org)

*Emergency Needs - Assists families in crisis/emergency situations to access services to meet their needs. Provides emergency food, utilities and homeless assistance when other funding is not available.*

### **Adirondack Community Action Program (ACAP) – Weatherization and Energy Services**

7572 Court Street, Suite 2  
P.O. Box 848  
Elizabethtown, NY 12932  
Tel: 518-873-3207 ext. 241  
Website: [www.acapinc.org](http://www.acapinc.org)

*Weatherization Assistance Program available to income eligible home owners.*

### **Adoption Services**

7551 Court St  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3422  
Website: [www.co.essex.ny.gov/](http://www.co.essex.ny.gov/)

*Adoption unit arranges placement of children waiting to be adopted into appropriate homes. Provide support and guidance until the adoption is final.*

### **Audiology Center/Fanny Allen (UVM Medical Center Audiology)**

790 College Parkway  
Colchester, VT 05446  
Tel: 802-847-3970  
Fax: 802-857-5880  
Website: [www.uvmhealth.org](http://www.uvmhealth.org)

*Provide expert evaluation and diagnosis of hearing loss. Prescribe and fit hearing aids and counsel in preventing hearing loss.*

### **Behavioral Health Services North, Inc.**

22 U.S. Oval - Suite 218  
Plattsburgh, NY 12901  
Tel: 518-563-8206  
Website: [www.bhsn.org](http://www.bhsn.org)

*Treatment programs for emotionally disturbed children and adults, elder care, respite and caregiver support services, domestic violence services.*

## CHILDREN, YOUTH, AND FAMILY SERVICES (cont.)

### **Boy Scouts of America – Twin Rivers Council**

253 Washington Ave Ext

Albany, NY 12205

Tel: 518-869-6436

Website: [trcscouting.org](http://trcscouting.org)

*Scouting program for youths and young adults.*

### **Boy Scouts of America - Adirondack Council**

25 Margaret Street

Plattsburgh, NY 12901

Tel: 518-561-0360

*Scouting program for youths and young adults.*

### **Champlain Valley Educational Services (CVES)**

1585 Military Turnpike Ext

P.O. Box 455

Plattsburgh, NY 12901

Tel: 518-561-0100

Website: [www.cves.org](http://www.cves.org)

Mineville Campus

3092 Plank Road

Mineville, New York 12956

Tel: 518-942-6691

*Training and information for professionals and parents working with children with special needs.*

### **Child Health Clinic**

Essex County Public Health Department

132 Water Street

P.O. Box 217

Elizabethtown, NY 12932

Website: [www.co.essex.ny.us/PublicHealth/PublicHealth.asp/](http://www.co.essex.ny.us/PublicHealth/PublicHealth.asp/)

*Free basic physical examinations, immunizations and health education for children birth to age 5, sites in many Essex County towns.*

### **Child Protective Services**

Essex County Department of Social Services

7551 Court Street

P.O. Box 217

Elizabethtown, NY 12932

Tel: 518-873-3404 or 518-873-3421

Website: [www.co.essex.ny.gov/](http://www.co.essex.ny.gov/)

*Investigation and assessment services to children, safeguarding the well-being of abused and neglected children, ensuring safety to the child, and preserving and stabilizing family whenever possible.*

### **Cornell Cooperative Extension**

8487 US Rte. 9

Lewis NY 12950

Tel: 518-962-4810

Website: [essex.cce.cornell.edu](http://essex.cce.cornell.edu)

*Educational organization for adults, adolescents, children.*



## CHILDREN, YOUTH, AND FAMILY SERVICES (cont.)

### Day Care Services

Essex County Department of Social Services  
7551 Court Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3431  
Website: [www.co.essex.ny.us/](http://www.co.essex.ny.us/)

*Subsidy for income eligible individuals who are paying for licensed day care.*

### Eastern Adirondack Health Care Network

101 Broad Street  
Sibley Hall, Room 227  
Plattsburgh, NY 12901  
Tel: 518-564-3370  
Fax: 518-564-2328  
Website: [www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

*The Eastern Adirondack Health Care Network is a coalition of agencies and organizations spanning Clinton, Essex, and Franklin Counties dedicated to improving the health, function, and quality of life of older adults.*

### Eat Smart New York (ESNY)

Cornell Cooperative Extension  
8487 US Rte. 9  
Lewis, NY 12950  
Tel: 518-962-4810  
Website: [essex.cce.cornell.edu/family-food-health/eat-smart-ny](http://essex.cce.cornell.edu/family-food-health/eat-smart-ny)

*Free, confidential nutrition education program to help manage food resources. Helps people with limited incomes learn how to eat better for less money.*

### Essex County Mental Health Services

7513 Court Street  
P.O. Box 8  
Elizabethtown, NY 12932  
Tel: 518-873-3670  
Emergency Line: 888-854-3773  
Website: [www.co.essex.ny.us/MentalHealth.asp/](http://www.co.essex.ny.us/MentalHealth.asp/)

*The mission of Essex County Mental Health Services is to improve the emotional, behavioral, and psychological well-being of individuals through therapeutic partnerships with mental health professionals.*

### Essex County Youth Bureau

7533 Court Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3630  
Website: [www.co.essex.ny.us/wp/department-of-social-services](http://www.co.essex.ny.us/wp/department-of-social-services)

*Information, education, and services for the youth; sponsoring recreational programs at locations throughout the county.*

## CHILDREN, YOUTH, AND FAMILY SERVICES (cont.)

### **Families First in Essex County, Inc.**

196 Water Street  
P.O. Box 565  
Elizabethtown, NY 12932  
Tel: 518-873-9544  
Fax: 518-873-9570  
Website: [www.familiesfirstessex.org](http://www.familiesfirstessex.org)

*Provides support and services from a strengths-based perspective to families with children with emotional difficulties or mental health issues, support groups, respite program, free clothing, food shelf, household items.*

### **Foster Care Services for Children**

Essex County Department of Social Services  
7551 Court Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3419  
Website: [www.co.essex.ny.us/wp/department-of-social-services](http://www.co.essex.ny.us/wp/department-of-social-services)

*Foster care services to eligible children under the age of 18.*

### **Franklin-Essex-Hamilton BOCES**

23 Husky Lane  
Malone, NY 12953  
Tel: 518-483-6420  
Website: [www.fehb.org](http://www.fehb.org)

*Career and technical programs, alternative education for grades 9 – 12.*

### **Girl Scouts of Northeastern NY**

13 Latour Ave, Suite 110  
Plattsburgh, NY 12901  
Tel: 518-563-1560  
Fax: 518-563-5003  
Website: [www.girlscoutsneny.org](http://www.girlscoutsneny.org)

*Organization for girls in grades K-12 to help build courage, confidence, and character, who make the world a better place.*

### **John Tracy Clinic**

2160 West Adams Blvd.  
Los Angeles, California 90018  
Tel: 213-748-5481  
Fax: 213-749-1651  
Website: [www.jtc.org](http://www.jtc.org)

*Diagnostic, education, resources, and support for families who have infants or young children with hearing loss.*

## CHILDREN, YOUTH, AND FAMILY SERVICES (cont.)

### **Learning Disabilities Association of New York State**

300 Hylan Drive, Suite 6

PO Box 144

Rochester, NY 14623

Tel: (518) 608-8992

Website: [www.ldanys.org](http://www.ldanys.org)

*LDA of New York State is the oldest learning disability advocacy organization. We are the only voice of advocacy specifically for persons with learning disabilities and related neurological impairments with all levels of NYS government. We fight everyday for the rights of children and adults to education, supports, and services.*

### **Mental Health Association in Essex County, Inc.**

6096 NYS Route 9N

Westport, NY 12993

Tel: 518-962-2077 or 800-440-8074

Fax: 518-962-8233

Website: [www.mhainessex.com](http://www.mhainessex.com)

*A wide range of programs to facilitate the recovery of adults who have experienced mental illness.*

### **MOMS Program**

Essex County Public Health Department

132 Water Street

P.O. Box 217

Elizabethtown, NY 12932

Tel: 518-873-3500

Fax: 518-873-3539

Website: [www.co.essex.ny.us/PublicHealth/PublicHealth.asp/](http://www.co.essex.ny.us/PublicHealth/PublicHealth.asp/)

*All new moms and babies residing in Essex County are eligible for a home visit at no charge. It would include an assessment, height and weight check, educational materials, and referrals.*

### **New York State Office of Children and Family Services**

52 Washington Street

Rensselaer, NY 12144-2834

Tel: 518-473-7793

Fax: 518-486-7550

Website: [www.ocfs.ny.gov](http://www.ocfs.ny.gov)

*Integration of services for children, including adoption, foster care, child protective services, child welfare.*

### **North Country Conflict Resolution Services**

22 US Oval, Suite 203

Plattsburgh, NY 12903

Tel: 518-561-5460 or 866-324-1183

Fax: 518-561-5468

Website: [www.rurallawcenter.org](http://www.rurallawcenter.org)

*Mediation, conciliation, arbitration, conflict resolution, and workshops.*

## CHILDREN, YOUTH, AND FAMILY SERVICES (cont.)

### **Northern Adirondack Planned Parenthood- Plattsburgh**

66 Brinkerhoff St  
Plattsburgh, NY 12901  
Tel: 518-561-4430  
Website: [www.plannedparenthood.org](http://www.plannedparenthood.org)

*Reproductive health care, sex education, family planning information, sexual assault counseling.*

### **Parent Help**

P.O. Box 277  
New Paltz, NY 12561  
Tel: 800-426-5678 – Hotline  
Tel: 845-883-6060 – Administrative Office  
Website: [www.childfindofamerica.org/](http://www.childfindofamerica.org/)

*Assists parents with child support, conflict management, custody and visitation; legal assistance and mediation are available as options when appropriate. All services are free and confidential.*

### **Pre-School Program**

Champlain Valley Education Services (CVES)  
1585 Military Turnpike Extension  
PO Box 455  
Plattsburgh, New York 12901  
Tel: 518-561-0100  
Website: [www.cves.org](http://www.cves.org)

*This program is available for children ages 3-5.*

### **Preventive Services**

Essex County Department of Social Services  
7551 Court Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3417  
Website: [www.co.essex.ny.us/wp/department-of-social-services](http://www.co.essex.ny.us/wp/department-of-social-services)

*Provides rehabilitative and supportive services to children and families who are at risk for or in foster care placement.*

### **Shriners Hospital for Children**

Tel: 800-237-5055  
Tel: 514-842-4464 (Canada)  
Website: [www.shrinershospitalforchildren.org](http://www.shrinershospitalforchildren.org)

*Specializing in spinal cord injury, burn care, and cleft lip and palate, regardless of ability to pay; locations throughout the U.S. and Canada.*

**CHILDREN, YOUTH, AND FAMILY SERVICES (cont.)**

**Women, Infants and Children Food Program (WIC)**

Essex County Department of Public Health

P.O. Box 217

132 Water Street

Elizabethtown, NY 12932

Tel: 518-873-3560

Website: [www.co.essex.ny.us/Health/wic](http://www.co.essex.ny.us/Health/wic)

WIC is a supplemental Food and Nutrition Program designed for families with income eligible women, infants, and children to the age of five. WIC also helps fathers of young children, grandparents, and foster parents, who are the legal guardians. The program provides vouchers for WIC approved foods, nutrition counseling, breastfeeding support and health referrals to families.

**NOTES**


## COUNSELING AND MENTAL HEALTH

### **Behavioral Health Services North, Inc.**

22 U.S. Oval, Suite 218  
Plattsburgh, NY 12903  
Tel: 518-563-8206  
Website: [www.bhsn.org/](http://www.bhsn.org/)

#### **Out Patient Clinic**

2155 State Route 3  
Morrisonville, NY 12962  
Tel: 518-563-8000

*Treatment programs for emotionally disturbed children and adults, elder care, respite and caregiver support services, domestic violence services.*

### **Catholic Charities – Diocese of Ogdensburg**

Retired Senior Volunteer Program  
46 Flynn Ave  
Plattsburgh, NY 12901  
Tel: 518-561-0944  
Fax: 518-566-0945  
Website: [www.cathcharities.org](http://www.cathcharities.org)

*Marital, individual, and family counseling for anyone in need.*

### **Champlain Valley Family Center**

20 Ampersand Drive  
Plattsburgh, NY 12901  
Tel: 518-561-8480  
Website: [www.cvfamilycenter.org](http://www.cvfamilycenter.org)

*Out-patient individual and family counseling for substance abuse problems, counseling, referral, and community-based prevention.*

### **Essex County Community Services Board**

7513 Court Street, P.O. Box 8  
Elizabethtown, NY 12932  
Tel: 518-873-3670

*Responsible for planning and development of services in areas of mental health, mental retardation, alcoholism, and substance abuse.*

### **Essex County Mental Health Services**

7513 Court Street  
P.O. Box 8  
Elizabethtown, NY 12932  
Tel: 518-873-3670  
Fax: 518-873-3777  
Website: [www.co.essex.ny.us/MentalHealth.asp/](http://www.co.essex.ny.us/MentalHealth.asp/)

*The mission of Essex County Mental Health Services is to improve the emotional, behavioral, and psychological well-being of individuals through therapeutic partnerships with mental health professionals.*

## COUNSELING AND MENTAL HEALTH (cont.)

### **Families First in Essex County, Inc.**

196 Water Street  
P.O. Box 565  
Elizabethtown, NY 12932  
Tel: 518-873-9544  
Fax: 518-873-9570  
Website: [www.familiesfirstessex.org](http://www.familiesfirstessex.org)

*Support and services from a strength-based perspective for families who have children with mental health issues, intensive case management, home and community-based waiver services, food shelf, household shelf, and resource library available.*

### **Mental Health Association in Essex County, Inc.**

6096 NYS Route 9N  
Westport, NY 12993  
Tel: 518-962-2077 or 800-440-8074  
Fax: 518-962-8233  
Website: [www.mhainessex.com](http://www.mhainessex.com)

*A wide range of programs to facilitate the recovery of people who have experienced mental illness.*

### **National Alliance on Mental Illness of Champlain Valley (NAMI-CV)**

304 New York Rd  
Plattsburgh, NY 12903  
Tel: 518-561-2685  
Fax: 518-536-9898  
Website: [www.nami-cv.org](http://www.nami-cv.org)

*Provides free education, advocacy, and support services to all those affected by brain disorders- including serious mental illness and/or emotional/behavioral disorders.*

### **North Country Center for Independence**

80 Sharron Avenue  
Plattsburgh, NY 12901  
Tel: 518-563-9058  
Fax: 518-563-0292  
Website: [www.ncci-online.com](http://www.ncci-online.com)

*The mission of NCCI is to help people with disabilities to live more independent and productive lives, and promote better policies and community understanding of disability issues.*

### **Northern Adirondack Planned Parenthood- Plattsburgh**

66 Brinkerhoff St  
Plattsburgh, NY 12901  
Tel: 518-561-4430  
Website: [www.plannedparenthood.org](http://www.plannedparenthood.org)

*Advocacy, medical, counseling, and educational services related to reproductive health, HIV/AIDS, STDs, and sexual assault services.*

## COUNSELING AND MENTAL HEALTH (cont.)

### **Samaritan Family Counseling Services**

10897 NYS Rte 9N  
P.O. Box 48  
Keene, NY 12942  
Tel: 518-576-4557

*Individual, couples, family and group counseling for all with mental health issues.*

### **Sexual Assault Services of Essex County**

66 Brinkerhoff Street  
Plattsburgh, NY 12901  
518-561-0605 ext. 125  
24 Hour Hotline – 1-877-212-2323

*Counseling on sexual assault issues and relationships over the age of 12, 24-hour hotline, crisis counseling, therapy, advocacy, information and referrals, prevention education/training. Counseling for both the individual and family for individuals, Crime Victims Board claims.*

### **St. Joseph's Addiction Treatment and Recovery Centers**

159 Glenwood Drive  
Saranac Lake, NY 12983  
Tel: 518-891-4135  
Toll Free: 877-813-8647  
Inpatient: Saranac Lake: 518-891-3950  
Outpatient: Elizabethtown: 518-873-9144  
Malone: 518-483-6566  
Massena: 315-705-6564  
Saranac Lake: 518-891-5353  
Keeseville: 518-834-5550  
Ticonderoga: 518-585-7934  
Tupper Lake: 518-359-5401  
Website: [stjosephstreatment.org/](http://stjosephstreatment.org/)

*Inpatient Services- 67 bed co-ed program which has varied lengths of stays based on medical necessity.*

*Outpatient services- intensive case management, assessment, individual and group counseling addressing early recovery skills, recovery issues, relapse prevention, continuing care and co-dependency*

### **St. Lawrence Addiction Treatment Center**

1 Chimney Point Drive  
Hamilton Hall  
Ogdensburg, NY 13669  
Tel: 315-393-1180  
Website: [www.oasas.state.ny.gov](http://www.oasas.state.ny.gov)

*40-bed inpatient facility focusing on recovery planning and relapse prevention in the treatment of alcohol and substance abuse.*



**COUNSELING AND MENTAL HEALTH (cont.)**

**St. Lawrence State Psychiatric Center**

**1 Chimney Point Drive  
Ogdensburg, New York 13669  
Tel: 315-541-2001  
Fax: 315-541-2041  
Website: [www.omh.ny.gov](http://www.omh.ny.gov)**

*Inpatient and outpatient services include individual and group counseling, diagnostic evaluation, psychological testing, crisis intervention, psychopharmacology, medical evaluation, vocational assessment, education, socialization, task and skill training, physical therapy, structured learning therapy, occupational therapy, and recreational therapy.*

**Stop Domestic Violence**

**Main Street  
P.O. Box 97  
Westport, NY 12993  
Tel: 518-962-8948  
24-hour hotline: 866-563-6904**

*Emergency shelter, counseling, education; crisis intervention and support groups; advocacy; community presentations.*

**NOTES**


## EDUCATIONAL OPPORTUNITIES

### **4-H Youth and Family Development Program**

Cornell Cooperative Extension  
8487 US Rte 9  
Lewis, NY 12950  
Tel: 518-962-4810  
Fax: 518-962-8241  
Website: [essex.cce.cornell.edu/4-h-youth](http://essex.cce.cornell.edu/4-h-youth)

*This program works with youths in 4-H club settings, in-school, after-school, and summer youth programs.*

### **ACAP – Child and Family Services**

7572 Court Street, Suite 2  
P.O. Box 848  
Elizabethtown, NY 12932  
Tel: 518-873-3207  
Fax: 518-873-6845  
Website: [www.acapinc.org](http://www.acapinc.org)

*Advantage After-School program, child care, family development, Head Start, weatherization, emergency needs, and nutrition/meals.*

### **ACAP – Employment & Training Programs**

One Work Source  
7572 Court Street, Suite 2  
P.O. Box 848  
Elizabethtown, NY 12932  
Tel: 518-873-3207  
Website: [www.acapinc.org](http://www.acapinc.org)

*One Work Source Business and Employment Center: ACAP is the host partner of the one stop in Essex County which provides an accessible and seamless system to address the employment and training needs of job seekers, workers, and businesses.*

### **ACAP – Head Start**

7572 Court Street, Suite 2  
P.O. Box 848  
Elizabethtown, NY 12932  
Tel: 518-873-3207  
Website: [www.acapinc.org](http://www.acapinc.org)

*Childhood development program focusing on the social, health, nutritional, educational and emotional needs of children. Children and their families participate in center and home based activities that promote their growth and well-being.*

## EDUCATIONAL OPPORTUNITIES (cont.)

### **Board of Cooperative Educational Services (BOCES)**

#### **Champlain Valley Educational Services (CVES)**

##### **Mineville Campus**

3092 Plank Road  
Mineville, NY 12956  
Tel: 518-942-6691

Website: [www.cves.org](http://www.cves.org)

##### **Plattsburgh Campus**

1585 Military Turnpike Ext  
Plattsburgh, NY 12901  
Tel: 518-561-0100

*CV-TEC Programs: Building trades, natural resource management, allied health, cosmetology, auto technology, child care; special education programs, alternative Ed/GED prep.*

### **Bruce L. Crary Education Foundation**

8273 River Street  
Elizabethtown, NY 12932  
Tel: 518-873-6496

Website: [craryfoundation.org](http://craryfoundation.org)

*Higher education scholarship foundation.*

### **Clinton Community College**

136 Clinton Point Drive  
Plattsburgh, NY 12901  
Tel: 518-562-4200

Website: [www.clinton.edu](http://www.clinton.edu)

*Clinton Community College provides a wide range of educational, career, and personal services through its extensive course and workshop offerings. Associates degree programs for matriculated students.*

### **Eastern Adirondack Health Care Network**

101 Broad Street  
Sibley Hall - Room 227  
Plattsburgh, NY 12901  
Tel: 518-564-3370  
Fax: 518-564-2328

Website: [www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

*The Eastern Adirondack Health Care Network is a coalition of agencies and organizations spanning Clinton, Essex, and Franklin Counties, dedicated to improving the health, function, and quality of life of older adults.*

### **Eat Smart New York (ESNY)**

Cornell Cooperative Extension  
8487 US Rte. 9  
Lewis, NY 12950  
Tel: 518-962-4810

Website: [essex.cce.cornell.edu/family-food-health/eat-smart-ny](http://essex.cce.cornell.edu/family-food-health/eat-smart-ny)

*Free, confidential nutrition education program to help manage food resources. Helps people with limited incomes learn how to eat better for less money.*

## EDUCATIONAL OPPORTUNITIES (cont.)

### **Elizabethtown Social Center**

7626 US Route 9  
P.O. Box 205  
Elizabethtown, NY 12932  
Tel: 518-873-6408  
Website: [www.elizabethtownsocialcenter.org/](http://www.elizabethtownsocialcenter.org/)

*Community center, classes, and recreational activities for teens and adults.*

### **Job and Education Information Center**

Clinton-Essex-Franklin Library System  
33 Oak Street  
Plattsburgh, New York 12901  
Tel: 518-563-5190  
Website: [www.cefls.org/](http://www.cefls.org/)

*Provides career, education, and employment information*

### **Literacy Volunteers of Clinton/Essex/Franklin Counties**

Port Henry Office	Plattsburgh Office
3265 Broad Street	101 Broad St, 52 Hawkins Hall
Port Henry, NY 12974	Plattsburgh, NY 12901
Tel: 518-546-3008	
Website: <a href="http://www.lva-cc.org">www.lva-cc.org</a>	

*Tutoring program to help adults with reading, writing, math, GED, ESL.*

### **National Alliance on Mental Illness of Champlain Valley (NAMI-CV)**

304 New York Rd  
Plattsburgh, NY 12903  
Tel: 518-561-2685  
Fax: 518-536-9047  
Website: [www.nami-cv.org/](http://www.nami-cv.org/)

*Provides free education, advocacy, and support services to all those affected by brain disorders- including serious mental illness and/or emotional/behavioral disorders.*

### **National PTA Headquarters**

1250 N. Pitt Street  
Alexandria, VA 22314  
Tel: 703-518-1200  
Fax: 703-836-0942  
Website: [www.pta.org/](http://www.pta.org/)

*Promotes national and local programs and projects for parents/teachers in education, health, and safety.*

## EDUCATIONAL OPPORTUNITIES (cont.)

### **New York State Commission for the Blind**

52 Washington St  
Albany District Office  
Rensselaer, NY 12144  
Tel: 518-473-1675 or 866-871-3000  
Tupper Lake Outstation: 518-359-4353  
Website: [ocfs.ny.gov/main/cb/](http://ocfs.ny.gov/main/cb/)

*Vocational rehabilitation and other direct services for children, adults, and the elderly, with the goals of economic self-sufficiency and full integration into society.*

### **New York State Department of Labor**

194 U.S. Oval  
Plattsburgh, NY 12903  
Tel: 518-561-0430  
Website: [www.labor.ny.gov/](http://www.labor.ny.gov/)

*For individuals seeking employment & employers seeking employees.*

### **New York State Higher Education Services Corporation (HESC)**

99 Washington Avenue  
Albany, NY 12255  
Tel: 888-697-4372  
Website: <http://www.hesc.ny.gov/>

*Work study and student loans to anyone interested in attending college, business, or vocational school. Tuition Assistance Program.*

### **North Country Association for the Visually Impaired (NCAVI)**

22 US Oval, Suite B-15  
Plattsburgh, NY 12903  
Tel: 518-563-2330  
Fax: 518-562-2331  
Website: [www.ncavi.org/](http://www.ncavi.org/)

*Provides independent-living skills training and adaptive equipment, resources within the community for people with vision loss. If you or someone you know is living with vision loss, NCAVI can help.*

### **North Country Community College**

Saranac Lake Campus  
23 Santanoni Avenue  
Saranac Lake, NY 12983  
Tel: 518-891-2915

Ticonderoga Campus  
11 Hawkeye Trail  
Ticonderoga, NY 12883  
Tel: 518-585-4454

Malone Campus  
75 William Street  
Malone, NY 12953  
518-483-4550  
Website: <http://nccc.edu/>

*Offering a variety of course studies and degree programs for individuals interested in higher education, adult education, and training.*

## EDUCATIONAL OPPORTUNITIES (cont.)

### **Office of Vocational Rehabilitation**

209 West Main Street, Suite 3  
Malone, New York 12953  
Tel: 518-483-3530 or 800-882-2803  
Fax: 518-483-3552  
Website: [www.acces.nysed.gov/](http://www.acces.nysed.gov/)

*A division of NYS Education Department, OVR assists individuals with disabilities to achieve independent living and maintain employment through training, rehabilitation, and career development.*

### **Online Colleges**

Website: [www.onlinecolleges.net](http://www.onlinecolleges.net)

For students wishing to pursue an online degree, Online Colleges is a complete resource, providing a state-by-state overview of online degree programs in many fields of study. In addition, Online Colleges provides information on the application process, a blog, articles, and tips on developing the skills needed to thrive in a digital academic setting.

### **State University of New York – Plattsburgh**

101 Broad Street  
Plattsburgh, New York 12901  
Tel: 518-564-2000  
Website: [www.plattsburgh.edu](http://www.plattsburgh.edu)

## NOTES


## FINANCIAL ASSISTANCE

### **Adirondack Community Action Program (ACAP) – Community Services Program**

7572 Court Street, Suite 2

P.O. Box 848

Elizabethtown, NY 12932

Tel: 518-873-3207

Fax: 518-873-6845

Website: [www.acapinc.org/](http://www.acapinc.org/)

*Emergency Needs - Assists families in crisis/emergency situations to access services to meet their needs. Provides emergency food, utilities, and rent assistance when other funding is not available.*

### **Consumer Credit Counseling Services of Rochester**

1050 University Avenue, Suite A

Rochester, NY 14607

Tel: 585-546-3440

Website: [www.cccsofrochester.org](http://www.cccsofrochester.org)

*Certified Counselors provide confidential counseling, educational services and other solutions enabling clients to meet their financial goals.*

### **Day Care Services**

Essex County Department of Social Services

7551 Court Street

P.O. Box 217

Elizabethtown, NY 12932

Tel: 518-873-3431

Website: [www.co.essex.ny.us/](http://www.co.essex.ny.us/)

*Subsidy for income-eligible individuals who are paying for licensed day care.*

### **Food Stamp/Heating Fuel Program (SNAP/HEAP)**

Essex County Department of Social Services

7551 Court Street

P.O. Box 217

Elizabethtown, NY 12932

Tel: 518-873-3878 or 518-873-3446

Website: [www.co.essex.ny.us/](http://www.co.essex.ny.us/)

*Supplemental Nutrition Services Assistance Program for income-eligible individuals and families; and heating fuel assistance program for the same.*

### **Medicaid Program**

Essex County Department of Social Services

7551 Court Street

P.O. Box 217

Elizabethtown, NY 12932

Tel: 518-873-3450 or 518-873-3441

Website: [www.co.essex.ny.us/](http://www.co.essex.ny.us/)

*Assistance program for income-eligible individuals/families or the elderly who are unable to pay for medical care.*

## FINANCIAL ASSISTANCE (cont.)

### **National Foundation for Credit Counseling**

Tel: 1-800-388-2227

Website: [www.nfcc.org/](http://www.nfcc.org/)

*Nonprofit national organization of credit counseling agencies providing free comprehensive money management services.*

### **Public Assistance Program**

**Essex County Department of Social Services**

**P.O. Box 217**

**Elizabethtown, NY 12932**

**Tel: 518-873-3470 or 518-873-3441**

**Fax: 518-873-3472**

Website: [www.co.essex.ny.us/](http://www.co.essex.ny.us/)

*Aid to dependent children and cash relief allowance programs for temporary relief to families and individuals.*

### **Social Security Administration**

**Queensbury Office**

**17 Cronin Road, Suite 1**

**Queensbury, NY 12804**

**Tel: 877-405-4875**

Website: [www.ssa.gov/](http://www.ssa.gov/)

**Plattsburgh Office**

**14 Durkee St, Suite 230**

**Plattsburgh, NY 12901**

**Tel: 866-964-7430**

*Retirement benefits to eligible candidates 62 years and older or disabled.*

### **TAP/PEL – Federal Student Aid Information Center**

**Tel: 800-433-3243**

Website: [www.studentaid.ed.gov/](http://www.studentaid.ed.gov/)

## NOTES




## FUNERAL HOMES

- Edward L. Kelly Funeral Home** ..... 518-532-7177  
1019 US Rt. 9  
Schroon Lake, NY 12870  
Website: [www.edwardkellyfuneralhome.com](http://www.edwardkellyfuneralhome.com)
- Fortune-Keough Funeral Home** ..... 518-891-3613  
20 Church Street  
Saranac Lake, NY 12983  
Website: [www.fortunekeoughfuneralhome.com](http://www.fortunekeoughfuneralhome.com)
- Hamilton Funeral Home** ..... 518-834-7667  
124 Clinton Street  
Keeseville, NY 12944  
Website: [www.hamiltonfuneralhome.com](http://www.hamiltonfuneralhome.com)
- Harland Funeral Home** ..... 518-546-7033  
4279 Main Street  
Port Henry, NY 12974  
Website: [www.harlandfuneralhome.com](http://www.harlandfuneralhome.com)
- Heald Funeral Home** ..... 518-873-6713  
7521 Court Street  
Elizabethtown, NY 12936  
Website: [www.healdfuneralhomeinc.com](http://www.healdfuneralhomeinc.com)
- M.B. Clark Funeral Home** ..... 518-523-3337  
2310 Saranac Avenue  
Lake Placid, NY 12946  
Website: [www.mbclarkfuneralhome.com](http://www.mbclarkfuneralhome.com)
- Thwaits Zaumetzer Funeral Home** ..... 518-647-8177  
3 College Street  
Ausable Forks, NY 12912  
Website: [www.tzfunerals.com](http://www.tzfunerals.com)
- Wilcox & Regan Funeral Home** ..... 518-585-7323  
11 Algonkin Street  
Ticonderoga, NY 12883  
Website: [www.wilcoxandreganfuneralhome.com](http://www.wilcoxandreganfuneralhome.com)

## HEALTH CARE INFORMATION AND SUPPORT

### **Alliance for Positive Health (formerly AIDS Council of Northeastern NY)**

202 Cornelia Street  
Plattsburgh, NY 12901  
Tel: 518-563-2437

Website: [www.allianceforpositivehealth.org](http://www.allianceforpositivehealth.org)

*Case management for people with HIV/AIDS. HIV test counseling. Risk reduction and prevention programs for people at risk.*

### **Alzheimer's Disease Assistance Center**

101 Broad Street  
227 Sibley Hall - SUNY Plattsburgh  
Plattsburgh, NY 12901  
Tel: 518-564-3377

Website: [www.plattsburgh.edu](http://www.plattsburgh.edu)

*Assessment and diagnosis including Mental Status Assessment and Neuropsychological evaluation. Provides support groups, caregiver resource centers, education and training, adult day programs providing respite for family members.*

### **American Cancer Society – Capitol Region**

1 Penny Lane  
Latham, NY 12110  
Tel: 518-220-6901

Website: [www.cancer.org](http://www.cancer.org)

*Information and assistance to cancer patients and their families.*

### **American Diabetes Association**

5 Pine West Plaza  
Suite 505  
Albany, New York 12205  
Tel: 518-218-1755

Website: [www.diabetes.org](http://www.diabetes.org)

*Public and professional education and support programs. The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information and advocacy.*

### **American Heart Association**

Capital Region  
2 Clinton Square  
Syracuse, NY 13202  
Tel: 518-626-8750  
Website: [www.heart.org](http://www.heart.org)

Vermont  
110 Main Street #203  
Burlington, VT 05401  
Tel: 802-878-7700

## HEALTH CARE INFORMATION AND SUPPORT (cont.)

### **American Red Cross – North Country Chapter**

North Country Chapter  
26 Emory Street  
Morrisonville, NY 12962  
Tel: 518-561-7280

Northeastern Chapter  
333 Glen Street, Suite 104  
Glens Falls, NY 12801  
Tel: 518-792-6545

Website: [www.northcountryredcross.org](http://www.northcountryredcross.org)

*Services for individuals and families before, during, or after a disaster. Health and safety training, CPR, first aid, lifeguard, water safety, disaster preparedness training, lifeline (PERS), Armed Forces Emergency Services.*

### **Brain Injury Association of New York State**

4 Pine West Plaza, Suite 402  
Albany, NY 12205  
Tel: 518-459-7911  
Tel: 800-444-6443  
Fax: 518-482-5285  
Website: [www.bianys.org](http://www.bianys.org)

*Advocacy, support, and services to individuals with brain injury and families of brain-injured individuals.*

### **Cancer Services Program of Clinton, Essex, and Franklin Counties**

Essex County Department of Public Health  
132 Water Street  
Elizabethtown, NY 12901  
Tel: 518-324-7671  
Tel: 877-275-6266  
Website: <http://co.essex.ny.us/>

*Provides breast, cervical and colorectal cancer screening at no cost to men and women who meet certain requirements.*

### **Cerebral Palsy Association of the North Country**

380 County Rte 51 (Creighton Road)  
Malone, NY 12953  
Tel: 518-483-1076  
Website: [www.cpnorthcountry.org](http://www.cpnorthcountry.org)

*Advocacy and home service programs to individuals with a developmental disability with a special commitment to low income and the medically underserved.*

### **Coordinated Care Unit**

Essex County Department of Social Services  
132 Water Street  
P.O. Box 217  
Elizabethtown, NY 12901  
Tel: 518-873-3550  
Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Services to individuals with home care related needs. Individuals must have Medicaid.*

## HEALTH CARE INFORMATION AND SUPPORT (cont.)

### **CVPH Rehabilitation and Wellness**

295 New York Road  
Plattsburgh, NY 12903  
Tel: 518-324-2000  
Website: [www.cvph.org](http://www.cvph.org)

179 Tom Miller Road  
Plattsburgh, NY 12901  
Tel: 518-562-4616

*Physical, speech, and occupational therapy, in patient and out patient facilities.*

### **Essex County Certified Home Health Agency (CHHA)**

Essex County Public Health Department  
132 Water Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3500  
Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Direct care to patients, in-home skilled nursing; physical, occupational therapy; home health aide. Referral must come from a physician.*

### **High Peaks Hospice**

47 Tom Phelps Road  
Mineville, NY 12956  
Tel: 518-891-0606  
Website: [www.highpeakshospice.org](http://www.highpeakshospice.org)

309 Country Rte 47, Suite 3  
Saranac Lake, NY 12983  
Tel: 518-891-0606

*Focuses on the individual and his or her choices or wishes. Cares for not just physical comfort, but also social, spiritual, emotional, and practical. Care includes visits, assessment, planning, and teaching. Provides needed medications, equipment, supplies, and materials related to the illness and needed to address or prevent symptoms or discomfort.*

### **HIV-AIDS AIDS Institute**

NYS Department of Health

Tel: 1-800-962-5065 – Confidential hotline  
Tel: 1-800-541-2437 – General Information  
Website: [www.health.state.ny.us/diseases/aids/](http://www.health.state.ny.us/diseases/aids/)

*Information regarding AIDS/HIV, STD's and Hep C.*

### **HIV-AIDS Program – Essex County**

Essex County Public Health Department  
132 Water Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3500  
Tel: 1-800-797-5772  
Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Provides confidential counseling and blood testing for HIV, AIDS, STDs, Hepatitis C.*

## HEALTH CARE INFORMATION AND SUPPORT (cont.)

### **Learning Disabilities Association of New York State**

1190 Troy Schenectady Road  
Latham, NY 12110  
Tel: 518-608-8992  
Fax: 518-608-8993  
Website: [www.ldanys.org](http://www.ldanys.org)

*Individual case advocacy, community education, information and referral for people with learning disabilities and related neurological impairments.*

### **Medicaid Program**

Essex County Department of Social Services  
7551 Court Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3450  
Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

### **Multiple Sclerosis Society**

Albany Branch  
421 New Karner Road, Suite 6  
Albany, New York 12205  
Tel: 800-344-4867  
Fax: 518-464-1232  
Website: [www.nationalmssociety.org](http://www.nationalmssociety.org)

National Upstate NY Chapter  
1000 Elmwood Avenue, Suite 900  
Rochester, NY 14620  
Tel: 585-271-0801  
Fax: 585-442-2817

*Advocacy, support, programs, services, financial information, public information.*

### **Muscular Dystrophy Association**

1 Marcus Blvd. #203  
Albany, NY 12205  
Tel: 518-489-5495  
Tel: 800-862-6424  
Website: [www.mda.org](http://www.mda.org)

*Advocacy, educational resources, support groups, caregiver resources.*

### **National Alliance on Mental Illness of Champlain Valley (NAMI-CV)**

304 New York Rd  
Plattsburgh, NY 12903  
Tel: 518-561-2685  
Fax: 518-536-9047  
Website: [www.nami-cv.org](http://www.nami-cv.org)

*Provides free education, advocacy, and support services to all those affected by brain disorders- including serious mental illness and/or emotional/behavioral disorders.*

**HEALTH CARE INFORMATION AND SUPPORT (cont.)**

**North Country Home Services**

**Administrative Office**

25 Church Street  
Saranac Lake, NY 12983  
Tel: 518-891-2641  
Fax: 518-891-2055

**Plattsburgh Office**

159 Margaret St, Suite 500/600  
Plattsburgh, NY 12901  
Tel: 518-566-0183

**Ticonderoga Office**

18 Montcalm Street  
Ticonderoga, NY 12883  
Tel: 518-585-9820

**Website:** [www.nchs.net](http://www.nchs.net)

*A home health care agency serving Northern NY. Services provided include home health care, lifeline, skilled nursing, and chore/companion services.*

**Northern Adirondack Planned Parenthood - Plattsburgh**

66 Brinkerhoff St  
Plattsburgh, NY 12901  
Tel: 518-561-4430

**Website:** [www.plannedparenthood.org](http://www.plannedparenthood.org)

*Medical, counseling, and educational services related to reproductive health, HIV and STD testing, women's healthcare, and sexual assault services.*

**Poison Center**

Tel: 1-800-222-1222

**Website:** [www.poison.org](http://www.poison.org)

**NOTES**


## HOSPITALS, CLINICS, AND NURSING HOMES

### **Adirondack Manor**

Central Office  
4 Chelsea Place, Suite 101  
Clifton Park, NY 12065  
Tel: 518-371-4265  
Fax: 518-371-3218  
Website: [www.adirondackmanor.com](http://www.adirondackmanor.com)

*Assisted living adult care facility.*

Montcalm Manor  
45 Montcalm St  
Ticonderoga, NY 12883  
Tel: 518-585-6230  
Fax: 518-585-6467

### **Adirondack Medical Center**

2233 St. Route 86  
P.O. Box 471  
Saranac Lake, NY 12983  
Tel: 518-891-4141  
Website: [www.adirondackhealth.org](http://www.adirondackhealth.org)

*Comprehensive healthcare, clinics, includes 24-hour emergency care.*

### **Adirondack Health – Mercy Living Center**

114 Wawbeek Avenue  
Tupper Lake, NY 12986  
Tel: 518-359-3355  
Fax: 518359-9044  
Website: [www.adirondackhealth.org](http://www.adirondackhealth.org)

*Mercy Living Center is a skilled nursing and rehabilitation center that provides short and long term care, dialysis, and recovery from hospitalization or surgery.*

### **Alice Center Skilled Nursing Facility**

45 Sixth Street  
Malone, NY 12953  
Tel: 518-481-8000  
Website: [www.alicehyde.com](http://www.alicehyde.com)

*The Alice Center Skilled Nursing Facility offers 24 hr nursing services and a full range of rehabilitation services in a caring, home like environment. The Alice Center can serve up to 135 individuals in need of long-term or short-term care.*

### **Alice Hyde Medical Center (UVM)**

133 Park Street  
Malone, NY 12953  
Tel: 518-483-3000  
Website: [www.alicehyde.com](http://www.alicehyde.com)

Full spectrum of healthcare services, including primary & preventive care, surgical, and emergency care services.

## HOSPITALS, CLINICS, AND NURSING HOMES (cont.)

### **Alzheimer's Disease Assistance Center**

101 Broad Street  
227 Sibley Hall, SUNY Plattsburgh  
Plattsburgh, NY 12901  
Tel: 518-564-3377  
Website: [www.plattsburgh.edu](http://www.plattsburgh.edu)

*Assessment and diagnosis including Mental Status Assessment and Neuropsychological evaluation. Provides support groups, caregiver resource centers, education and training, adult day programs providing respite for family members.*

### **Champlain Valley Physicians Hospital (UVM-CVPH)**

75 Beekman Street  
Plattsburgh, NY 12901  
Tel: 518-561-2000  
Website: [www.cvph.org](http://www.cvph.org)

*CVPH is part of a six-hospital network serving patients. Offers 24 hr emergency care, cardiovascular services, FitzPatrick Cancer Center, Joint Care Center, Progressive Women's & Childrens Center, Integrative Therapy, and other services and clinics.*

### **Clinton County Nursing Home**

16 Flynn Avenue  
Plattsburgh, NY 12901  
Tel: 518-563-0950  
Fax: 518-563-1060  
Website: [www.clintoncountygov.com](http://www.clintoncountygov.com)

*Medicare and Medicaid certified, 80-bed skilled nursing facility operated by Clinton County.*

### **Elderwood at North Creek**

112 Ski Bowl Road  
North Creek, NY 12853  
Tel: 518-251-2447  
Fax: 518-251-4207  
Website: [www.elderwood.com](http://www.elderwood.com)

*Elderwood at North Creek is a skilled nursing and rehabilitation center that provides long-term care, memory & palliative care, subacute rehab therapy, out patient therapy, adult medical day services, and respite care.*

### **Elderwood at Uihlein**

185 Old Military Road  
Lake Placid, NY 12946  
Tel: 518-523-2464  
Website: [www.elderwood.com](http://www.elderwood.com)

*Elderwood of Uihlein is a skilled nursing and rehabilitation facility that provides both short-term and long-term care.*



## HOSPITALS, CLINICS, AND NURSING HOMES (cont.)

### **Elizabethtown Community Hospital**

75 Park Street  
P.O. Box 277  
Elizabethtown, NY 12932  
Tel: 518-873-6377  
Website: [www.ech.org](http://www.ech.org)

*ECH is part of a six- hospital network serving patients. Offers 24 hr emergency services, In-patient services, cardiac care, and other services and programs.*

### **Elizabethtown Health Center**

66 Park Street  
P.O. Box 277  
Elizabethtown, NY 12932  
Tel: 518-873-6896  
Fax: 518-873-6578  
Website: [www.ech.org](http://www.ech.org)

### **Essex Center**

81 Park Street  
Elizabethtown, NY 12932  
Tel: 518-873-3570  
Website: [essex-center.facilities.centershealthcare.org](http://essex-center.facilities.centershealthcare.org)

*Skilled Nursing Facility. Rehab services available, PT, OT, and Speech Therapy.*

### **Fort Hudson Nursing Home & Adult Day Care**

319 Broadway  
Fort Edward, New York 12828  
Tel: 518-747-2811  
Fax: 518-747-2740  
Website: [www.forthudson.com](http://www.forthudson.com)

*Skilled nursing facility, adult day care, and short-term rehabilitation.*

### **Glens Falls Hospital**

100 Park Street  
Glens Falls, NY 12801  
Tel: 518-926-1000  
Website: [www.glensfallshospital.org](http://www.glensfallshospital.org)

### **Granville Center**

17 Madison Street  
Granville, NY 12832  
Tel: 518-642-2710  
Website: [www.centershealthcare.com](http://www.centershealthcare.com)

*Skilled nursing facility*

## HOSPITALS, CLINICS, AND NURSING HOMES (cont.)

### High Peaks Health Center

18 Community Circle  
Wilmington, NY 12997  
Tel: 518-946-1111  
Website: [www.ech.org](http://www.ech.org)

### Highland Nursing Home

182 Highland Road  
Massena, NY 13662  
Tel: 315-769-9956  
Fax: 315-769-9955  
Website: [www.highlandnursinghome.com](http://www.highlandnursinghome.com)

*Skilled nursing care; rehabilitation services (OT, PT, Speech), social services; activities; dental services; resident council; family council*

### Holbrook's Adult Home

73 North Street  
Granville, NY 12832  
Tel: 518-642-3476  
Website: [www.holbrookadulthome.com](http://www.holbrookadulthome.com)

*Offers supportive services to the elderly and to the handicapped persons who are unable to live independently in their own home.*

### Hudson Headwaters Health Network

9 Carey Road  
P.O. Box 357  
Queensbury, NY, 12804  
Tel: 518-761-0300  
Website: [www.hhhn.org](http://www.hhhn.org)

Primary, specialty, and urgent care; HIV/AIDS screening.

### Keene Health Center

NYS Route 73  
P.O. Box 205  
Keene, NY 12942  
Tel: 518-576-9771  
Website: [www.adirondackhealth.org](http://www.adirondackhealth.org)

### Lake Placid Health Center

203 Old Military Road  
Lake Placid, NY 12946  
Tel: 518-523-1717  
Website: [www.adirondackhealth.org](http://www.adirondackhealth.org)

## HOSPITALS, CLINICS, AND NURSING HOMES (cont.)

### **Meadowbrook Healthcare**

154 Prospect Avenue  
Plattsburgh, NY 12901  
Tel: 518-563-5440  
Fax: 518-563-1206  
Website: [www.meadowbrookhealth.com](http://www.meadowbrookhealth.com)

*287 bed facility offers skilled nursing care including; limited assistance, subacute rehabilitation, and restorative therapy.*

### **Moriah Health Center**

33 Tom Phelps Lane  
P.O. Box 480  
Mineville, New York 12956  
Tel: 518-942-7123  
Fax: 518-942-7041  
Website: [www.hhhn.org](http://www.hhhn.org)

*Comprehensive primary and specialty health care services for children, adults, and families.*

### **Mountain Medical Services Urgent Care - Lake Placid**

1927 Saranac Avenue  
Lake Placid, NY 12946  
Tel: 518-523-7575  
Fax: 518-523-7577  
Website: [www.mountainmedical.net](http://www.mountainmedical.net)

### **Newcomb Health Center**

4 Santanoni Drive  
Newcomb, NY 12852  
Tel: 518-582-2991  
Website: [www.newcombhealthcenter.com](http://www.newcombhealthcenter.com)

### **New York State Department of Health**

11 St. Bernard Street  
Saranac Lake, NY 12983  
Tel: 518-891-1800  
Website: [www.health.ny.gov](http://www.health.ny.gov)

### **Plattsburgh Rehabilitation & Nursing Center**

8 Bushey Blvd.  
Plattsburgh, NY 12901  
Tel: 518-563-3261  
Fax: 518-563-3294  
Website: [www.plattsburghrehab.com](http://www.plattsburghrehab.com)

*Long-term care, skilled nursing facility. Adult day care services available Monday - Friday.*

## HOSPITALS, CLINICS, AND NURSING HOMES (cont.)

### **Porter Medical Center**

115 Porter Drive  
Middlebury, VT 05753  
Tel: 802-388-4701  
Website: [www.portermedical.org](http://www.portermedical.org)

### **Schroon Lake Health Center**

24 Fairfield Avenue  
P.O. Box 292  
Schroon Lake, NY 12870  
Tel: 518-532-7120  
Fax: 518-532-0593  
Website: [www.hhhn.org](http://www.hhhn.org)

### **Shriners Hospitals for Children**

Tel: 800-237-5055 (U.S.)  
Website: [www.shrinershospitalsforchildren.org](http://www.shrinershospitalsforchildren.org)

*Orthopedics, spinal cord injury, burn care, and cleft lip and palate, regardless of family's ability to pay.*

### **Smith House Health Center**

39 Farrell Road  
Willsboro, NY 12996  
Tel: 518-963-4275  
Website: [www.ech.org](http://www.ech.org)

*Primary health care, physical therapy, nutrition, and lab services.*

### **St. Joseph's Home**

950 Linden Street  
Ogdensburg, NY 13669  
Tel: 315-393-3780  
Website: [www.stjh.org](http://www.stjh.org)

*Skilled nursing facility for long-term residential care, respite care, and social day care.*

### **St. Regis Nursing Home**

89 Grove Street  
Massena, NY 13662-2615  
Tel: 315-769-2494  
Fax: 315-769-3604  
Website: [www.stregisnh.com](http://www.stregisnh.com)

*Skilled nursing facility for long-term residential care, physical, occupational, and speech therapy, respite care, hospice.*

## HOSPITALS, CLINICS, AND NURSING HOMES (cont.)

### **Samuel F. Vilas Home**

61 Beekman Street  
Plattsburgh, NY 12901  
Tel: 518-563-4960  
Website: [www.vilashome.com](http://www.vilashome.com)

*Senior residential facility with private personalized rooms, 24-hour supervision, full amenities and services, assistance with ADLs, management services.*

### **Stratton VA Medical Center (Albany)**

113 Holland Avenue  
Albany, NY 12208  
Tel: 518-626-5000 or 800-223-4810  
Website: [www.albany.va.gov](http://www.albany.va.gov)

### **The Arbors at Shelburne**

687 Harbor Road  
Shelburne, VT 05482  
Tel: 802-500-1243  
Website: [www.benchmarkseniorliving.com](http://www.benchmarkseniorliving.com)

*Skilled nursing facility, memory care, respite care and family support group.*

### **The Orchard Nursing & Rehabilitation Centre**

10421 NY State Rte 40  
Granville, NY 12832  
Tel: 518-642-2346

*Skilled nursing facility, physical, occupational, and speech therapy, short-term and long-term rehabilitation.*

### **Ticonderoga Health Center**

101 Adirondack Drive, Suite 2  
Ticonderoga, NY 12883  
Tel: 518-585-6708  
Fax: 518-585-3260  
Website: [www.hhhn.org](http://www.hhhn.org)

*Comprehensive primary care for adults, pediatrics, podiatry, mental health, labs, cancer screenings, specialty clinics.*

### **University of Vermont Health Network – Ticonderoga Campus**

101 Adirondack Drive, Suite 1  
Ticonderoga, NY 12883  
Tel: 518-585-3700  
Website: [www.ech.org](http://www.ech.org)

*24-hour emergency room; radiology; labs; specialty clinics; rehabilitation (inpatient and outpatient).*

**HOSPITALS, CLINICS, AND NURSING HOMES (cont.)**

**University of Vermont Medical Center (Fletcher Allen)**

111 Colchester Avenue  
Burlington, VT 05401  
Tel: 802-847-0000  
Tel: 800-358-1144  
Website: [www.uvmhealth.org](http://www.uvmhealth.org)

**Westport Health Center**

6097 NYS Rte. 9N  
Westport, NY 12993  
Tel: 518-962-2313  
Website: [www.ech.org](http://www.ech.org)

**NOTES**


## HOUSING AND ENERGY

### **Adirondack Community Action Program (ACAP) – Weatherization and Energy Services**

7572 Court Street, Suite 2  
P.O. Box 848  
Elizabethtown, NY 12932  
Tel: 518-873-3207  
Fax: 518-873-6845  
Website: [www.acapinc.org](http://www.acapinc.org)

*Weatherization Program*

### **Care and Share – HeartShare**

JCEO of Clinton & Franklin Counties  
54 Margaret St  
Plattsburgh, NY 12901  
Tel: 518-561-6310  
Fax: 518-562-2947  
Website: [www.heartshare.org](http://www.heartshare.org)

*Project Share heating fund- Applicants must exhaust all sources of HEAP before applying, have an active account with NYSEG or RG&E, and must have an energy emergency. Active military and well-discharged veterans, regardless of income, are welcome to apply.*

### **Home Energy Assistance Program (HEAP)**

Essex County Department of Social Services  
7551 Court Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3446 or 518-873-3878  
Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Heating fuel program for the elderly and income-eligible individuals or households in need of heating assistance.*

### **Housing Assistance Program of Essex County (HAPEC)**

103 Hand Avenue - P.O. Box 157  
Elizabethtown, NY 12932  
Tel: 518-873-6888  
Fax: 518-873-9102  
Website: [www.hapec.org](http://www.hapec.org)

*Rent subsidy program; home repair; home buying assistance; multifamily housing; home counseling; fair housing information.*

### **U.S. Department of Agriculture Rural Development – NYS Eastern Region**

441 South Salina St, Suite 357  
Syracuse, NY 13202-2541  
Tel: 315-477-6400  
Website: [www.rd.usda.gov](http://www.rd.usda.gov)

*Loans, grants; programs to promote economic development; technical assistance.*

## IN-HOME SERVICES

### **Adirondack Community Action Program (ACAP) - Aging Services**

7572 Court Street, Suite 2

P.O. Box 848

Elizabethtown, NY 12932

Tel: 518-873-3207

Website: [www.acapinc.org](http://www.acapinc.org)

*Nutrition program for the elderly, nutritious meals, social activities, and information for seniors 60 and over at 13 sites throughout the county. Provides home delivered meals and a daily contact to homebound elderly.*

### **Adult Protective Services**

Essex County Department of Social Services

132 Water Street

P.O. Box 217

Elizabethtown, NY 12932

Tel: 518-873-3550

Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Program for adults 18 or older who may need protective services for a variety of reasons, they have physical or mental impairment and are no longer able to protect themselves from neglect, abuse, exploitation, or hazardous situations; or they are unable to provide for basic needs.*

### **Behavioral Health Services North, Inc.**

22 U.S. Oval, Suite 218

Plattsburgh, NY 12903

Tel: 518-563-8206

Website: [www.bhsn.org](http://www.bhsn.org)

*Treatment programs for emotionally disturbed children and adults, elder care, respite and caregiver support services; domestic violence services.*

### **Coordinated Care Unit**

Essex County Department of Social Services

132 Water Street

P.O. Box 217

Elizabethtown, NY 12901

Tel: 518-873-3550

Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Services to Medicaid-covered individuals with any home-care related needs.*

### **Early Childhood Intervention Program**

Mountain Lakes Services

10 St. Patrick's Place

PO Box 194

Port Henry, NY 12974

Tel: 518-546-3381

Website: [www.mountainlakeservices.org/](http://www.mountainlakeservices.org/)

*Works with children ages 0-3 providing therapy and education to aid in developmental delays.*



## IN-HOME SERVICES (cont.)

### **Essex County Certified Home Health Agency (CHHA)**

Essex County Public Health Department  
132 Water Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3500  
Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Direct care to patients, in-home skilled nursing; physical, occupational therapy; home health aide. Referral must come from a physician.*

### **Essex County Office for the Aging**

132 Water Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3695  
Fax: 518-873-3784  
Website: [www.co.essex.ny.us/ofa.asp/](http://www.co.essex.ny.us/ofa.asp/)

*Resource center, nutrition information and referrals for a registered dietician, home delivered meals, health insurance counseling; long-term care insurance education; case management, assistance with completing applications for HEAP, Medicaid, food stamps, social security; medical transportation; caregiver support; home repair; volunteering opportunities; friendly visiting, telephone reassurance program.*

### **Families First in Essex County, Inc.**

196 Water Street  
P.O. Box 565  
Elizabethtown, NY 12932  
Tel: 518-873-9544  
Fax: 518-873-9570  
Website: [www.familiesfirstessex.org](http://www.familiesfirstessex.org)

*Provides support and services from a strengths-based perspective to families with children with emotional difficulties or mental health issues, support groups, respite program. Free clothing, food shelf, and household items.*

### **Fort Hudson Nursing Home & Adult Day Care**

319 Broadway  
Fort Edward, NY 12828  
Tel: 518-747-2811  
Website: [www.forthudson.com](http://www.forthudson.com)

*Senior day care, in-home companion program, rehabilitation, skilled nursing facility.*

## IN-HOME SERVICES (cont.)

### High Peaks Hospice

#### Northern Office

47 Tom Phelps Way  
Mineville, NY 12956  
Tel: 518-891-0606

#### Southern Office

454 Glen St  
Glens Falls, NY 12801  
Tel: 518-891-0606

#### Administrative Office

309 County Rte. 47  
Saranac Lake, NY 12983  
P.O. Box 840  
Tel: 518-891-0606

Website: [www.highpeakshospice.org](http://www.highpeakshospice.org)

*Focuses on the individual and his or her choices or wishes. Cares for not just physical comfort, but also social, spiritual, emotional, and practical. Care includes visits, assessment, planning, and teaching. Provides needed medications, equipment, supplies, and materials related to the illness and needed to address or prevent symptoms or discomfort.*

### North Country Center for Independence

80 Sharron Avenue  
Plattsburgh, NY 12901  
Tel: 518-563-9058  
Fax: 518-563-0292  
Website: [www.ncci-online.com](http://www.ncci-online.com)

*The mission of NCCI is to help people with disabilities to live more independent and productive lives, and promote better policies and community understanding of disability issues.*

### North Country Home Services

#### Administrative Office

25 Church Street  
Saranac Lake, NY 12983  
Tel: 518-891-2641  
Fax: 518-891-2055

#### Plattsburgh Office

159 Margaret St, Suite 500/600  
Plattsburgh, NY 12901  
Tel: 518-566-0183

#### Ticonderoga Office

18 Montcalm Street  
Ticonderoga, NY 12883  
Tel: 518-585-9820

Website: [www.nchs.net](http://www.nchs.net)

*A home health care agency serving Northern NY. Services provided include home health care, lifeline, skilled nursing, and chore/companion services.*

## INFORMATION AND REFERRAL

### **Adirondack Community Action Program (ACAP) - Aging Services**

7572 Court Street, Suite 2

P.O. Box 848

Elizabethtown, NY 12932

Tel: 518-873-3207

Website: [www.acapinc.org](http://www.acapinc.org)

*Nutrition program for the elderly to provide nutritious meals, social activities, and information for seniors 60 and over at 11 sites throughout the county. Provides home delivered meals and a daily contact to homebound elderly.*

### **Adirondack Community Action Program (ACAP) – Employment & Training Programs**

7572 Court Street, Suite 2

Elizabethtown, NY 12932

Tel: 518-873-3207

Website: [www.acapinc.org](http://www.acapinc.org)

*One Work Source Business and Employment Center: ACAP is the host partner of the one stop in Essex County to provide an accessible and seamless system to address the employment and training needs of job seekers, workers, and businesses.*

### **Adirondack Community Action Program (ACAP) – Head Start**

7572 Court Street, Suite 2

P.O. Box 848

Elizabethtown, NY 12932

Tel: 518-873-3207

Website: [www.acapinc.org](http://www.acapinc.org)

*Childhood development program focusing on the social, health, nutritional, educational and emotional needs of children. Children and their families participate in center- and home-based activities that promote their growth and well-being.*

### **Adirondack Community Action Program (ACAP) – Community Services Program**

7572 Court Street, Suite 2

P.O. Box 848

Elizabethtown, NY 12932

Tel: 518-873-3207

Website: [www.acapinc.org](http://www.acapinc.org)

*Emergency Needs - Assists families in crisis/emergency situations to access services to meet their needs. Provides emergency food, utilities and homeless assistance when other funding is not available.*

### **Adirondack Community Action Program (ACAP) – Weatherization and Energy Services**

7572 Court Street, Suite 2

P.O. Box 848

Elizabethtown, NY 12932

Tel: 518-873-3207

Website: [www.acapinc.org](http://www.acapinc.org)

## INFORMATION AND REFERRAL (cont.)

### **Adult Protective Services**

Essex County Department of Social Services  
132 Water Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3550  
Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Program for adults 18 or older who may need protective services for a variety of reasons.*

### **Alzheimer's Disease Assistance Center**

101 Broad Street  
227 Sibley Hall, SUNY Plattsburgh  
Plattsburgh, NY 12901  
Tel: 518-564-3377  
Website: [www.plattsburgh.edu](http://www.plattsburgh.edu)

*Assessment and diagnosis including Mental Status Assessment and Neuropsychological evaluation. Provides support groups, caregiver resource centers, education and training, adult day programs providing respite for family members.*

### **Behavioral Health Services North, Inc.**

22 U.S. Oval, Suite 218  
Plattsburgh, NY 12903  
Tel: 518-563-8206  
Website: [www.bhsn.org](http://www.bhsn.org)

*Treatment programs for emotionally disturbed children and adults, elder care, respite and caregiver support services, domestic violence services.*

### **Cancer Services Program of Clinton, Essex, and Franklin Counties**

132 Water Street  
Elizabethtown, NY 12932  
Tel: 518-873-3500  
Website: [www.co.essex.ny.us/Health/chronic-disease-prevention](http://www.co.essex.ny.us/Health/chronic-disease-prevention)

*The statewide initiative provides, breast, cervical, and colorectal cancer screenings and diagnostic services at no cost to men and women who meet certain criteria.*

### **Coordinated Care Unit**

Essex County Department of Social Services  
132 Water Street  
P.O. Box 217  
Elizabethtown, NY 12901  
Tel: 518-873-3550  
Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Services to individuals with home-care related needs Medicaid-eligible individuals.*

## INFORMATION AND REFERRAL (cont.)

### **Cornell Cooperative Extension (CCE) – Energy Efficiency**

Cornell Cooperative Extension  
8487 US Rte 9  
Lewis, NY 12950  
Tel: 518-962-4810 Ext: 405  
Website: [www.essex.cce.cornell.edu/energy](http://www.essex.cce.cornell.edu/energy)

*Explore the many ways to reduce your energy bills through no-cost/low-cost energy actions. Learn about community resources that may assist you in reaching your financial goals.*

### **Diabetes Self-Management Program**

Elizabethtown Community Hospital (Elizabethtown and Ticonderoga)  
Tel: 518-873-9005  
Contact: Mary White-Ferris  
Website: [www.ech.org/Departments-and-Programs](http://www.ech.org/Departments-and-Programs)

*Geared for patients with type 1 or 2 diabetes, 10 hour program offered year round. Helps you learn how to manage your blood glucose through nutrition planning, medication, and physical exercise.*

### **Diabetes Support Group**

Elizabethtown Community Hospital  
Tel: 518-873-9005  
Contact: Mary White-Ferris  
Website: [www.ech.org/Departments-and-Programs](http://www.ech.org/Departments-and-Programs)

*Third Tuesday of every month at 4:30 P.M. Helps patients and their families connect with other living with diabetes.*

### **Eat Smart New York (ESNY)**

Cornell Cooperative Extension  
8487 US Re 9  
Lewis, NY 12950  
Tel: 518-561-7450 (Jennifer Shaw)  
Website: [www.essex.cce.cornell.edu/family-food-health/eat-smart-ny](http://www.essex.cce.cornell.edu/family-food-health/eat-smart-ny)

*Free, confidential assistance to limited-income individuals or families; youth, teen, senior, and adult groups. This program promotes healthy, active lifestyles through nutrition education, food safety, money managing, and infant nutrition.*

### **Essex County Mental Health Services**

7513 Court Street  
P.O. Box 8  
Elizabethtown, NY 12932  
Tel: 518-873-3670  
Website: [www.co.essex.ny.us/MentalHealth.asp/](http://www.co.essex.ny.us/MentalHealth.asp/)

*Individual and group therapy sessions for adults, children, and adolescents experiencing mental health problems.*

## **INFORMATION AND REFERRAL (cont.)**

### **Families First in Essex County, Inc.**

196 Water Street  
P.O. Box 565  
Elizabethtown, NY 12932  
Tel: 518-873-9544  
Website: [www.familiesfirstinessex.org](http://www.familiesfirstinessex.org)

*Provides support and services from a strengths-based perspective to families with children with physical and behavioral concerns. Family support services, health home care management, home and community based services, children and family treatment and support services.*

### **Local Ombudsman Program**

Amy Gehrig – Ombudsman Coordinator  
North Country Center for Independence  
80 Sharron Ave  
Plattsburgh, NY 12901  
Tel: 518-563-9058  
Tel: 518-562-1732

### **Mental Health Association in Essex County, Inc.**

6096 NYS Route 9N  
Westport, NY 12993  
Tel: 518-962-2077  
Tel: 800-440-8074  
Fax: 518-962-8233  
Website: [www.mhainessex.com](http://www.mhainessex.com)

*A wide range of programs to facilitate the recovery of people who have experienced mental illness.*

### **National Alliance on Mental Illness of Champlain Valley (NAMI-CV)**

304 New York Road  
Plattsburgh, NY 12903  
Tel: 518-561-2685  
Website: [www.nami-cv.org](http://www.nami-cv.org)

*Support and advocacy for individuals with mental illness and their families and friends.*

### **North Country Center for Independence**

80 Sharron Avenue,  
Plattsburgh, NY 12901  
Tel: 518-563-9058  
Fax: 518-563-0292  
Website: [www.ncci-online.com/](http://www.ncci-online.com/)

*Information & referral, peer counseling, advocacy, independent living skills training, radio reading service, accessibility consultation, assistive technology, benefits advisement, employment services, and long term-care information.*

## INFORMATION AND REFERRAL (cont.)

### North Country Conflict Resolution Services

Town of North Elba Town Hall  
2693 Main Street, Suite 204  
Lake Placid, NY 12946  
Tel: 518-523-0102  
Fax: 518-523-0107

Website: [www.rurallawcenter.org](http://www.rurallawcenter.org)

*Mediation, conciliation, arbitration, conflict resolution, and workshops.*

### North Country Home Services

#### Administrative Office

25 Church Street  
Saranac Lake, NY 12983  
Tel: 518-891-2641  
Fax: 518-891-2055

#### Plattsburgh Office

159 Margaret St, Suite 500/600  
Plattsburgh, NY 12901  
Tel: 518-566-0183

#### Ticonderoga Office

18 Montcalm Street  
Ticonderoga, NY 12883  
Tel: 518-585-9820

Website: [www.nchs.net](http://www.nchs.net)

*A home health care agency serving Northern NY. Services provided include home health care, lifeline, skilled nursing, and chore/companion services.*

### Northern Adirondack Planned Parenthood- Plattsburgh

66 Brinkerhoff Street  
Plattsburgh, NY 12901  
Tel: 518-561-4430

Website: [www.plannedparenthood.org/](http://www.plannedparenthood.org/)

*Medical, counseling, and educational services related to reproductive health care, HIV/AIDS and STDs, sex education, sexual assault.*

### Sexual Assault Services of Essex County

66 Brinkerhoff Street  
Plattsburgh, NY 12901  
Tel: 518-561-0605 ext.. 125  
24 Hour Hotline –866-307-4086

*Counseling on sexual assault issues and relationships over the age of 12, 24-hour hotline, crisis counseling, therapy, advocacy, information and referrals, prevention education/training, Crime Victims Review Board claims. Services are provided no matter when the assault occurred.*

## LEGAL SERVICES AND LAW ENFORCEMENT

### **Essex County District Attorney**

7559 Court Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3335  
Fax: 518-873-3788  
Website: [www.co.essex.ny.us/wp/district-attorney/](http://www.co.essex.ny.us/wp/district-attorney/)

### **Essex County Office for the Aging**

P.O. Box 217  
132 Water Street  
Elizabethtown, NY 12932  
Tel: 518-873-3695  
Fax: 518-873-3784  
Website: [www.co.essex.ny.us/ofa.asp/](http://www.co.essex.ny.us/ofa.asp/)

*Confidential legal services for people age 60 and older. Contributions to Office for the Aging are tax deductible.*

### **Essex County Probation Department**

7551 Court Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3650  
Fax: 518-873-3649  
Website: [www.criminaljustice.ny.gov](http://www.criminaljustice.ny.gov)

### **Essex County Sheriff's Office**

702 Stowersville Road  
P.O. Box 68  
Lewis, NY 12950  
Tel: 518-873-6321  
Website: [www.co.essex.ny.us/](http://www.co.essex.ny.us/)

### **Lawyer Referral and Information Service (LRIS)**

One Elk Street  
Albany, NY 12207  
Tel: 518-463-3200  
Website: [www.nysba.org/](http://www.nysba.org/)

*The New York State Bar Association's Lawyer Referral and Information Service (LRIS) was established to help anyone find the right lawyer or resource for legal problems.*



## LEGAL SERVICES AND LAW ENFORCEMENT (cont.)

### Legal Aid Society of Northeastern NY

100 Court Street  
Plattsburgh, NY 12901  
Tel: 518-563-4022 or 800-722-7380  
Fax: 518-563-4058

Website: [www.clintoncountygov.com/aging/snapshots/legal-services](http://www.clintoncountygov.com/aging/snapshots/legal-services)

*Free legal counseling in a variety of civil areas specializing in special education law for students with disabilities; rights of the mentally ill; disability claims; public entitlements; landlord/tenant problems; family problems; consumer issues; unemployment; compensation issues and protection and advocacy for the disabled and mentally ill.*

### North Country Conflict Resolution Services

Town of North Elba Town Hall  
2693 Main Street, Suite 204  
Lake Placid, NY 12946  
Tel: 518-523-0102

Website: [www.rurallawcenter.org/](http://www.rurallawcenter.org/)

*Mediation, conciliation, arbitration, conflict Resolution, and workshops.*

### Rural Law Center

22 U.S. Oval  
Suite 203  
Plattsburgh, NY 12903  
Tel: 518-523-0102  
Fax: 518-561-5468

Website: [www.rurallawcenter.org](http://www.rurallawcenter.org)

*The mission of the Rural Law Center is to serve the legal needs of individuals and families in New York's rural counties, particularly low-income and elderly populations.*

## NOTES


**LOCAL POLICE**

**Essex County Sheriff's Office**

P.O. Box 68  
702 Stowersville Road  
Lewis, New York 12950  
Tel: 518-873-6321  
Website: [www.co.essex.ny.us/](http://www.co.essex.ny.us/)

**Lake Placid**

2693 Main Street  
Lake Placid, NY 12946  
Tel: 518-523-3306  
Website: [www.lakeplacidpd.com/](http://www.lakeplacidpd.com/)

**Moriah**

42 Park Place, Suite 2  
Port Henry, NY 12974  
Tel: 518-546-7286

**Saranac Lake**

1 Main Street  
Saranac Lake, NY 12983  
Tel: 518-891-4428  
Website: [www.saranaclakeny.gov](http://www.saranaclakeny.gov)

**Ticonderoga**

135 Burgoyne Road  
Ticonderoga, NY 12883  
Tel: 518-585-3456  
Website: [www.ticonderogapolice.org](http://www.ticonderogapolice.org)

**NOTES**


## ESSEX COUNTY EMERGENCY NUMBERS

AuSable Forks	911	(Enhanced) Clinton County Dispatch
Bloomington	891-	2211/Franklin County 911
Chesterfield	911	(Enhanced) Clinton County Dispatch
Chilson	911	Essex County Dispatch
Crown Point	911	Essex County Dispatch
Elizabethtown	911	Essex County Dispatch
Essex	911	Essex County Dispatch
Jay	911	Essex County Dispatch
Keene	911	Essex County Dispatch
Keene Valley	911	Essex County Dispatch
Lewis	911	Essex County Dispatch
Minerva	911	Essex County Dispatch
Mineville	911	Essex County Dispatch
Moriah	911	Essex County Dispatch
Newcomb	911	Essex County Dispatch
North Elba	911	Essex County Dispatch
Port Henry	911	Essex County Dispatch
Saranac Lake	891-	4422 (Village Police Department)
St. Armand	911	Essex County Dispatch
Schroon Lake	911	Essex County Dispatch
Ticonderoga	911	Essex County Dispatch
Westport	911	Essex County Dispatch
Whallonsburg	911	Essex County Dispatch
Willsboro	911	Essex County Dispatch
Wilmington	911	Essex County Dispatch

## INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

### Board of Cooperative Educational Services

#### **Champlain Valley Educational Services (CVES)**

##### Mineville Campus

3092 Plank Road  
Mineville, NY 12956  
Tel: 518-942-6691

Website: [www.cves.org](http://www.cves.org)

##### Plattsburgh Campus

1585 Military Turnpike Ext  
Plattsburgh, NY 12901  
Tel: 518-561-0100

*CV-TEC Programs: Building trades, natural resource management, allied health, cosmetology, auto technology, child care; special education programs, alternative Ed/GED prep.*

### Center for Disability Services

314 South Manning Blvd.  
Albany, New York 12208  
Tel: 518-437-5700  
Website: [www.cfdsny.org](http://www.cfdsny.org)

### Cerebral Palsy Association of the North Country

380 County Rte 51, (Creighton Road)  
Malone, New York 12953  
Tel: 518-483-1076  
Website: [www.cpnorthcountry.org](http://www.cpnorthcountry.org)

*Provides community living options and family services to people with developmental disabilities.*

### Client Assistance Program

Resource Center for Independent Living  
131 Genessee Street  
PO Box 210  
Utica, New York 13503-0210  
Tel: 315-797-4642  
Fax: 315-797-4747  
Website: [www.rcil.com](http://www.rcil.com)

*Support, education, and advocacy for people with disabilities to ensure that choices for independent living are respected.*

### Clover Patch Camp

55 Helping Hand Lane  
Glenville, NY 12302  
Tel: 518-384-3042  
Fax: 518-384-3001  
Website: [www.cloverpatchcamp.org](http://www.cloverpatchcamp.org)

*Clover Patch Camp serves as a residential summer camp for children and adults with developmental disabilities. Operated by the Center for Disability Services, the camp also serves as a respite for families, providing a fully accessible facility (including an accessible therapeutic swimming pool) with trained staff.*

## **INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (cont.)**

### **Essex Industries**

17 Pelfershire Road  
Mineville, New York 12956  
Tel: 518-942-6671  
Website: [www.essexindustries.com](http://www.essexindustries.com)

*Vocational training, supported and competitive community based placement and sheltered employment for physically and developmentally disabled.*

### **Mountain Lake Services**

10 St. Patrick's Place  
Port Henry, NY 12974  
Tel: 518-546-3381  
Website: [www.mountainlakeservice.org](http://www.mountainlakeservice.org)

*Residential/vocational/day programs, services for developmentally disabled adults and children.*

### **New York State Office for People with Developmental Disabilities**

44 Holland Avenue  
Albany, New York 12229  
Tel: 866-946-9733  
Website: [www.opwdd.ny.gov](http://www.opwdd.ny.gov)

*In-patient services for the severely disabled, outpatient evaluations, assistance getting services for children and adults with developmental disabilities or who are physically or neurologically handicapped.*

### **North Country Center for Independence**

80 Sharron Avenue  
Plattsburgh, NY 12901  
Tel: 518-563-9058  
Website: [www.ncci-online.com](http://www.ncci-online.com)

*Information & referral, peer counseling, advocacy, independent living skills training, radio reading service, accessibility consultation, assistive technology, benefits advisement, employment services, and long term care information.*

### **North Star Industries (Citizen Advocates, Inc.)**

33 Petrova Avenue  
Saranac Lake, NY 12983  
Tel: 518-891-2590  
Website: [www.citizenadvocates.net](http://www.citizenadvocates.net)

*Work center programs, individualized job training for developmentally disabled individuals transitioning into community living.*

**INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (cont.)**

**Sunmount DDSO - Administrative Offices**

2445 State Route 30  
Tupper Lake, NY  
Tel: 518-359-2962  
Fax: 518-359-4491  
Website: [www.opwdd.ny.gov/](http://www.opwdd.ny.gov/)

*Sunmount Developmental Disabilities Services Office (DDSO) serves the six northern New York counties: Franklin, Essex, Clinton, Hamilton, Jefferson and St. Lawrence. In partnership with the local government units and non-profit private sector agencies, Sunmount DDSO is involved with the planning, development, funding, technical support, quality assurance and direct operations of a wide variety of community-based residential, day and at home support services.*

**Sunmount DDSO - Plattsburgh**

7242 State Route 9  
Plattsburgh, NY 12901  
Tel: 518-561-8190  
Website: [www.opwdd.ny.gov](http://www.opwdd.ny.gov/)

*Serving people in Essex and Clinton counties who are intellectually disabled, have cerebral palsy, epilepsy, neurological impairment, autism, or other developmental disabilities.*

**NOTES**


## PHARMACIES

### Feek Pharmacy

14223 NYS Rt. 9N  
Au Sable Forks, NY 12912  
Tel: 518-647-8484

### Kinney Drugs

7550 Court Street  
Elizabethtown, NY 12932  
Tel: 518-873-6441

### Peru Pharmacy

3 Gorman Way  
Peru, NY 12972  
Tel: 518-643-2318

### Rite Aid

2140 Saranac Ave  
Lake Placid, NY 12946  
Tel: 518-523-5305

### Schroon Lake Pharmacy

1081 Main Street  
Schroon Lake, NY 12870  
Tel: 518-532-7575

### Willsboro Pharmacy

3932 NYS Rte 22  
Willsboro, NY 12996  
Tel: 518-963-8946

### Keeseville Pharmacy

1730 Front Street  
Keeseville, NY 12944  
Tel: 518-834-6090

### Moriah Pharmacy

4315 Main Street  
Port Henry, NY 12974  
Tel: 518-546-7244

### Post Office Pharmacy

61 Main Street  
Saranac Lake, NY 12983  
Tel: 518-891-2233

### Rite Aid

1161 NYS Rte 9N  
Ticonderoga, NY 12883  
Tel: 518-585-6787

### Wal-Mart Pharmacy

1134 Wicker Street  
Ticonderoga, NY 12883  
Tel: 518-585-6486

## PREGNANCY AND INFANT CARE

### **Adoption Services**

7551 Court Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3422  
Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Services to assist children in securing adoptive homes.*

### **Child Health Clinic**

Essex County Nursing Service  
132 Water Street  
P.O. Box 217  
Elizabethtown, NY 12932  
518-873-3500  
Website: [www.co.essex.ny.us/PublicHealth/PublicHealth.asp](http://www.co.essex.ny.us/PublicHealth/PublicHealth.asp)

*Free basic physical examinations, immunizations and health education for children birth to age 5, sites in many Essex County towns.*

### **Day Care Services**

Essex County Department of Social Services  
7551 Court Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3431  
Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Subsidy for income eligible individuals who are paying for licensed day care.*

### **Foster Care Services for Children**

Essex County Department of Social Services  
7551 Court Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3419  
Website: [www.co.essex.ny.us](http://www.co.essex.ny.us)

*Foster care services to eligible children under the age of 18.*

### **Northern Adirondack Planned Parenthood- Plattsburgh**

66 Brinkerhoff Street  
Plattsburgh, NY 12901  
Tel: 518-561-4430  
Website: [www.plannedparenthood.org](http://www.plannedparenthood.org)

*Medical, counseling, and educational services related to family planning, women's health concerns, and sexual assault.*



## PREGNANCY AND INFANT CARE (cont.)

### **Salvation Army**

4804 South Catherine Street  
Plattsburgh, New York 12901  
Tel: 518-561-2951  
Website: [www.easternusa.salvationarmy.org](http://www.easternusa.salvationarmy.org)

*Church services, assistance for clothing and food, soup kitchen and food pantry.*

### **WIC – Women, Infants and Children Food Program**

Essex County Department of Social Services  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3560  
Website: [www.co.essex.ny.us/Health/WIC](http://www.co.essex.ny.us/Health/WIC)

*WIC is a Special Supplemental Food and Nutrition Program for Women, Infants, and Children to age five. WIC foods help pregnant, breast-feeding/postpartum women, babies and children get the vitamins and minerals they need during important growing years. WIC is a kind of preventive medicine: a way of stopping problems before they start. WIC provides eligible families with food checks for milk, cheese, cereal, juice, eggs, legumes, peanut butter, infant formulas and infant cereals.*

## NOTES


## SCHOOLS

### Adirondack Educational Center

711 NYS Route 3  
Saranac Lake, NY 12983  
Tel: 518-891-1330  
Website: [www.fehb.org](http://www.fehb.org)

### Boquet Valley Central School

#### Mountain View Campus

7530 Court Street  
Elizabethtown, NY 12932  
Tel: 518-873-6371  
Website: [www.boquetvalleycsd.org](http://www.boquetvalleycsd.org)

### CVES – Mineville

3092 Plank Road  
Mineville, NY 12956  
Tel: 518-942-6691  
Website: [www.cves.org](http://www.cves.org)

### Keene Central School

33 Market Street  
Keene Valley, NY 12943  
Tel: 518-576-4555  
Website: [www.keenecentralschool.org](http://www.keenecentralschool.org)

### Minerva Central School

1466 County Route 29  
Olmstedville, NY 12857  
Tel: 518-251-2000  
Website: [www.minervasd.org](http://www.minervasd.org)

### Newcomb Central School

PO Box 418, Rt 28N  
Newcomb, NY 12852  
Tel: 518-582-3341  
Website: [www.newcombcsd.org](http://www.newcombcsd.org)

### Schroon Lake Central School

1125 US Route 9  
Schroon Lake, NY 12870  
Tel: 518-532-7164  
Website: [www.schroonschool.org](http://www.schroonschool.org)

### AuSable Valley Central School

1273 Rte 9N  
Clintonville, NY 12924  
Tel: 518-834-2845  
Website: [www.avcs.org](http://www.avcs.org)

### Boquet Valley Central School

#### Lake View Campus

25 Sisco Street  
Westport, NY 12993  
Tel: 518-962-8244  
Website: [www.boquetvalleycsd.org](http://www.boquetvalleycsd.org)

### Crown Point Central School

2758 Main St  
Crown Point, NY 12928  
Tel: 518-597-3285  
Website: [www.cpcsteam.org](http://www.cpcsteam.org)

### Lake Placid Central School

50 Cummings Rd  
Lake Placid, NY 12946  
Tel: 518-523-2475  
Website: [www.lpcsd.org](http://www.lpcsd.org)

### Moriah Central School

39 Viking Lane  
Port Henry, NY 12974  
Tel: 518-546-3301  
Website: [www.moriahk12.org](http://www.moriahk12.org)

### Saranac Lake Central School

79 Canaras Avenue  
Saranac Lake, NY 12983  
Tel: 518-891-5460  
Website: [www.slcs.org](http://www.slcs.org)

### St. Agnes School

2322 Saranac Avenue  
Lake Placid, NY 12946  
Tel: 518-523-3771  
Website: [www.stagneslp.org](http://www.stagneslp.org)

**SCHOOLS (cont.)**

**St. Mary's School**

64 Amherst Avenue  
Ticonderoga, NY 12883  
Tel: 518-585-7433  
Website: [www.stmarysschoolticonderoga.org](http://www.stmarysschoolticonderoga.org)

**Ticonderoga Central - Elementary**

116 Alexandria Ave  
Ticonderoga, NY 12883  
Tel: 518-585-7400  
Website: [www.ticonderogak12.org](http://www.ticonderogak12.org)

**Ticonderoga Central – High School**

5 Calkins Place  
Ticonderoga, NY 12883  
Tel: 518-585-7400  
Website: [www.ticonderogak12.org](http://www.ticonderogak12.org)

**Willsboro Central School**

29 School Lane  
Willsboro, NY 12996  
Tel: 518-963-4456  
Website: [www.willsborocsd.org](http://www.willsborocsd.org)

**NOTES**


## SENIOR AND FAMILY HOUSING

### **Adirondack Manor**

653 Bay Road,  
Queensbury, NY 12804  
Tel: 518-761-0176  
Website: [www.adirondackmanor.com](http://www.adirondackmanor.com)

*Assisted living adult home.*

### **Adirondack Residential Center**

518 Norrisville Road  
Schuyler Falls, NY 12985  
Tel: 518-643-9444

*Professionally staffed residential program for male juvenile offenders.*

### **Apple Valley Senior Housing Corp**

1 Apple Valley Drive  
Peru, NY 12972  
Tel: 518-643-6766  
TDD: 800-662-1220  
Website: [www.applevalleysh.org](http://www.applevalleysh.org)

*One bedroom apartments for income-eligible seniors and disabled individuals.*

### **Black Brook Senior Housing**

55 Hopkinton Turnpike  
AuSable Forks, NY 12912-2905  
Tel: 518-647-8125  
Website: [www.coniferllc.com](http://www.coniferllc.com)

### **Bonnieview Terrace Apartments**

401 Bonnieview Road  
Wilmington, NY 12997  
Tel: 518-946-7966  
Website: [www.zionprop.com](http://www.zionprop.com)

### **Boquet River Senior Housing**

44 Lawrence Way  
Elizabethtown, NY 12932  
Tel: 518-873-7397

*Housing for income-eligible and over 62 years old.*

### **De Chantel Apartments**

60 Church Street  
Saranac Lake, NY 12983  
Tel: 518-891-4004  
Website: [www.dechantelapartments.com](http://www.dechantelapartments.com)

*Housing for income-eligible seniors.*

## SENIOR AND FAMILY HOUSING (cont.)

### **Keene Valley Neighborhood House**

1782 NYS Route 73

Keene Valley, NY 12943

Tel: 518-576-4474

Website: [www.kvnh.today](http://www.kvnh.today)

Assisted-living facility for seniors; aide services and case management available.

### **Keeseville Country Gardens**

164 Hill Street

Keeseville, NY 12944

Tel: 518-834-7725

*Senior housing.*

### **Lake Flower Apartments**

14 Kiwassa Rd

Saranac Lake, NY 12983

Tel: 518-891-3050

*Senior housing.*

### **Lakewood Apartments**

15 Senior Lane

Willsboro, NY 12996

Tel: 518-963-4336

*Senior housing.*

### **Lee House Apartments**

4318 Main Street

Port Henry, NY 12974

Tel: 518-546-7605

*Housing for seniors 62 and over and handicapped individuals who meet income guidelines.*

### **Lord Howe Estates**

54 Adirondack Drive

Ticonderoga, NY 12883

Tel: 518-585-6696

*Housing for seniors 62 and over and handicapped or disabled individuals who meet income guidelines.*

### **Montcalm Manor**

45 Montcalm Street

Ticonderoga, NY 12883

Tel: 518-585-6230

Website: [www.thewgroupmgmt.com](http://www.thewgroupmgmt.com)

## SENIOR AND FAMILY HOUSING (cont.)

### **Moses Circle Apartments**

1007 Wicker Street  
Ticonderoga, NY 12883  
518-558-1007

### **Mountain Meadows**

76 Water Street  
Elizabethtown, NY 12932  
Tel: 518-532-0144

14 Leland Avenue  
Schroon Lake, NY 12870  
Tel: 518-532-0144

*Affordable senior housing for ages 62 and older.*

### **Mountain Vista**

2 Vista Way  
Ticonderoga, NY 12883  
Tel: 518-585-6696

### **Saranac Village at Will Rogers**

78 Will Rogers Drive  
Saranac Lake, NY 12983  
Tel: 518-891-7117

*The historic retirement community of the Adirondacks offering independent living for those 55 and older.*

### **Senior Citizen's Overlook Apartments, Inc.**

45 Main Street – Suite 1  
Bloomingdale, NY 12913  
Tel: 518-891-2194  
TDD: 800-662-1220

*Affordable housing for seniors over 62 and people with disabilities over 18.*

### **The Greenwood**

89 Greenwood Street  
Lake Placid, NY 12946  
Tel: 518-516-1038  
Website: [www.coniferllc.com](http://www.coniferllc.com)

*Affordable housing for seniors 62 or older or for people with disabilities over 18.*

### **The Oaks at Fort Hudson**

319 Broadway  
Fort Edward, NY 12828  
Tel: 518-747-2811  
Website: [www.forthudson.com](http://www.forthudson.com)

*Independent housing for seniors 62 or older; transition to skilled nursing, rehabilitation, adult day care available.*

## SUPPORT GROUPS

### **Alcoholics Anonymous (AA) - Elizabethtown and Tri-Lakes Area**

Meeting places vary; Call to request a meeting schedule.

Tel: Local Hotline- 518-561-8444 or 800-281-1190

Tel: National Office- 212-870-3400

*12-step, self-help program; "Open" meetings for the public and professionals to learn about AA. "Closed" meetings are for alcoholics only. There are no dues or fees to become a member.*

### **Al-Anon/Alateen Family Groups**

Meeting places vary; Call to request an Alateen meeting schedule.

Tel: National Hotline 888-4AL-ANON.

Website: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

*12-step, self-help program; "Open" meetings for the public and professionals to learn about Al-Anon/Alateen. "Closed" meetings are for families and friends of alcoholics. Alateen meetings are "closed" for youth only. There are no dues or fees to become a member.*

### **Alzheimer's Disease Caregiver Support Initiative**

101 Broad Street,  
528 Sibley Hall  
SUNY Plattsburgh  
Plattsburgh, NY 12901  
Tel: 518-564-3364

Website: [www.plattsburgh.edu](http://www.plattsburgh.edu)

*Assessment and evaluation of Alzheimer's Disease and other dementias, caregiver support groups, care consultation, family consultation, training and education programs, respite, and technology-based services/project lifesaver.*

### **Bereaved Parents of the USA**

Adirondack Chapter  
144 Lake Street  
Saranac Lake, NY 12983  
Tel: 518-637-3004

Website: [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

*Provide a safe space where grieving families can connect, share stories, and learn to rebuild our lives.*

### **Breast Cancer Support Group – "Treasure Chests"**

Fitzpatrick Cancer Center  
75 Beekman Street  
Plattsburgh, NY 12901  
Tel: 518-561-2000  
Website: [www.cvph.org](http://www.cvph.org)

*Meets the 2<sup>nd</sup> Wednesday of the month at 6 pm.*

### **Champlain Valley Adoption Support Group**

87 Ashley Road  
Plattsburgh, NY 12901  
Tel: 518-563-8003  
Website: [www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

## SUPPORT GROUPS (cont.)

### **Diabetes Support Group**

Elizabethtown Community Hospital  
75 Park Street  
Elizabethtown, NY 12932  
Tel: 518-873-9005  
Website: [www.ech.org](http://www.ech.org)

*supports persons with diabetes through communication and educational sessions.*

### **Families First in Essex County, Inc.**

196 Water Street  
P.O. Box 565  
Elizabethtown, NY 12932  
Tel: 518-873-9544  
Fax: 518-873-9570.  
Website: [www.familiesfirstessex.org](http://www.familiesfirstessex.org)

*Provides support and services from a strengths-based perspective to families with children with emotional difficulties or mental health issues, support groups, respite program, free clothing, food shelf, and household items.*

### **High Peaks Hospice**

#### **Northern Office**

47 Tom Phelps Way  
Mineville, NY 12956  
Tel: 518-891-0606

#### **Southern Office**

454 Glen St  
Glens Falls, NY 12801  
Tel: 518-891-0606

#### **Administrative Office**

309 County Rte. 47  
Saranac Lake, NY 12983  
P.O. Box 840  
Tel: 518-891-0606

Website: [www.highpeakshospice.org](http://www.highpeakshospice.org)

*Focuses on the individual and his or her choices or wishes. Cares for not just physical comfort, but also social, spiritual, emotional, and practical. Care includes visits, assessment, planning, and teaching. Provides needed medications, equipment, supplies, and materials related to the illness and needed to address or prevent symptoms or discomfort.*



## SUPPORT GROUPS (cont.)

### **Mental Health Association in Essex County**

6096 NYS Route 9N  
Westport, NY 12993  
Tel: 518-962-2077  
Tel: 800-440-8074  
Fax: 518-962-8233  
Website [www.mhainessex.com](http://www.mhainessex.com)

*A wide range of programs to facilitate the recovery of people who have experienced mental illness.*

### **National Alliance on Mental Illness of Champlain Valley (NAMI-CV)**

304 New York Road  
Plattsburgh, NY 12903  
Tel: 518-561-2685  
Fax: 518-536-9047  
Website: [www.nami-cv.org](http://www.nami-cv.org)

*Support for individuals, family and friends with mental illness. Support groups and educational programs are available.*

### **North Country Center for Independence**

88 Sharron Avenue  
Plattsburgh, NY 12901  
Tel: 518-563-9058  
Website: [www.ncci-online.com](http://www.ncci-online.com)

*Information & referral, peer counseling, advocacy, independent living skills training, radio reading service, accessibility consultation, assistive technology, benefits advisement, employment services, and long term care information.*

### **Northern Adirondack Planned Parenthood- Plattsburgh**

66 Brinkerhoff St  
Plattsburgh, NY 12901  
Tel: 518-561-4430  
Website: [www.plannedparenthood.org](http://www.plannedparenthood.org)

*Medical, counseling, and educational services related to reproductive healthcare, HIV/AIDS, and sexual assault services.*

### **Sexual Assault Services of Essex County**

66 Brinkerhoff Street  
Plattsburgh, NY 12901  
518-561-0605 ext. 125  
24 Hour Hotline – 1-866-307-4086

*Counseling on Sexual Assault issues and relationships over the age of 12; 24-hour hotline, crisis counseling, therapy, advocacy, information and referrals; prevention education/training. Services are provided no matter when the assault occurred, whether it was 2 hours ago or 20 years ago.*

**SUPPORT GROUPS (cont.)**

**STOP Domestic Violence**

**Main Street  
Westport, NY 12993  
Tel: 1-866-563-6904 or 518-962-8949**

*Emergency shelter, counseling, education; crisis intervention and support groups, advocacy, community presentations, 24-hour hotline.*

**NOTES**


## TAXI SERVICE AND TRANSPORTATION

### **Essex County Office for the Aging**

132 Water Street  
P.O. Box 217  
Elizabethtown, NY 12932  
Tel: 518-873-3695  
Fax: 518-873-3784  
Website: [www.co.essex.ny.us/OFA.asp/](http://www.co.essex.ny.us/OFA.asp/)

*Transportation for those over 60 to and from medical-related appointments.*

### **Essex County CHAMP Bus**

Tel: 518-873-3689  
Tel: 1-800-914-9266  
Website: [www.co.essex.ny.us/wp/transportation](http://www.co.essex.ny.us/wp/transportation)

### **Joe's Taxi**

Ticonderoga, NY 12883  
Tel: 518-585-4412

### **Lavigne Taxi Service**

35 Willow Way  
Saranac Lake, NY 12983  
Tel: 518-891-2444

### **Medicaid Transport – Essex County**

Medical Answering Services, LLC (MAS)  
P.O. Box 12000  
Syracuse, NY 13218  
Tel: 866-753-4442  
Website: [www.medanswering.com](http://www.medanswering.com)

*Transportation or reimbursement for Medicaid-covered health related appointments for Medicaid-eligible persons who have no other means of transportation. All trips and reimbursement must be prior approved.*

## VETERANS AFFAIRS

### **NYS Division of Veterans Affairs – Essex County Office**

7551 Court Street  
Elizabethtown, NY 12932  
Tel: 518-873-3488  
Tel: 888-838-7697  
Website: [www.veterans.ny.gov](http://www.veterans.ny.gov)

*Assistance to veterans and their families regarding benefits for which they may be eligible.*

### **NY State Division of Veterans Affairs**

5 Empire State Plaza, Suite 2836  
Albany, NY 12223  
Tel: 518-474-6784

*Advice and assistance for veterans and their families.*

### **Veterans Administration Hospital**

113 Holland Avenue  
Albany, NY 12208  
Tel: 518-626-5386  
Tel: 1-888-838-7697  
Website: [www.albany.va.gov](http://www.albany.va.gov)

*Comprehensive range of medical, surgical, psychiatric, geriatric, and ambulatory care services to veterans.*

### **Veterans Community-Based Outpatient Clinic**

7426 NYS Route 9  
Westport, NY 12993  
Tel: 518-626-5236  
Website: [www.albany.va.gov/locations/Westport.asp](http://www.albany.va.gov/locations/Westport.asp)

*Behavioral health, primary care, preventive medicine, medication management, smoking cessation program, benefits consultation.*

## **NY Connects**

NY Connects is a program available in Essex County that assists individuals with accessing long-term care services. The New York State Office for the Aging (NYSOFA) and the Department of Health (DOH) are working on this collaborative effort to ensure that consumers, their caregivers, and professionals, are receiving unbiased and accurate information regarding services that are available in Essex County. NY Connects supports the consumer's choice and independence while also ensuring that they are accessing the most cost-effective service that can be provided.

NY Connects provides a single access point to all individuals, regardless of age, income, or payment source with assistance with exploring long-term care options in our area. This program will ensure that clients, caregivers, and professionals are linked to the most appropriate service(s) for that individual.

In Essex County, our NY Connects program is based in the Office for the Aging. With collaboration from the local Department of Social Services (DSS), Public Health, and many other agencies, we have been able to implement this much needed program. We strongly feel that this program will ease the frustration that consumers usually encounter while trying to access services. In addition, this program will allow us to evaluate our current long-term care system and will assist us in meeting the challenges that our consumers face when accessing services.

To assist potential consumers and caregivers, we have updated our current resource directory of services. This directory can be accessed on-line at: [www.nyconnects.ny.gov/](http://www.nyconnects.ny.gov/). Please feel free to utilize this resource when assisting potential consumers, caregivers, and others. In addition, information and assistance can be provided by our NY Connects staff by calling 518-873-3815.



**NY Connects:  
Choices for  
Long Term Care**

## TOLL-FREE NUMBERS

AARP	888-687-2277
Alliance for Lung Cancer	800-298-2436
Alliance for Positive Health (AIDS Council)	800-232-6348
ALS Association (Lou Gehrig's Disease)	800-782-4747
Alzheimer's Association	800-272-3900
Alzheimer's Dis. & Related Dis. Assoc.	800-272-3900
Alzheimer's Dis. Ed. & Referral Ctr.	800-438-4380
American Behcet's Disease Association	800-723-4238
American Cancer Society	800-227-2345
American Council of the Blind	800-424-8666
American Diabetes Association	800-342-2383
American Kidney Fund	800-638-8299
American Liver Foundation	800-465-4837
Aplastic Anemia & MDS International Foundation	800-747-2820
Audiology Awareness Campaign	800-445-8629
Brain Injury Assoc. of New York State	800-444-6443
Brain Injury Association of America	800-444-6443
Cancer Care	800-813-4673
Cancer Institute, Roswell Park Cancer	800-767-9355
Cancer Treatment Centers of America	877-256-0379
Captioned Media Program	800-237-6213
Cervical Cancer Coalition	800-685-5531
Centers for Disease Control/Asthma	800-232-4636
Centers for Disease Control STD Hotline	800-227-8922
Child Abuse Reporting Center	800-342-3720
Child Find	800-426-5678
ChildHelp National Child Abuse Hotline	800-422-4453
Christopher & Dana Reeve Foundation	800-225-0292
Crohn's & Colitis Foundation	800-932-2423
Domestic Violence Hotline	800-799-7233
Depression and Bipolar Support Alliance	800-826-3632

## TOLL-FREE NUMBERS (cont.)

Drug Sales Reporting Hotline	877-792-2873
Early Childhood Direction Center	800-462-4344
Environmental Protection Agency - Asbestos	800-368-5888
Environmental Protection Agency – Drinking Water	800-426-4791
Environmental Protection Agency – Pesticides	800-858-7378
Epilepsy Foundation of America	800-332-1000
Federal Student Aid	800-433-3243
Growing Up Healthy Hotline	800-522-5006
Health Resources & Services Administration	888-275-4772
Hospice Foundation of America	800-854-3402
International Dyslexia Society	800-222-3123
Legal Aid Society Northeastern NY	800-462-2922
Leukemia and Lymphoma Society	800-955-4572
Living Bank/Organ Donor Information	888-894-6361
Medic Alert	800-432-5378
Medicare Hotline	800-633-4227
Mental Health Association in Essex County	800-440-8074
Missing Children Hotline	800-843-5678
Mortgage Information/SONYMA	800-382-4663
National Association for Continence	800-252-3337
National Cancer Institute	800-422-6237
National Child Safety Council	800-327-5107
National Council on Aging	800-424-9046
National Library for the Blind	800-424-8567
National Multiple Sclerosis Society	800-344-4867
National Pesticide Information Center	800-858-7378
National Runaway Safeline	800-786-2929
NY Connects	800-342-9871
NY FarmNet HelpLine	800-547-3276
NYS Coalition Against Domestic Violence	800-818-0656
NYS Ed Dept/Adult Career & Continuing Ed	800-222-5627

## **TOLL-FREE NUMBERS (cont.)**

NYS Office for People w/Developmental Disabilities	866-946-9733
NYS Office of Temporary & Disability Assistance	800-342-3334
NYS Public Service Commission/Consumer Complaints	800-342-3377
NYS Talking Book & Braille Library	800-342-3688
Prostate Cancer Foundation	800-757-2873
Shriners Hospital for Children	800-237-5055
Social Security Administration	800-772-1213
United Spinal Association/Spinal Cord Resource Center	800-962-9629
U.S. Consumer Product Safety Commission	800-638-2772



## INDEX

<u>Name</u>	<u>Pages</u>
4-H Youth and Family Development Program .....	22,34
Adirondack Community Action Program (ACAP) – Aging Services .....	13,56,59
Adirondack Community Action Program (ACAP) – Children & Family Services .....	22,34
Adirondack Community Action Program (ACAP) – Community Services Program .....	23,39,59
Adirondack Community Action Program (ACAP) – Employment & Training Programs .....	34,59
Adirondack Community Action Program (ACAP) – Head Start .....	22,34,59
Adirondack Community Action Program (ACAP) – Weatherization & Energy Services .....	23,55,59
Adirondack Educational Center.....	74
Adirondack Manor.....	47,76
Adirondack Medical Center .....	47
Adirondack Health – Mercy Living Center.....	47
Adirondack Residential Center.....	76
Adoption Services.....	23,72
Adult Protective Services.....	4,13,56,60
Advocacy for the Developmentally Disabled .....	7
Alliance for Positive Health.....	42
Alcoholics Anonymous.....	19
Alcoholics Anonymous – Elizabethtown and Tri-Lakes Area.....	19,79
Al-Anon/Alateen Family Groups.....	19,79
Alice Center Skilled Nursing Facility.....	47
Alice Hyde Medical Center (UVM).....	47
Alzheimer’s Disease Assistance Center.....	13,42,48,60
Alzheimer’s Disease Caregiver Support Initiative.....	13,79
American Association of Retired Persons (AARP).....	13
American Cancer Society-Capitol Region.....	42
American Diabetes Association.....	42
American Heart Association.....	42
American Red Cross – North Country Chapter.....	43
Apple Valley Senior Housing Corp.....	14,76
Audiology Center/Fanny Allen (UVM).....	23
Ausable Valley Central School.....	74
Behavioral Health Services North, Inc.....	4,7,14,23,30,56,60
Bereaved Parents of the USA.....	79
Black Brook Senior Housing.....	76
Board of Cooperative Education Services (BOCES).....	7,35,68

Bonnieview Terrace Apartments .....	76
Boquet River Senior Housing.....	76
Boquet Valley Central School.....	74
Boy Scouts of America – Adirondack Council.....	24
Boy Scouts of America – Twin Rivers Council.....	24
Brain Injury Association of NY State.....	43
Breast Cancer Support Group – “Treasure Chests”.....	79
Bruce L. Crary Education Foundation.....	35
Cancer Services Program of Clinton, Essex, and Franklin Counties.....	43,60
Canton-Potsdam Alcohol Detoxification Unit.....	19
Care and Share Energy Fund.....	55
Catholic Charities – Diocese of Ogdensburg.....	30
Center for Disability Services.....	7,68
Cerebral Palsy Association of the North Country.....	8,43,68
Champlain Valley Adoption Support Group.....	79
Champlain Valley Education Services (CVES).....	7,24,68,74
Champlain Valley Family Center.....	19,30
Champlain Valley Physician’s Hospital (UVM-CVPH).....	48
Child Abuse Hotline.....	4
Child Find of America, Inc.....	4
Child Health Clinic.....	24,72
Child Protective Services.....	5,24
Client Assistance Program.....	8,68
Clinton Community College.....	35
Clinton County Nursing Home.....	48
Clover Patch Camp.....	8,68
Consumer Credit Counseling Services of Rochester.....	39
Coordinated Care Unit.....	43,56,60
Cornell Cooperative Extension.....	24
Cornell Cooperative Extension – Energy Efficiency.....	61
Crown Point Central School.....	74
CVPH – Rehabilitation and Wellness.....	44
Day Care Services.....	25,39,72
De Chantel Apartments.....	76
Diabetes Self-Management Program.....	61
Diabetes Support Group.....	14,61,80
Early Childhood Intervention Program.....	56

Eastern Adirondack Health Care Network.....	25,35
Eat Smart New York (ESNY).....	25,35,61
Edward L. Kelly Funeral Home.....	41
Elderwood at North Creek.....	48
Elderwood at Uihlein.....	48
Eleanor M Luse Center for Disorders of Communication.....	8
Elizabethtown Community Hospital (UVHN-ECH).....	49
Elizabethtown Health Center.....	49
Elizabethtown Social Center.....	36
Essex Center.....	49
Essex County Certified Home Health Agency (CHHA).....	44,57
Essex County CHAMP Bus.....	83
Essex County Community Services Board.....	19,30
Essex County District Attorney.....	64
Essex County Mental Health Services.....	14,25,30,61
Essex County Patient Services.....	14
Essex County Office for the Aging.....	15,57,64,83
Essex County Probation Department.....	64
Essex County Sheriff's Office.....	5,64,66
Essex County STOP DWI/ Youth Bureau.....	20,25
Essex Industries.....	69
Families First in Essex County, Inc.....	26,31,57,62,80
Feek's Pharmacy.....	71
Food Stamps (SNAP).....	39
Fort Hudson Nursing Home & Adult Day Care.....	49,57
Fortune-Keough Funeral Home.....	41
Foster Care Services for Children.....	26,72
Franklin, Essex, Hamilton BOCES.....	26
Girl Scouts of Northeastern NY.....	26
Glens Falls Hospital.....	49
Granville Center.....	49
Hamilton Funeral Home.....	41
Harland Funeral Home.....	41
Heald Funeral Home.....	41
High Peaks Health Center.....	50
High Peaks Hospice.....	15,44,58,80
Highland Nursing Home.....	50

HIV/AIDS Institute, NYS Department of Health.....	44
HIV/AIDS Program – Essex County.....	44
Holbrook’s Adult Home.....	15,50
Home Energy Assistance Program (HEAP).....	39,55
Hospitality House, Therapeutic Community, Inc.....	20
Housing Assistance Program of Essex County (HAPEC).....	16,55
Hudson Headwaters Health Network.....	50
Job and Education Information Center.....	36
Joe’s Taxi.....	83
John Tracy Clinic.....	26
Keene Central School.....	74
Keene Health Center.....	50
Keene Valley Neighborhood House.....	77
Keeseville Country Gardens.....	16,77
Keeseville Pharmacy.....	71
Kinney Drugs.....	71
Lake Flower Apartments.....	77
Lake Placid Central School.....	74
Lake Placid Health Center.....	50
Lake Placid Police.....	5,66
Lakewood Apartments.....	77
Lavigne Taxi Service.....	83
Lawyer Referral and Information Service (LRIS).....	64
Learning Disabilities Association of New York State.....	8,27,45
Lee House Apartments.....	16,77
Legal Aid Society of Northeastern NY.....	65
Literacy Volunteers of Clinton/Essex/Franklin Counties.....	36
Local Ombudsman Program.....	62
Local Police.....	5
Lord Howe Estates.....	77
M.B. Clark Funeral Home.....	41
Meadowbrook Healthcare.....	51
Medicaid Program.....	9,39,45
Medicaid Transportation.....	83
Mental Health Association in Essex County.....	9,27,31,62,81
Mercy Care for the Adirondacks.....	16
Minerva Central School.....	74

MOMS Program.....	27
Montcalm Manor.....	77
Moriah Central School.....	74
Moriah Health Center.....	51
Moriah Pharmacy.....	71
Moriah Police.....	5,66
Moses Circle Apartments.....	78
Mountain Medical Services Urgent Care – Lake Placid.....	51
Mountain Lake Services.....	9,69
Mountain Meadows.....	78
Mountain Vista.....	78
Multiple Sclerosis Society.....	45
Muscular Dystrophy Association.....	45
National Alliance on Mental Illness of Champlain Valley (NAMI-CV).....	31,36,45,62,81
National Foundation for Credit Counseling.....	40
National PTA Headquarters.....	36
Newcomb Central School.....	74
Newcomb Health Center.....	51
New York State Coalition Against Domestic & Sexual Violence.....	5
New York State Commission for the Blind.....	10,37
New York State Commission on Quality of Care & Advocacy for People with Disabilities.....	9
New York State Department of Health.....	51
New York State Department of Labor.....	37
New York State Division of Veteran’s Affairs.....	84
New York State Division of Veteran’s Affairs – Essex County Office.....	84
New York State Higher Education Service Corporation (HESC).....	37
New York State Office for People with Developmental Disabilities.....	10,69
New York State Office of Children & Family Services.....	27,37
New York State Talking Book and Braille Library.....	10
North Country Association for the Visually Impaired (NCAVI).....	10,37
North Country Center for Independence.....	11,16,31,58,62,69,81
North Country Community College.....	37
North Country Conflict Resolution Services.....	17,27,63,65
North Country Freedom Homes, Inc.....	20
North Country Home Services.....	17,46,58,63
North Country Legal Services.....	11
Northeastern Association for the Blind at Albany.....	11

Northern Adirondack Planned Parenthood – Plattsburgh.....	28,31,46,63,72,81
North Star Family of Services.....	11
North Star Industries.....	69
Nutrition Program for the Elderly.....	17
Office of Vocational Rehabilitation.....	38
Online Colleges.....	38
Parent Help.....	28
Peru Pharmacy.....	71
Plattsburgh Rehabilitation & Nursing Center.....	51
Poison Center.....	46
Porter Medical Center.....	52
Post Office Pharmacy.....	71
Pre-School Program.....	28
Prevention Team of Essex County, Inc.....	20
Preventative Services.....	28
Public Assistance Program.....	40
Retired Senior Volunteer Program (RSVP).....	17
Rite Aid Pharmacy.....	71
Rural Law Center.....	65
Salvation Army.....	73
Samaritan Family Counseling Center.....	32
Samuel F. Vilas Home.....	53
Saranac Lake Central School.....	74
Saranac Lake Police.....	5,66
Saranac Village at Will Rogers.....	78
Schroon Lake Central School.....	74
Schroon Lake Health Center.....	52
Schroon Lake Pharmacy.....	71
Senior Citizens Overlook Apartments.....	18,78
Sexual Assault Services of Essex County.....	5,32,63,81
Shriners Hospital for Children.....	28,52
Smith House Health Center.....	52
Social Security Administration.....	40
St. Agnes School.....	74
St. Joseph's Home.....	52
St. Joseph's Addiction Treatment & Recovery Centers.....	20,32
St. Lawrence Addiction Treatment Center.....	21,32

St. Lawrence State Psychiatric Center.....	33
St. Marys School.....	75
St. Regis Nursing Home.....	52
State University of New York – SUNY Plattsburgh.....	38
STOP Domestic Violence.....	6,33,82
Stratton VA Medical Center – Albany.....	53
Sunmount DDSO – Administrative Offices.....	12,18,70
Sunmount DDSO – Plattsburgh.....	12,70
SUNY Plattsburgh – Speech and Hearing Center.....	12
TAP/PEL – Federal Student Aid Information Center.....	40
The Arbors at Shelburne.....	18,53
The Greenwood.....	18,78
The Oaks at Fort Hudson.....	78
The Orchard Nursing & Rehabilitation Centre.....	53
Ticonderoga Central School – Elementary.....	75
Ticonderoga Central School – High School.....	75
Ticonderoga Health Center.....	53
Ticonderoga Police.....	5,66
Thwaites Zaumetzer Funeral Home.....	41
University of Vermont Health Network – Ticonderoga Campus.....	53
University of Vermont Medical Center (Fletcher Allen).....	54
USDA Rural Development – NYS Eastern Region.....	55
Veteran's Administration Hospital.....	84
Veteran's Community Outpatient Clinic – Westport.....	84
Wal-Mart Pharmacy.....	71
Westport Health Center.....	54
WIC – Women, Infants, Children Food Program.....	29,73
Wilcox & Regan Funeral Home.....	41
Willsboro Central School.....	75
Willsboro Pharmacy.....	71

## Client Satisfaction Survey

Please complete and return this survey to:  
Essex County Office for the Aging  
P.O. Box 217  
Elizabethtown, NY 12932

1. Where did you get a copy of this directory from?  
\_\_\_\_\_
2. Are you finding the directory helpful?  
\_\_\_\_\_
3. How could the directory be improved?  
\_\_\_\_\_
4. Have you contacted any of the organizations in this directory?  
\_\_\_\_\_
5. Would your organization like to be listed in future issues of the directory? If yes, please send us your name and any information you would like included.

Name of Organization - \_\_\_\_\_

Contact Person - \_\_\_\_\_

Address - \_\_\_\_\_

Telephone - \_\_\_\_\_

Brief description of services offered -

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**For more information, please contact us:**

Essex County Office for the Aging – 518-873-3695

Essex County NY Connects – 518-873-3815