

Clinton County Human Services Resource Directory

Spring 2011



Special thanks to Keystone Community Network
for putting this resource directory online at
www.clintoncountyresources.org

To the reader:

The 2009 Clinton County Human Services Resource Directory was completed by Monica Ginsberg, Community Program Coordinator at Clinton County United Way; Carl Rosa II and Scott Schaefer, Keystone Community Network webmasters.

Clinton County United Way and Keystone Community Network partnered together to create this resource directory online and in print version.

This Resource Directory is available online at www.clintoncountyresources.org.

Clinton County United Way and Keystone Community Network will make every effort to keep the Human Services Resource Directory updated. If you have any updates or additions, please contact:

Angela Harding
Clinton County United Way Executive Director
220 North Jay Street
PO Box 287
Lock Haven, PA 17745
angela@clintoncountyunitedway.org
Phone: 570-748-7856
Fax: 570-748-5880

Or

Sue Foust
Keystone Community Network Director
18 East Main Street
Lock Haven, PA 17745
sfoust@kcnet.org
Phone: 570-893-8111
Fax: 570-893-8655

Agency Name: AIDS Project, The
Address: 8 North Grove Street PO Box 268 Lock Haven PA 17745
Phone: 570-893-1740
Fax: 570-893-1745
Contact Person: Patti Smith
Website: www.theaidsproject.com
Email: pattismith3@comcast.net
Program 1:

Description: The AIDS Project is committed to enhancing the quality of life for people infected with and affected by HIV/AIDS. We provide services to clients, educate the community to increase understanding and prevent the transmission of HIV, and advocate on behalf of client needs. Provides HIV/AIDS testing from 13 up, tests are oral sure (no blood draw) anonymous or confidential. Services that are provided are Condom Closet (protective tools), Risk reduction Counseling, Support groups for those infected and affected with HIV/AIDS, Community Educational presentations, Outreach, health fairs, Educational materials. All services are free and non judgmental.

Age Range: none

Eligibility requirements: none

Costs: all services are free

Days/Times: Monday-Friday Call for an appointment Weekends- by appointment only

Agency Name: Albright LIFE (Living Independently for Elders)

Address: 901 Memorial Ave Williamsport PA 17701

Phone: 570-322-5433 or 1-800-907-5433

Fax: 570-327-3093

Contact Person: Sandy Hill

Website: www.albrightlife.org

Email: lycoming-clinton-life@albrightcare.org

Programs:

Description: Albright LIFE

Age range: 60+

Eligibility requirements: Must be 60 yrs or older; Must live in Lycoming Co. or Clinton Co.(up to and including Lock Haven, excluding Beech Creek, Westport, Hyners, Renovo areas); Must be able to remain safely in the community with the help of LIFE services; Must be deemed medically eligible for the Program by the Area Agency on Aging.

Costs: Payment can come from Medicaid, Medicare, Long term care insurance or private funds

Description: We put together a customized care plan for each participant, all based on individual needs. The Program 's purpose is to keep frail elderly at their optimal health and in the place they call home for as long as possible.

Day Center services include: Physician and nursing services, social work, rehabilitation and maintenance therapies, recreational therapy, meals, and snacks, personal care, beautician services, podiatry, and transportation to and from the Life Center and medical appointments.

Days/Times: M-F 8am-4:30pm

Supplemental in home services include: Visiting nurses and therapy, personal care, home delivered, meals, homemaker services

Medical clinic services: Primary care by our Medical Director, medicine management.

Agency Name: American Cancer Society
Address: 1948 E. 3rd. Street Williamsport, PA 17701

Phone: 570-326-4149

Fax: 570-326-7767

Contact person: Jan Ulmer

Website: www.cancer.org

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

Program 1:

Description: The American Cancer Society Road to Recovery program provides transportation to and from treatment for people who have cancer and do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive the life-saving treatments they need.

Program 2:

Description: American Cancer Society Reach to Recovery program has helped people (female and male) cope with their breast cancer experience. Reach to Recovery volunteers offer understanding, support, and hope because they themselves have survived breast cancer and gone on to live normal, productive lives. Talking with a specially trained Reach to Recovery volunteer at this time can give a measure of comfort and an opportunity for emotional grounding and informed decision-making

Program 3:

Description: The Look Good...Feel Better program is a community-based, free, national service. It teaches female cancer patients beauty tips to look better and feel good about how they look during chemotherapy and radiation treatments. The Look Good...Feel Better program was founded and developed in 1989 by the Personal Care Products Council (at the time called the Cosmetic, Toiletry and Fragrance Association, or CTFA), a charitable organization supported by the cosmetic industry, in cooperation with your American Cancer Society (ACS) and the National Cosmetology Association (NCA). Volunteer beauty professionals lead small groups, usually about 6 to 10 women, through practical, hands-on experience. Women learn about makeup, skin care, nail care, and ways to deal with hair loss such as with wigs, turbans, and scarves. Each woman gets a free makeup kit to use during and after the workshop. The self-help materials include a 30-minute video entitled *Just for You: A Step-by-Step Guide to Help You Look Good and Feel Better During Cancer Treatment*, a step-by-step instructional booklet and an evaluation form. The videotape features cancer survivors and volunteers talking about the ways cancer treatment and side effects can affect the way you look. It also covers detailed skin care information, "how to" makeup tips, wig information, nail information and pointers on head coverings. The self-help brochure is for men who are getting chemotherapy or radiation treatment. It gives them information on how to deal with the way treatment and side effects can change the way they look, as well as other information that is useful during this challenging time.

Program 4:

Description: I Can Cope program is an educational program for people facing cancer – either personally, or as a friend or family caregiver. I Can Cope classes can help dispel cancer myths by presenting straightforward information and answers to your cancer-related questions about: diagnosis and treatment, side effects of treatment, self-esteem and intimacy, communicating concerns and feelings, community resources, financial concerns, pain management, nutrition and physical activity, cancer-related fatigue, and keeping well in mind, body, and spirit. There is no charge for attending I Can Cope classes. You do not need a physician's referral, but for

planning purposes pre-registration may be required. I Can Cope classes are also available online. I Can Cope online classes are self-paced and you can take them in the privacy of your home or location of your choice at a time that is convenient for you. To take an online class, go to www.cancer.org/onlineclasses.

Program 5:

Description: Beautiful Lengths is a wig bank which offers new free wigs to women through Pantene pro-v. Donations are accepted but women's hair must be 8 inches or longer. If interested, please go to www.beautifullengths.com for more information.

Additional Information: All the programs are free to cancer patients. There is help with insurance for treatment and clinical trial (find where people are doing experimental trials for patients).

Agency Name: American Red Cross

Address: 320 East Third Street Williamsport, PA 17701

Phone: 1-877-273-6272 (for Clinton County only)

Website: www.ncparedcross.org

Service 1:

Description: The first service is Disaster services whom are prepared to respond to hurricanes, floods, earthquakes, tornadoes, fires, hazardous materials incidents, and other disasters.

Service 2:

Description: The second service is health and safety which provides services about CPR, HIV/AIDS, Pet first aid, Babysitter's training, home safety tips etc.. (many of the classes are held at the YMCA in Lock Haven).

Service 3:

Description: Armed Force Services provides prevention, prepare for and coping with emergencies, emergency communication, information referral and advocacy, Reassignment and hardship discharge, military records and emergency financial assistance.

Agency Name: American Rescue Workers

Address: 643 Elmira Street Williamsport, PA 17701 PO Box 621 Jersey Shore PA 17740

Phone: 570-323-8401

Fax: 570-323-0980

Contact Person: Colonel Sam Astin, Commanding Officer/Pastor

Website: www.arwwmpt.org/index.php

Email: samarw@chilitech.net or dawnarw@chilitech.net

Program 1:

Program : The Men's Center

Director: Kevin Carroll

Address: 643 Elmira Street Williamsport, PA 17701

Phone: 570- 323-8401 ext. 18/ Nightwatchman ext. 16

Hours: 24 Hours a day

Description: One of the Men's Center Program is The Emergency Transient Lodging. It is a **Program** designed to provide immediate shelter for men in transition. Another Program is called the Men's Center Program. It is designed to provide an individual an extended stay in which to re-evaluate themselves personally, materially and spiritually. A 40 hour per week work therapy routine is part of the Men's Center Program; providing the individual the opportunity to learn basic work skills and relevant relations, giving the client emotional satisfaction of becoming productive to society.

Target population: homeless man and/or displaced men

Age Range: 18 and older

Eligibility requirements: abstinence from any habit-forming substance

Costs: none, but if a client establishes income then there will be a percentage as a program service fee.

Location: 643 Elmira Street Williamsport, PA 17701

Days/Times: 24 Hours a day

Program 2:

Program : The Love Center, Soup Kitchen and Social Service Center

Director: Craig Gibbs, Love Center Director

Address: 115 Howard St, Jersey Shore, PA

Phone: 570-398-1551

Description: The Love Center helps to alleviate some of the misery for those that find themselves in emergency situations such as near homelessness, lack of food and adequate clothing, utility shut-off notice etc.. The Love Center also operates a soup kitchen Monday through Friday serving a hot meal between 11:30am to 12:30pm. A food pantry provides individuals and families with a 3-day emergency supply of groceries. The Clinton County Care project was recently started by networking with officials from Clinton County in efforts to alleviate homelessness and near homelessness.

Target population: General Public that find themselves in an emergency situation of hunger and homelessness or in danger of becoming homeless

Age Range: Adults and Children

Costs: none

Location: Corner of Allegheny and Howard Streets Jersey Shore, PA 17740

Days/Times: Monday-Friday: 9am-3pm

Agency Name: Annie Halenbake Ross Library
Address: 232 West Main Street Lock Haven, PA 17745
Phone: 570-748-3321
Fax: 570-748-1050
Contact Person: Diane Whitaker
Website: <http://www.rosslibrary.org/>
Email: ross1@rosslibrary.org

Program 1:

Description: Children's Library Material and Programs
Target population: Clinton County
Age Range: 0-13 years of age
Eligibility requirements: none
Costs: none
Days/Times: Monday- 9am-8pm, Tuesday-Saturday- 9am-5pm

Program 2:

Description: Young Adult Materials and programs
Target population: Clinton County
Age Range: 13-19 years old
Eligibility requirements: none
Costs: none, only if adult is doing an art project (quilting, basket weaving etc..)
Days/Times: Monday, Thursday- 9am-8pm, Tuesday, Wednesday, Friday and Saturday- 9am-5pm

Program 3:

Description: Renovo Area Library, Materials and programs for all ages
Contact Person: Elizabeth Cowfer
Contact Persons Phone number: 570-923-0390
Target population: Clinton County
Age Range: birth-senior
Eligibility requirements: none
Costs: none
Location: 317 7th Street Renovo PA 17764
Days/Times: Tue-Saturday 9am-5pm

Program 4:

Description: Friendship Community Library Materials and programs
Contact Person: Susan Gibson
Contact Person: Phone number: 962-2048
Target population: Clinton County
Age Range: all ages
Eligibility requirements: none
Costs: none
Location: On the main street (route 150 going out of town) Beech Creek PA 16822
Days/Times: Monday- 3pm-7pm, Tuesday-3pm-7pm, Thursday-3pm-7pm

Program 5:

Description: Clinton County Delivery Service

Target population: Clinton County

Age Range: preschool to seniors

Eligibility requirements: none

Costs: none

Days/Times: M-F/S- 9am-5pm

Service 6:

Description: Career Corner has books, videos, college/scholarship materials; civil service, GED, SAT and ASVB test materials.

Service 7:

Description: Computers are available with internet access. You only need a library card.

Costs: free

Service 8:

Description: Books by Mail

Age Range: all

Eligibility requirements: Elderly, handicapped, unable to get to a Clinton County Library

Costs: free

Days/Times: Monday, Thursday 9am-8pm, Tuesday, Wednesday, Friday and Saturday- 9am-5pm

Assisted Living in Clinton County:

Agency Name: Fulmer's Personal Care Home

Address: 201 Woodward Avenue Lock Haven, PA 17745

Phone: 570-748-1829

Agency Name: Heartland Personal Care Home

Address: 46 Elementary Lane, Box 210 Woolrich, PA 17779

Phone: 570-769-6007

Agency Name: Nightengales Personal Care Home

Address: 130 County Club Lane Mill Hall, PA 17751

Phone: 570-748-0650

Agency Name: Oakridge Personal Care Home

Address: 2997 Renovo Road Mill Hall, PA 17751

Phone: 570-748-3162

Agency Name: Bald Eagle Boys' Camp
Address: 1077 Wilderness Trail Mill Hall, PA 17751
Phone: 570-748-4543
Fax: 570-748-7009
Contact Person: Brian Martin
Website: www.baldeagleboyscamp.org
Email: brian@baldeagleboyscamp.org

Program 1:

Target population: Boys
Age Range: 9-16 years old
Eligibility requirements: Must have emotional and/or behavioral disorder and interview to be accepted into the program
Costs: Depends on family's income
Days/Times: average of 18 months

Program 2:

Description: The boy's family is required to participate in evaluations which are held on campus. There are also home visits which keeps the families up to date on the process for their children. The camper returns home every 6 weeks for four days. The home visit allows the camper to apply the skills he learned at camp toward his family members. The counselors can measure the boys progress through home visits.

Program 3:

Description: Academics are built into the daily routines and activities. Each camper is taught to use practical mathematics in the designing and construction of the tents. Weekly meal planning and cooking provides opportunity to learn about nutrition, budgeting, and home economics. Each week, campers visit the Trading Post, the Wilderness Camp store where they learn to write checks and keep checking accounts. When the group plans the weekly schedule, a boy is required to cooperate creatively with others, and put his thoughts into words on paper.

Agency Name: Bi-County WIC

Address: 738 Bellefonte Ave Lock Haven PA 17745

Phone: 570-748-1087

Fax: 570-748-6457

Program 1:

Description: Supplemental Nutrition Program for Women, infants and Children

Target population: Clinton and Lycoming (satellite clinics in Loganton, Renovo Jersey Shore)

Age Range: up to age 5, mother- must meet income guidelines

Eligibility requirements: Women who are pregnant, breastfeeding or had a baby in the past 6 months; infants and children under the age of five, including foster children. Household income must meet income guidelines.

Costs: none

Days/Times: Monday-Friday 8:00am-5:45pm (closed noon to 1 for lunch)

Agency Name: Big Brothers Big Sisters of Clinton County

Address: 8 North Grove Street suite 2 Lock Haven, PA 17745

Phone: 570-893-7035 or 570-893-7036

Fax: 570-893-5030

Contact Person: Bob Farley

Website: www.clintoncountybbbsa.org

Email: bbbs@clintoncountypa.com

Program:

Description: Leading one-to-one relationships with youth, developing positive relationships which impact youth. The “Littles” become more confident in their schoolwork performance, have a better relationship with their family, less likely to use drugs, alcohol and skip school.

Target population: Children

Age Range: 6-16 years old

Eligibility requirements: To be a “BIG”- you must apply and have an interview. To be a “Little”- a parent/legal guardian must apply for their child. “Bigs” and “Littles” must be a Clinton County resident.

Location: There is no “set” location. A Big and Little can go for a walk, meet at the mall, go to the movies etc..

Days/Times: No set times/days

Agency Name: Boy Scouts of America-Susquehanna Council

Address: 815 Northway Road Williamsport, PA 17701

Phone: 570-326-5121 and 1-800-647-4510

Fax: 570-326-7339

Contact person: Eric M. Chase or Jackson Warner

Website: www.susquehannabsa.org

Email: scouting@susquehannabsa.org

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

Program 1:

Description: Cub Scouts is a program for younger boys. Each cub scout pack members are signed to a den (a neighborhood group of six to eight boys). The different den groups are Tiger Cubs (first graders), Wolf Cub Scouts (second graders), Bear Cub Scouts (third graders) and Webelos Scouts (fourth and fifth graders).

Target population:

Age Range: 7-10 years old

Costs: \$10 registration fee

Days/times: Weekly

Program 2:

Description: Boy Scouts are for boys who have earned their Arrow of Light Award or have completed the fifth grade. Boy Scouts are organized into troops in local communities.

Age Range: 11-17 years old

Costs: \$10 registration fee

Program 3:

Description: Venturing is a youth development program of the Boy Scouts of America for young men and women who are 14 (and have completed the eighth grade) through 20 years of age. The purpose is to provide positive experiences to help young people mature and to prepare them to become responsible and caring adults. Ventures are organized into crews in their local communities

Age Range: 14-20

Costs: \$10 registration fee

Agency Name: Bucktail Medical Center

Address: 1001 Pine St Renovo, PA 17764

Phone: (570) 923-1000

Fax: 570-923-0835

Website: www.bucktailmed.org

Email: kbarrows@bucktailmed.org

Service 1:

Description: The Bucktail Medical Center Hospital is a 17 bed Critical Access Hospital/Swing bed. The facility also offers a full service Emergency Room 24 hours a day, seven days a week. In additions, the facility also has Laboratory, radiology, Ambulance, Occupational Therapy, Physical Therapy and Speech Therapy Departments.

Service 2:

Description: The Bucktail Medical Center Skilled Nursing Facility provides opportunities for all residents, including its professional staff, to know one another and develop personal relationships so important to the resident's care. A meaningful volunteer program enables residents to maintain close contact with their neighbors in the nearby Renovo area. We ensure each resident is made to feel special and cared for in a very personal and friendly atmosphere.

Service 3:

Description: The Bucktail Medical Center Community Clinic provides quality out patient care to the residents of Western Clinton County. Offered are a Board Certified Family Practice Physician and the support of Medical Center's outpatient laboratory and radiology services.

Agency Name: Catholic Charities

Address: 213 E. Bishop Street PO Box 389 Bellefonte, PA 16823

Additional address: Location in Clinton County is at St. Agnes Parish Center (Walnut Street lock Haven)

Phone: 814-353-0502 Ext: 204

Fax: (814) 353-0515

Contact person: Sharon Felson, MSW

Website: <http://catholiccharities.dioceseaj.org/>

Inclusivity: Catholic Charities is committed to serving all people in need, regardless of gender, race, creed or national origin

Program 1:

Description: Catholic Charities provides caring and compassionate services to people faced with a variety of challenging situations. There are counseling services available for depression and anxiety, grief and loss of loved ones, relationships or employment martial conflicts, parting issues, divorce and separation, health issues and abuse/neglect.

Age Range: all ages

Eligibility requirements: interview process is required

Costs: Sliding scale fee (based on income level of client and other circumstances) first visit is free

Days/times: Monday- Friday 8:30am-4:00pm with flexibility with later appointments

Program 2:

Description: Emergency Financial Assistance is offered to individuals and families following an interview to determine need and eligibility for services in utilities, medication/medical equipment, rent/temporary housing, Christmas toys program and disaster relief.

Age Range: none

Eligibility requirements: determined by interview

Days/times: Monday-Friday 8:30am-4:00pm with flexibility with later appointments

Program 3:

Description: The Real Alternatives program helps pregnant women during their pregnancy and postnatal period. Catholic Charities provides confidential counseling in an atmosphere of understanding and support, free pregnancy test kits, clothing, food pantries, referrals to other community agencies/ medical resources, adoption information and assistance with education and career planning.

Age Range: all ages

Eligibility requirements: determined by interview

Days/times: Monday-Friday 8:30am-4:00pm with flexibility with later appointments

Program 4:

Description: Catholic Charities provides support to the parents of the child in developing an adoption plan though home studies, foster care, pre and post adoption, education, counseling, support, referrals and adoption search.

Eligibility requirements: determined by interview

Costs: not a set cost, there is a cost for the home study (will be provided at the time of the interview)

Days/times: Monday-Friday 8:30am-4:00pm with flexibility with later appointments

Program 5:

Description: Marriage counseling is available through FOCCUS Instrument, Assessment Interviews and counseling. A priest, deacon or pastoral associate, professional agency staff will assist clients.

Eligibility requirements: based on an interview

Costs: Sliding scale free (based on income level of client and other circumstances) first visit is free

Days/times: Monday-Friday 8:30am-4:00pm with flexibility with later appointments

Program 6:

Description: The Immigration and Refugee Services are provided for those in need of assessment and advocacy, education, translation assistance, counseling and referral services.

Eligibility requirements: based on interview

Days/times: Monday-Friday 8:30am-4:00pm with flexibility with later appointments

Agency Name: Center for Independent Living of North Central PA (CILNCP)

Address: 210 Market Street Suite A Williamsport, PA 17701

Phone: 570-327-9070

Fax: 570-327-8610

Contact Person: Misty Dion

Website: <http://www.cilncp.org/>

Email: mdion@cilncp.org

Program:

Description: The programs are designed to assist persons with disabilities live successfully in the community such as: informative and referral services, independent living skills, training, advocacy and attendant care.

Target population: persons with disability

Age Range: all ages

Eligibility requirements: disability

Costs: n/a

Location: 8 counties including Clinton County

Days/Times: office hours are M-F- 8:30am-4:30pm

Agency Name: Central Northeast Professional Development Center, The Central Intermediate Unit # 10

Address: 8 North Grove Street Suite 1 Upper level Lock Haven, PA 17745

Phone: 570-893-4052

Fax: 570-748-1598

Contact Person: Dawn Rafter

Website: www.cnepdc.org

Email: dawngreene1@comcast.net

Program 1:

Description: The Northeast Professional Development Center provides training opportunities to Adult Basic and Literacy Education (ABLE) administrators, practitioners, staff and volunteers.

Agency Name: Central PA Food Bank
Address: 417 2nd Street, Williamsport, PA 17701
Phone: 570-321-8023
Fax: 570-321-8024
Contact Person: Jamie Jones
Website: www.centralpafoodbank.org
Email: jjones@centralpafoodbank.org
Program 1:

Description: The agencies (listed below) go to the Central PA Food Bank and pick up food for Clinton County. Members of Clinton County can contact the following agencies to pick up food:

Howard Area Food Bank
117 Lingle Street
Blanchard, PA 16826

Sugar Valley Lions Food Pantry
4 Main Street
Loganton, PA 17747

Renovo Council of Churches
Trinity Episcopal Church
St. Clair Avenue
Renovo, PA 17764

St. Paul Lutheran Church Food Pantry
6220 Nittany Valley Drive
Mill Hall, PA 17751

Love Center – Clinton County
Allegheny & Howard Streets
Jersey Shore, PA 17740
570-398-1551

Grace Fellowship
19 West Ridge Road
Avis, PA 17721
570-753-3275

Lock Haven Assembly of God
320 Hogan Boulevard
Mill Hall, PA 17751
570-726-3688

The Salvation Army
119 East Church Street
Lock Haven, PA 17745

570-748-2951

More Than Bread Soup Kitchen
119 East Church Street
Lock Haven, PA 17745
570-748-2951

The following agencies also received food to support feeding programs for their clients:

Clinton County Women's Center
34 West Main Street
Lock Haven, PA 17745
570-748-9539

All Things Bright and Beautiful
PO Box 180
Avis, PA 17721
570-753-8632

Target population: Low income individuals and families

Age Range: All ages

Eligibility requirements: Self-declaration of need

Costs: None

Days/Times: Varies by agency

Agency Name: Clinton County Assistance Office
Address: 300 Bellefonte Ave Suite 100 Lock Haven, PA 17745
Toll Free: 1-800-820-4159
Phone: 570-748-2971
LIHEAP: 570-893-4409
Fax: 570-893-2973

Service 1:

Description: State Blind Pension Program provides blind pension benefits for adults who meet visual requirements and other conditions of eligibility

Eligibility requirements: If your visual acuity in your better eye with best correcting lens does not exceed 3/60 or 10/200, you meet the visual requirements for the State Blind Pension Program. The combined value of your real and personal property may not exceed \$7,500. Your annual net income, including the Blind Pension payment, may not exceed \$4,260.

Service 2:

Description: Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families, elderly and disabled individuals pay their heating bills. You do not need to have an unpaid bill to receive LIHEAP.

Service 3:

Description: Education Leading to Employment and Career Training (ELECT) assists eligible expectant and parenting youth to break the cycle of welfare dependence. Program are provided to help with pregnancy prevention information, guidance and service to reduce the incidence of youth pregnancy. Pennsylvania's ELECT fatherhood Initiative is designed to motivate and challenge fathers to become involved in their children's lives through outreach series, individual group support and education and skills training activities.

Service 4:

Description: Local public housing provides affordable apartments for eligible low-income families, elderly and people with disabilities. The Housing Voucher Program (section 8), provides vouchers to eligible low-income and working families to pay for all or part of the rent.

Service 5:

Description: Earned Income Tax Credit is for people who have work and have a qualifying child. A federal income tax return must be filed.

Service 6:

Description: Medical Assistance is available for low-income people with assistance for medical care. Services that can be covered are physician and clinic visits, in-patient hospital care, home health care, medical supplies and equipment, nursing facility care, in-patient and out-patient psychiatric and drug and alcohol services, prescription drugs, dental and other medically necessary services.

Service 7:

Description: Children's Health Insurance Program (CHIP) provides health insurance to all uninsured children and teens that are not eligible for or enrolled in Medical Assistance. There can be a cost for care depending on parents' income.

Service 8:

Description: adultBasic is a Pennsylvania health insurance Program that provides health insurance for adults meeting certain eligibility requirements and who do not have health care coverage. adultBasic benefits include preventative care, physician services, in-patient hospitalization, out-patient hospital services, emergency accident and medical care.

Service 9:

Description: Women Infant and Children (WIC) is a special supplemental food Program that provides nutritious foods, milk, juice, formula and other items to low-income pregnant or breastfeeding women as well as infant up children up to age five.

Service 10:

Description: Pennsylvania's Child Care Works Program offers child care subsidies to low-income families to make safe, quality child care accessible and affordable.

Service 11:

Description: Child support enforcement services are available to anyone who applies for it. The Bureau of Child Support Enforcement can help custodial parents obtain financial and medical support from the noncustodial parent. Pennsylvania's Child Support Guidelines are used to determine the amount of support obligation.

Service 12:

Description: Local domestic violence agencies provide free and confidential counseling, shelter, legal services and safety planning.

Service 13:

Description: The Department of Public Welfare administers the Homeless Assistance Program (HAP) which provides series to homeless in PA. Services include rental assistance, case management services, emergency shelter, bridge housing and innovation housing support services.

Service 14:

Description: The Social Security Administration provides monthly cash benefits to elderly, blind and disabled individuals

Service 15:

Description: The Department of Public Welfare provides services and assistance to certain immigrant populations (refugees, asylees, Cuban or Haitian Entrants, vicims of human trafficking and certain Amerasians.

Service 16:

Description: Cash Assistance benefits are designed to help low-income families and individuals living in Pennsylvania move to independence through the Temporary Assistance for Needy Families (TANF) and General Assistance (GA) Program. TANF provides money for dependent children and their parents or other relatives with whom they live and for pregnant women. Individuals who do not qualify for TANF may be eligible for GA depending on their circumstances.

Service 17:

Description: Free or Reduced Cost School Meals are for children whose parents meet the requirements. Parents must be below 130% poverty level, children in families receiving TANF and children in families receiving SNAP benefits are eligible for free lunches. Children in families whose income is between 130-185% of the poverty level are eligible for reduced price lunches.

Service 18:

Description: Employment Placement Services are for people who receive Cash and SNAP benefits. Employment and training activities may include subsidized and unsubsidized employment, work experience, on-the-job training, job search/job readiness and community service and vocational education.

Agency Name: Clinton County Children and Youth Social Services

Address: 232 East Main Street PO Box 787 Lock Haven, PA 17745

Phone: 570-893-4100

Fax: 570-748-4783

After Hours Emergency number: 570-748-2936

Contact Person: Gina Foresman/Jennifer Sobjak

Email: jsobjak@clintoncountypa.com

Program 1:

Description: Services are designed to investigate child abuse and child neglect. The goal is to keep the child in a safe home and prevent abuse, neglect and exploitation. Another goal is to teach the families to overcome problems that could place their child outside of their home. Other services include reuniting children and their families when children are in temporary housing.

Target population: Children and families

Age Range: birth-18 years old

Eligibility requirements: Resident of Clinton County

Costs: none

Days/Times: Monday, Tuesday, Thursday and Friday- 8am-5pm,
Wednesday 8am-12:30pm

Costs: none

Hours: Monday, Wednesday- 8:30am-4:30pm, Tuesdays- 8:30-6pm,
Fridays- 9am-4:30pm

Agency Name: Clinton County Community Connections, Inc.
Address: 10 North Washington Street Suite A. Lock Haven, PA 17745
Phone: 570-748-9006
Fax: 570-748-9006
Contact person: Scott Moore
Email: lhcrafts@kcnet.org

Program 1:

Description: The Community Habilitation Adult Training Facility is for adults who have developmental and physical disabilities and are 18 and older. The program capitalizes on an individual's abilities. The program offers volunteer opportunities, community outings, programming activities, sensory stimulation, music therapy, development of personal and social skills, independence and self-esteem, health maintenance, exercise programs, recreational activities, Adult Daily Living Skills, etc.

Eligibility requirements: Referral

Costs: Based on budgetary allocations

Days/times: Monday-Friday 7:30am-3pm

Program 2:

Description: The Transitional Work Service- Social Rehabilitation Program is for adults who have developmental and physical disabilities and are 18 and older. The program offers services to maximize an individual's abilities in the community. All services are based on the individual's desired personal outcomes. The program emphasizes on the skills needed to prepare an individual for job readiness, volunteering opportunities, fundraising events, community inclusion activities, etc.

Eligibility requirements: Referral

Costs: Based on budgetary allocations

Days/times: Monday-Friday 7:30am-3pm

Agency Name: Clinton County Domestic Relations

Address: 232 East Main Street PO Box 725 Lock Haven PA 17745

Phone: 570-893-4055

Fax: 570-893-4149

Director: Gerald Rosemilia

Website: <http://www.clintoncountypa.com/domestic.htm>

Program 1:

Description: The basic child support enforcement services are locating noncustodial parents, establishing paternity, establishing and enforcing child, spousal and medical support orders, collecting support monies and modifying support orders. The Clinton County Domestic Relations also collects monies in alimony cases when ordered by the Court.

Eligibility requirements: Any dependent spouse or custodian of a child may apply for support.

Costs: Little or no cost for the family

Days/Times: Monday, Tuesday, Thursday, Friday- 8am-5pm,
Wednesday-8am-12:30pm

Agency Name: Clinton County Economic Partnership
Address: PO Box 506 212 North Jay Street Lock Haven, PA 17745
Phone: 570-748-5782
Fax: 570-893-0433
Contact Person: Michael K. Flanagan
Website: www.clintoncountyinfo.com
Email: flanagan@kcnet.org

Program 1:

Description: The Clinton County Economic Partnership is a non-profit corporation chartered in Pennsylvania. The purpose of the Partnership is to promote the economic welfare of the Clinton County "Community." The Partnership was created to bring together all organizations providing economic development services. The original agencies that formed the Partnership were the Industrial Development Corporation of Clinton County, the Clinton County Tourist Promotion Agency, and the Clinton County Chamber of Commerce.

Target population: all residents, travelers & businesses in Clinton County

Days/Times: Monday – Friday 8am-5pm

Agency Name: Clinton County Healthy Communities (Dental Clinic)

Address: 218 North Grove Street Lock Haven, PA 17745

Phone: 570-748-6450

Fax: 570-748-6451

Contact person: Laurie Welch

Email: law27@psu.edu

Program 1:

Description: Dental care for low income residents of Clinton County with no dental insurance or medical assistance. They help with providing primary dental care such as cleanings, check ups, fillings and extractions.

Age Range: 3 years and up

Eligibility requirements: Must be low income without dental insurance or medical assistance

Costs: vary

Days/times: call for an appointment

Agency Name: Clinton County Housing Authority
Address for Lock Haven Office: 369 Linden Circle Lock Haven, PA 17745
Address for Renovo Office: 350 Huron Ave Renovo, PA 17764
Phone for Lock Haven Office: 570-748-2954
Phone for Renovo Office: 570-923-0530
Fax: 570-748-5358
Email: ccha@clintoncountyhousing.com
Website: www.clintoncountyhousing.com

Program 1:

Description: Low-Income Public Housing

Location: Lock Haven and Renovo

Age Range: Adult (18+ years old)

Eligibility Requirements: Must meet income, identity, and eligibility requirements. Credit and criminal background checks and an on-site interview are required for all adult household members. Eligible applicants will be placed on a waiting list based on approved bedroom size.

Costs: 30% of income

Days/Times: Lock Haven Office: M-F 8am-12pm and 1pm-4pm

Renovo Office: 8:30am-12pm and 1pm-4pm (Both location have no lobby service Wednesday afternoons)

Agency Name: Clinton County Special Olympics

Address: P.O. Box 178 Lock Haven, PA 17745

Phone: 570-962-2824

Contact person: Larry Rupert

Website: www.specialolympicspa.org

Email: lrupert@kcnet.org

Programs:

Description: Clinton County Special Olympics has fall, spring/summer and winter sporting events. The fall sports are: volleyball, long distance, bowling and power lifting. The spring/summer sports are: golf, softball and athletics. The winter sport is floor hockey. Currently, there are 157 athletes and 20 volunteers. There are 28 competitions, throughout the state of Pennsylvania. The trainings are played at various locations in Clinton County. There are a minimum of 8 weeks training in each sport prior to competitions. The majority of athletes meet at the training sites, there are acceptations. There is transportation provided for all of the competitions. Anyone interested in volunteering must get a criminal background check, which is free for volunteers.

Age Range: Athletes must be 8 years or older

Costs: none

Days/Times: all year around, call for details

Agency Name: Clinton County United Way

Address: 220 North Jay Street PO Box 287 Lock Haven, PA 17745

Phone: 570-748-7856

Fax: 570-748-5880

Contact person: Angela Harding

Website: www.clintoncountyunitedway.org

Email: angela@clintoncountyunitedway.org

Program 1: Granting Agency

Description: Grant funding to programs and services that address the needs of the community.

Program 2: FamilyWize Prescription Drug Discount Program

Description: FamilyWize program helps uninsured people get discounts on prescription medication. Discounts range from 20-50% off. The FamilyWize program does not require enrollment or activation fees. It is not insurance.

Target population: People who do not have prescription drug coverage.

Age Range: open to all

Eligibility requirements: open to all who are uninsured or under insured.

Costs: Free

Program 3: Imagination Library

Description: The Imagination Library program encourages early reading and literacy by mailing free books to children once a month until they are age 5. Parents must sign up their children by contacting the Clinton County United Way.

Age Range: Birth-5

Eligibility requirements: Child must be a resident of Clinton County. Ages birth-5.

Costs: Free

Program 4: Day of Action

Description: The yearly Day of Action occurs in June, when Clinton County United Way volunteers assist agencies and individuals with projects and services.

Age Range: Open to everyone who wants to volunteer

Eligibility Requirements: None

Agency Name: Clinton County Women's Center/Hilton Safe House

Address: 34 W. Main Street Lock Haven, PA 17745

Phone: 570-748-9539 or 1-800-654-5939

Fax: 570-748-9549

Hotline: 570-748-9509

Renovo #- 570-923-2270

Contact Person: Cindy Love, Executive Director

Website: www.ccwcsafe.org

Email: Director@ccwcsafe.org

Program 1:

Description: Crisis intervention, options and empowerment counseling and supportive services for all victims of domestic and sexual, violence, 24 hour hotline, safe shelter, support groups, legal, medical and youth advocacy, community/school education and training. All services are confidential.

Target population: Women, men, and their dependent children who are victims of domestic violence

Age Range: All ages

Eligibility requirements: Person(s) must be victims of sexual assault and/or domestic violence (DV for shelter)

Costs: Free and Confidential

Days/Times: 24 Hours a day, 7 days a week

Special information: Person(s) are permitted to stay in the shelter for up to 30 days

Agency Name: Community Nursing Service of Clinton County

Address: 124 Woodward Avenue P.O. Box 904 Lock Haven, PA 17745

Phone: 570-748-8511

Fax: 570-748-3599

Contact person: M. Ellen Weaver, Regional Director meweaver@vnaahs.com
Anna M. Haag, Community Liaison ahaag@vnaahs.com

Program 1:

Description: Home Health Services, skilled nursing

Age Range: all inclusive

Eligibility requirements: none

Costs: accepts insurance

Days/times: 7 days a week, 24 hours per day

Program 2:

Description: Hospice, Palliative Care

Age Range: all inclusive

Eligibility requirements: Must have a terminal illness

Days/times: 7 days a week, 24 hours per day in home care

Program 3:

Description: Healthy Beginnings

Target population: Mom's and Babies

Age Range: all

Eligibility requirements: must have Medicaid insurance

Days/times: 7 days a week, 24 hours per day in home care

Program 4:

Description: Maternal Child

Target population: Mom's and Children

Age Range: all

Eligibility requirements: none

Costs: insurances accepted

Days/times: 7 days a week, 24 hours per day in home care

Program 5:

Description: Therapies, physical therapy, occupational therapy, speech therapy

Age Range: all

Eligibility requirements: none

Costs: insurances accepted

Days/times: 7 days a week, 24 hours per day in home care

Program 6:

Description: Nutrition Counseling

Age Range: all

Eligibility requirements: none

Agency Name: Community Service Group

Address: 8 North Grove Street, Suite A Lock Haven, PA 17745

Phone: 570-323-6944

Toll Free: 1-866-499-6987

Fax: 570-323-4529

Contact person: Aimee Tsikitas, LCSW (Williamsport office- 570-323-6944)

Website: www.csgonline.org

Program 1: All Seasons Therapy Center

Description: All Seasons Therapy Center (directed under the Community Service Group) provides individualized, outpatient services that support your wellness and meet your needs. Services include: Individual, marital, family therapy; and Employee assistance programs (EAP).

Target population: Children through older adults.

Costs: All Seasons Therapy accepts private insurance, Medical Assistance, CBHNP, Medicare and self-pay. ASTC requests that payment be made when services are rendered. Methods of payment include: cash, check, VISA or MasterCard. A copy of our fee schedule is available upon request.

Days/times: Tuesdays 8:30AM – 4:30PM

Program 2: Family Based Mental Health Services

Description: Family Based Mental Health Services is a team delivered approach in which two mental health professionals work together with an identified child, his/her parents, teachers, and other involved individuals. Services are provided primarily in the home, school, and community. The Family Based team supports the family through individual and family counseling, the development of skills (e.g. behavior management, parenting, problem solving) and in accessing community resources.

Target population: Children and adolescents under the age of 21 with a serious mental health illness or emotional disturbance, and their families are eligible for services.

Age Range: Under 21

Eligibility requirements: A recommendation from a licensed physician or psychologist and at least one adult member of the family must agree to participate. Identified child/adolescent must be a member of CBHNP.

Costs: Paid through CBHNP

Days/times: Formal office hours are 8:00 AM to 4:30 PM, but services and appointments will be made based on the family's needs and availability. Crisis/emergency services are available 24 hours per day, seven days per week.

Program 3: Enhanced Treatment for Children (ETC)

Description: Community Services Group's ETC program provides Behavioral Health Rehabilitation Services (BHRS) which include, Behavioral Specialist Consultant, Mobile Therapy, Therapeutic Support Staff, Therapeutic Support Staff Aide, Therapeutic Activities Groups, and Summer Therapeutic Activities Programs. These services are designed to address the needs of children and adolescents. Specific programming is available for children with an Autism Spectrum Diagnosis. Goals of BHRS focus on interventions that support the child/adolescent in continued participation in the community, thereby preventing a placement into a more restrictive setting. Services are also used to increase the successful transitioning of children/adolescents returning from an out of home placement.

Target population: Children and adolescents under the age of 21 with a mental health diagnosis, including Autism Spectrum Disorders.

Age Range: under 21

Eligibility requirements: An interdisciplinary team recommends duration and frequency of services, however these services must be recommended by a licensed psychologist or psychiatrist through an evaluation. The child must be enrolled in Medical assistance and services must be prior authorized by medical assistance, a managed care organization, or private insurance.

Costs: Funded through Medical Assistance, CBHNP, and/or private insurance.

Days/times: Formal office hours are 8:00 AM to 4:30 PM, but services and appointments will be made based on the family's needs and availability.

Address: 8 North Grove Street Suite 1 Lock Haven, PA 17745

Phone: 570-893-1886

Fax: 570-893-1850

Contact Person: Denise Scott, Clinical Supervisor/ Program Development Coordinator

Website: <http://www.crossroadscounselinginc.com>

Email: billk@crossroadscounselinginc.com

Hours: Monday-Thursday 8am-9pm, Friday- 8am-2pm

Program 1:

Description: Crossroads Counseling offers counseling for perpetrators of domestic violence, DUI offenders, dual diagnosis substance abuse and mental health treatment, anger management and a relapse prevention program . The agency also offers psychiatric services and family counseling.

Costs: \$35 per group

Program 2:

Description: The substance Abuse Counseling is created to develop individualized treatment plans which include individual and group theory with both outpatient and intensive outpatient treatment levels. Relapse prevention groups are utilized in facilitating an individual with theirrecovery and continued growth.

Program 3:

Description: The Men Against Abuse Program is designed to facilitate men in changing their abusive and violent behavior. This is a 26 week Program consisting of primarily group therapy.

Costs: consult- \$40

Program 4:

Description: Treatment for DUI Offenders is an 8 week Program consisting of seven group sessions and one individual session. There are educational presentations on alcoholism and other drug abuse sessions based along with group therapy.

Program 5:

Description: Employee Assistance Program is offered for employers in promoting healthier drug and alcohol free lifestyles for their employees.

Additional Costs: (most insurance plans cover costs)

Individual and Family Counseling: \$75 per hour

Group Counseling: \$35 per group

Drug and Alcohol Evaluation: \$160

Domestic Violence Evaluation: \$160

Psychiatric Evaluation: \$175

Department of Transportation: \$225

SHARON BRUNGARD-SCHRACK

428 Fishing Creek Road, Mill Hall, PA 17751 (just outside Clintondale)

Telephone: 570-726-6271

Hours: 6 a.m. - 6 p.m.

Ages served: Infant – Kindergarten

Cost: \$3 per hour

Enrollment size: 6

Services provided: Breakfast, lunch and snacks provided. Large yard for outside play. I encourage dancing, singing, arts and crafts, story time, dress up play and more. Children have free, individual and group play times. I also use Mother Goose and Early Start Preschool programs

CHRISTINA CROCE SNOOK'S FAMILY CHILD CARE

499 High Street, Flemington, PA 17745

Telephone: 570-893-8969

Hours: 7:30 a.m. – 4:30 p.m.

Ages served: All ages

Cost: Varies with age and number of hours

Enrollment size: 6

Services Provided: Individual attention is given by an experienced mom with an elementary education degree. Daily activities in a home atmosphere provide a safe and comfortable environment that encourage healthy, social, emotional and cognitive growth. Large fenced in yard and relaxed atmosphere provided

many opportunities for free play, teaching self help skills and exploring. Nutritional meals and snacks are provided.

Waiting List: Waiting list is maintained when full.

TANYA REEDER'S LITTLE LAMB (Tanya Reeder)

7 Girard Street, Mill Hall, PA 17751

Telephone: 570-726-7193

Hours: 7:45 a.m. – 4:30 p.m.

Ages served: newborn – school age

Cost: please call for fee's

Enrollment size: 6

Services Provided: Preschool program, field trips, snacks and meals.

Additional Information: I offer a fun educational preschool program that is enjoyed by all aged children. This program contains fun finger plays, music, arts and crafts and educational work sheets. We enjoy outside play in our own fenced in play areas and also enjoy walks. Though routine and structure important here my main goal is to provide your child with the love and care he/she deserves and to make sure fun and laughter fill our days.

WISE FAMILY CHILD CARE (Darlene Wise)

315 East Main Street, Lock Haven, PA 17745

Telephone: 570-748-6518

Hours: 6:00 am-5:00 pm

Ages Served: All ages

Cost: Please call for rates

Enrollment size: 6

Services Provided: Nutritional meal and snacks. Your child will build his/her cognitive, emotional, social and physical skills through developmentally appropriate activities and play. Additional Information; Convenient location and large fenced in backyard. (Keystone STAR Level 1)

PENNSYLVANIA LICENSED GROUP HOME DAY CARE

BARNES GROUP DAY CARE

24 View Lane, Jersey Shore PA 17740

Telephone: 570-753-5900

Hours: All shifts (24 hours)

Ages served: 6 weeks to 12 years

Cost: call for rates

Enrollment size: 12 children

Services provided: The Funsteps and crafts program, healthy meals and snacks provided for children, daily walks to other playgrounds. (Keystone STAR Level 1)

Waiting List: none

BUSY BEES DAY CARE

245 Bald Eagle Forest Road (PO Box 211) Blanchard, PA 16826

Telephone: 570-962-2419

Hours: 7:00 a.m. – 5:30 p.m.

Ages served: Any

Cost: Please call for information (dependant on age)

Enrollment size: 12

Services provided: Busy Bees provides snacks and meals at no additional charge. Our preschool program offers a variety of activities to enhance social, physical, emotional and intellectual development of children. Large outdoor play yard. Children are introduced to colors, shapes, and the alphabet at their own learning level. Computers are introduced to children 2+. Children enjoy singing, dancing, role play, dress up, story time and much more. Visit www.busybeesnu.com for more information. (Keystone STAR Level 1) "Turning your busy bee into a social butterfly"

Waiting List: Waiting list maintained when full.

HUMMINGBIRD LANE DAYCARE, LLC

1053 Hummingbird Lane

Lock Haven, PA 17745

Telephone: 570-769-7928 or 570-295-2063

Hours: 6:30 am-5:00 pm

Ages Served: 6 weeks through 12 years old

Cost: Call for rates

Waiting list: Maintained when full

Services Provided: We provide quality childcare in a home setting including meals and snacks. All of our employees have college degrees and are mommies. A daily schedule provides many opportunities for learning. Our curriculum includes music, arts and crafts, story time, circle time, free play, outdoor play

and directed play. Your child will be intellectually stimulated daily through developmentally appropriate activities and preschool age children will have the opportunity to learn the skills necessary for kindergarten.

Additional information: We have a Lock Haven address; however, we are located in Sagamore Hills, in Woolrich.

WEAVER'S GROUP DAY CARE

411 South Water Street, Mill Hall, PA 17751

Telephone: 570-726-4020 Cell: 263-7169

Hours: 5:30 a.m. – 6:00 p.m.

Ages served: 6 weeks to school age

Cost: Please call for information

Enrollment size: 12

Services provided: We provide a program that develops the child's act of getting along with other children (sharing, taking turns, etc.). They learn the different colors, shapes, and alphabet. Activities include music, arts and crafts, pre-writing (printing), story time, and role playing. An outdoor play area is provided to exercise and enjoy free play time. Parental involvement is encouraged. Parents provide lunch. We provide the breakfast and snacks.

Waiting List: Waiting list maintained when full.

CATHY'S GINGERBREAD DAYCARE (CATHY REDMOND)

Corner of Route 150 and Maple Avenue, 160 Main Street, Beech Creek, PA 16822

Telephone: 570-962-3897

Hours: 5:00 a.m. to 11:00 p.m. – Monday through Friday: Saturday hours and overnight are available: if needed. Play Day Program 9:00 am to 12:00 noon.

Ages served: All Ages

Cost: varies with hours: Full, Part Time, and Daily rates available. Full time care only pays for days you use our childcare.

Enrollment size: 12

Services provided: We operate in an old Victorian house and is designed as home life. We provide affordable services in which children can develop and grow socially, emotionally and intellectually in a safe and healthy home like atmosphere. Each room has various activities and for rest times each child has their own toddler bed. We have a large playground and driveway area. I provide breakfast, lunch, PM snack and dinner if needed. The Play Day program offers children social time and lunch after which they are picked up. The daycare is enrolled in the Keystone Stars Program. (Keystone STAR Level 1)

PENNSYLVANIA LICENSED CHILD CARE CENTERS

BUILDING BLOCKS CHILD CARE AND LEARNING CENTER, INC.

225 East Church St, Lock Haven, PA 17745

Telephone: 570-748-8249

Hours: 6 a.m. – 8 p.m. – Monday through Friday

Ages served: 6 weeks – 12 years – Infants – School-age

Cost: Varies with age and schedule

Enrollment size: 169

Services provided: Breakfast, lunch and snacks provided. Come be part of our family. Preschool program, before and after school program, field trips and pre-kindergarten morning sessions available for preparing children educational activities for school. Involved in the Keystone Stars Program. (Keystone STAR Level 1)

Waiting List: Maintained when full.

ALL THINGS BRIGHT & BEAUTIFUL DAY CARE CENTER

Park and Prospect Streets, Avis, PA 17721 (inside Avis United Methodist Church)

Telephone: 570-753-8632

Hours: 6:00 a.m. – 6:00 p.m.

Ages served: 6 weeks through 12 years

Cost: varies with age

Enrollment size: 143

Services provided: All Things Bright and Beautiful strives to give positive development, ethical and spiritual guidance. We are committed to providing sensible Christian values, quality pre-education and creative play and friendship opportunities. Nutritionally sound breakfasts, lunches and snacks are provided at no additional charge. Daily reports of each child's activities are given and monthly newsletters are provided to keep parents up-to-date on weekly themes and special events. Both full and part-time positions are available. (Keystone STAR Level 1)

Waiting List: Openings currently available; waiting list maintained when full.

LOCK HAVEN YMCA CHILD CARE CENTER

145 East Water Street, Lock Haven, PA 17745

Telephone: 570-748-6727

Hours: Monday-Friday 6:00am-6:00 pm

Ages served: 6 weeks-12 years of age

Cost: Please call for more information.

Enrollment size: Preschool – 20; After school – 30 per site

Services provided: Breakfast, lunch and snack. Daily activities are provided to promote physical, social, emotional and cognitive growth. The gym and pool areas are used to provide gross motor activities. After school childcare: Childcare is offered through the school year at Mill Hall and Lamar Township Elementary. Hours are Monday-Friday from 2:45-6:00 pm.

Waiting List: Call for availability.

LOCK HAVEN CHILD CARE CENTER

165 Susquehanna Avenue, Lock Haven, PA 17745

Telephone: 570-748-4772

Fax: 570-748-4772

Email: lockhavencc@williamsportymca.org

Hours: 6 a.m. to 6 p.m.; Monday - Friday

Ages served: Infant Care – 6 weeks through age 12

Cost: Infant Care - \$119.00/weekly; Toddler care - \$116.00/weekly; Preschool care - \$109.00/weekly; School Age - \$49.00 AM or PM/\$63.00 AM and PM weekly; Limited United Way funding is available to assist families who qualify.

Services provided: Infant, Toddler, Preschool and before and after school programs provided. It is our desire to provide a healthy, safe and attractive environment; develop a warm and productive interaction with parents and families; and implement a stimulating, enriching, age-appropriate curriculum which enhances self-discipline, creativity, communication skills, problem solving, physical skills, self-help and a feeling of self-worth in each child. Meals are provided. USDA funded breakfast, lunch and snack provided. Baby cereal, food and formula provided. (Keystone STAR Level 2)

Waiting list: Waiting list maintained when full.

MOM'S, INC.

PO Box 396, McElhattan, PA 17748

Telephone: 570-769-6001

Hours: 5:00 AM-9PM

Ages served: All

Cost: Call for rates and additional information

Enrollment size: Call for information.

Waiting List: Maintained

(Keystone STAR Level: m Start with Stars)

TOMORROW'S HOPE CHILD CARE AND PRESCHOOL

330 North Vesper Street, Lock Haven, PA 17745

Telephone: 570-748-6940

Call for more information between the hours of 6:30 am and 2:30 pm (Keystone STAR Level 1)

YOUR GUARDIAN ANGEL PRESCHOOL AND CHILDCARE

1046B Delaware Ave., Jersey Shore, PA 17740

Telephone: 570-753-5133

Hours: 4:30 a.m. – 6:00 p.m.

Ages served: 6 weeks and up through school age

Cost: Infant: (\$125.00/wk); Toddler (\$110.00/wk); Preschool (\$100.00/wk); School age (\$50.00/wk)

Enrollment size: 36

Services provided: Preschool curriculum, story time, meals/snacks provided, transportation provided, diapers/wipes/mats/blankets/ etc. provided.

Waiting List: when full

Additional Information: Inside large gross motor space for bikes, scooters, and balls. Large fenced-in outside play area. Computers for toddlers, preschoolers, and school age.. Everything's here for your child to learn and grow just bring your child and a smile.

PRE-SCHOOL

THE NURTURY PRESCHOOL

342 Park Avenue, PO Box 18, Woolrich Community Center, Woolrich, PA 17779

Telephone: 570-769-6152

Hours: 9:00 a.m. – 11:30 a.m. – Monday through Friday; September - May

Ages served: 3-5 years

Cost: \$85 (2days/week/Tuesday & Thursday) \$100 (3 days/week – Mon, Wed, Fri.) per month

Enrollment size: 12 children in 2 day program; 16 children in 3 day program

Services provided: Pre-school program that provides a wide variety of activities to enhance social, physical, emotional and intellectual development of young children. Designed around the idea that a child learns best in an environment that offers warm acceptance and exposure to a wide variety of experiences and activities. Field trips, original arts & crafts projects, gym time, individualized group activities, music, pre-math and reading activities are included.
Waiting List: Maintained when full.

ACORN SCHOOL

12 W. Water Street, PO Box 514, Lock Haven, PA 17745

Director – Lori Shultz

Telephone: 570-748-5991 or 570-748-7839 (H)

Hours: Seedlings (2 year old class) Wednesdays 9:00 am-10:30 am

Pre-School (3 & 4 year olds)-Tues/Thurs mornings 8:30 am-11:00 am

Pre-Kindergarten (4 & 5 year olds)-Monday-Thursday-12-2:30 pm

Cost: call for information

Enrollment size: Seedlings-12 students, Pre-School-16 students, Pre-Kindergarten-18 students

Services provided: The Acorn School is a not-for profit organization licensed by the PA Department of Education as a private, academic school. The Acorn School provides developmentally appropriate preschool experience that stimulates the social, emotional, and intellectual development of young children.

STEPPING STONES PRESCHOOL

980 East Water Street, Lock Haven, PA 17745

Telephone: 570-748-3928

Hours: Preschool – Monday, Wednesday, Friday 8:30 a.m. – 11:30 a.m. and 11:30 a.m. – 2:30 p.m. (\$27.00 weekly)

3 Year olds – Tuesday, Thursday 8:30 a.m. – 11:30 a.m. (\$20.00 weekly)

Ages served: 3 until beginning K

Cost: Preschool (3-5) \$27.00; 3 year olds (\$20.00 weekly)

Enrollment size: Preschool – 14 in each class; 3 year old – 12 in each class

Services provided: The Stepping Stones Preschool is a developmentally appropriate, play based program available to children from age three until beginning Kindergarten. Activities are provided in a warm nurturing environment to facilitate development in all areas, including socialization, cognition, gross motor, fine motor, self help and language. Stepping Stones provides the unique opportunity of an inclusive environment for those of typical development and those with special needs to play and learn together.

Waiting List: Maintained when full.

PARENT AND CHILD SERVICES

INFANT DEVELOPMENT PROGRAM

980 East Water Street, Lock Haven, PA 17745

Telephone: 570-748-3928

Pact-Parenting Program

980 East Water Street, Lock Haven, PA 17745

Telephone: 570-748-3928

Hours: Staff Available 8 a.m. -3 p.m.

Ages served: Parents of children ages birth through high school.

Cost: Free

Enrollment size: varies

Services provided: Classes in a variety of parenting skills are offered. Classes can be center or home based and includes stress management, anger management, infant and child nutrition and infant care.

Early Intervention

Hours: Monday –Friday – 8:00 am – 3:00 pm

Ages Served: Birth to Five years

Cost: Free

Enrollment Size: Varies

Services Provided: Home-based and center-based early intervention services are provided to children ages birth to five years of age with special needs. Available services include educational instruction, speech and language therapy, occupational therapy, physical therapy, family services, parent support, and transportation.

Waiting List: None

Telephone: 570-748-3928 (Keystone STAR Level 1)

PA Elks Home Service Project

Hours: Monday –Friday – 8:00 am – 4:00 pm

Ages Served: Individuals of any age

Cost: Free

Enrollment Size: Not applicable

Services Provided: The mission of the PA Elks Home Service Project is to support and promote the independence of individuals with developmental disabilities by providing advocacy services in their home environment. The registered nurse assesses needs and helps access equipment, provides in-home medical case management, and assists with finding activities and supports within the community.

Waiting List: None

CCIS – CHILD CARE INFORMATION SERVICES

2138 Lincoln Street, P.O. Box 3568, Williamsport, PA 17701-8568

Telephone: 570-327-5495 Toll Free 1-800-346-3020

CCIS Manager – Patricia Jenkins

Services provided: Helps determine subsidized child care eligibility. Provides resource and referral on how to select child care.

CENTRAL REGIONAL KEY

2138 Lincoln Street, P.O. Box 3568, Williamsport, PA 17701-8568

Telephone: Toll Free 1-800-346-3020

Contact: Patty Cohick

The Pennsylvania Early Learning Keys to Quality, sponsored by the Department of Public Welfare's Office of Child Development, is a quality improvement program in which all early learning programs and practitioners are encouraged and supported to improve child outcomes.

Vision: All Pennsylvania families will have access to high-quality early care and education and schoolage child care opportunities for their children that fosters success in school and in life.

Website: www.pakeys.org

CLINTON COUNTY EARLY CARE AND EDUCATION INITIATIVE

C/o Penn State Cooperative Extension-Clinton County 47 Cooperation Lane Mill Hall, PA 17751

Telephone: 570-726-0022

Contact: Laurie Welch

The mission is to educate, assist and involve Clinton County families, businesses and communities in understanding and valuing the important role quality early care and education plays in determining future success.

Objectives:

- To increase understanding of the importance of quality early care and education.
- To educate the public to the true cost of quality early care and education.
- To give the community tools to identify and select quality early care and education.
- To increase awareness of the impact of early care and educational issues upon the business community.
- To improve public understanding of the impact of policy and legislation on quality early care and education

Website: www.clintoncountychildcare.org

LOCK HAVEN PRE-SCHOOL CO-OP

44 West Main Street, Lock Haven, PA 17745

Director – Glenda Killinger

Telephone (Church): 570-748-6481

Telephone (Director): 570-726-6081

Hours: Tuesday & Thursday – 9:30 a.m.-11:30 a.m.

Cost: \$15 per child (month) - \$5 each additional sibling

Enrollment size: 12 per class

Services provided: Not a drop off daycare. Parents must accompany child. Program includes field trips, holiday programs and various play and educational activities. Snack provided.

Waiting list: None at this time.

CENTRAL MOUNTAIN HIGH SCHOOL PLAYDAYS

64 Keystone Central Drive, Mill Hall, PA 17751

Child Care Instructor – Ruth Henry

Central Mountain High School

Telephone: 570-893-4646 Ext. 4366

Hours: Morning Group – Tuesday, Wed, and Thursday – 8:30 a.m.-10:00 a.m.

2 and 3 year olds Afternoon Group – Monday, Wednesday, and Friday – 12:30 p.m. – 2:00 p.m. - 4 and 5 year olds

Cost: \$2.00 a day

Enrollment size: Usually Accepts 15 – 20 children

Services provided: Students provide guided activities – circle time, art and craft, indoor-outdoor, snack and free play time.

Agency Name: Department of Health Clinton County
Address: 215 East Church Street Lock Haven, PA 17745
Phone: 570-893-2437
Fax: 570-893-2733
Contact Person: Candace Reeder
Website: www.health.state.pa.us
Email: creeder@state.pa.us

Program 1:

Description: Child /Adult Immunization, HIV testing immunization, Education (HIV testing)

Target population: Mostly Children

Age Range: 2months and up

Eligibility requirements: none

Costs: Free-\$5

Location: Outreach Clinic Rote/Loganton/ Madisonburg

Days/Times: M-F, 8am-4:30pm by appointment

Agency Name: Development Center for Adults Central Intermediate Unit # 10

Address: 8 North Grove Street Suite G Lock Haven, PA 17745

Phone: 570-893-4038

Fax: 570-748-1598

Contact person: Michelle Bates

Website: www.ciu10.org

Email: mbates07@comcast.net

Program 1:

Description: Programs offered at the Development Center for Adults include ABE, GED, ESL, Pennsylvania Adult Literacy (which trains volunteer tutors to work with its adult learners), Literacy Corps (in partnership with Lock Haven University), Alternative Program for Incarcerated Youth (in partnership with Keystone Central School District and the Clinton County Correctional Facility), New Choice/ New Options (which provides job search/career exploration workshops for single parents and displaced homemakers) and the Central North East Professional Development Center (which provides professional development opportunities for ABE/GED/ELS programs). GED class also located at the First United Methodist Church in Renovo (call for class times).

Agency Name: Family Center for Reproductive Health

Address: 699 Rural Avenue, Suite 202 Williamsport PA 17701

Phone: 570-321-3131

Fax: 570-321-3130

Contact person: Sally Wentzler

Website: <http://susquehannahealth.org/FamilyCenterForReproductiveHealth/>

Email: familycenter@susquehannahealth.org

Program 1:

Description: Family Planning Services offers family planning information and supplies, Routine gynecological exams, Appropriate laboratory tests (including Pap smears and STD screening), Pregnancy testing and fertility awareness, Breast and cervical cancer screening, Genetics screening and referral, Sterilization counseling and referral, Special programs for pregnant and parenting teens, Community education and outreach programs.

Target population: All women

Age Range: Ages 10-65

Eligibility requirements: none

Costs: Under 18- free, age 18 and over sliding fee scale; may qualify for free services), Medical Assistance accepted

Days/times: Monday through Friday, 8 A.M. to 5 P.M. 1st and 3rd Wednesday of month, 8 A.M. to 8 P.M.

Program 2:

Description: STD Clinic offers Screening and diagnosis for certain sexually transmitted diseases, Treatment for chlamydia, gonorrhea and syphilis, condyloma (genital warts), bacterial vaginosis, trichomoniasis and HIV counseling, testing and referrals.

Target population: Sexually active men and women

Age Range: All ages

Costs: Free and Confidential

Days/times: Wednesday 5 P.M. to 7:30 P.M. Thursday 1:00 P.M. to 3:30 P.M.

Program 3:

Description: Healthy Woman Project gives a breast and cervical cancer screening program for women age 40 and over who are of low income, uninsured or underinsured. Women under the age of 40 can also be eligible if they meet certain criteria, such as having a previous abnormal clinical breast exam or abnormal cervical Pap test. Eligible women receive free breast and cervical cancer screenings, including clinical breast exam and breast self exam education, cancer education including risk factors, pelvic exam and Pap smear, screening or diagnostic mammography and other diagnostic testing as indicated, including breast biopsies, follow-up and treatment.

Target population: Women

Age Range: Age 40 and older

Eligibility requirements: Must meet income eligibility requirements

Costs: Free, if meet income eligibility requirements

Days/times: Monday through Friday, 8 A.M. to 5 P.M. 1st and 3rd Wednesday of month, 8 A.M. to 8 P.M.

Program 4:

Description: Prenatal Center offers Comprehensive prenatal care, including post-partum care, for pregnant women regardless of their ability to pay. Comprehensive services include Healthy Beginnings Plus program, Nutrition counseling by a registered dietitian, including diet and vitamins, Social Services, Home visits, Drug and alcohol referral services, Outreach services, High-risk consultation, Smoking Cessation, Parenting education, and Childbirth education classes.

Target population: Pregnant Women

Age Range: all ages

Eligibility requirements: none

Costs: Medical Assistance and certain private insurance accepted. Service is not denied because of inability to pay.

Location: The Williamsport Hospital & Medical Center
777 Rural Avenue, 7th Floor, Williamsport, PA 17701

Days/times: Mondays and Tuesdays, 8:00 – 12:00 noon Wednesdays, 1:00 – 4:00

Address: 1040-1 Benner Pike State College, PA 16801

Phone: 814-231-4077 or 1-800-692-7816

Fax: 814-231-4083

Contact Person: Kayla Duperey- Membership services or Christine Robinson- Community Development Director

Website: www.gshpa.org

Program 1:

Description: Girl Scouts consist of troops, camp, special programs, travel destinations

Target population: girls

Age Range: Kindergarten to 12th grade

Eligibility requirements: must be a girl

Costs: \$12 year national membership, dues financial assistance available

Days/Times: varies by troops

Agency Name: HCR Manor Care

Address: 1008 Thompson St. Jersey Shore, PA 17740

Phone: 570-398-4747 ask for Marketing/Admissions

Website: <http://www.hcr-manorcare.com/>

Service:

Description: Manor Care is a skilled Rehabilitation and Nursing facility. They provide 24 hour care for physical, occupational and speech therapies. Evergreen is a short term unit which allows people to transition from the hospital to their homes. The Care Services Offered are Respite care, Rehabilitation services, Pain management, Alzheimer's care in nursing center, Nursing & Rehab Center, Skilled nursing, Alzheimer's Care, Stroke rehabilitation, Oncology care, Infectious disease, and Advanced wound care.

Age Range: any

Eligibility requirements: must qualify for 72 hours (3 nights) for a hospital stay (follow the Medicare guidelines)

Costs: most insurance accepted, Medicare, private pay

Days/times: 24 hours a day, 7 days a week.

Agency Name: Howard Area Lions Club

Address: Howard Firehall
Phone: 570-962-2923 cell: 570-660-9346
Contact person: Dwayne Haines
Email: dhhaines1@comcast.net

Program 1:

Description: The Lions Club will donate medical equipment to those in need (things insurances will not pay for).

Age Range: All ages.

Eligibility requirements: None just where there is a need and we can help.

Costs: free, but must be returned for other people's usage

Days/times: Call any time.

Program 2:

Description: The Lions Club offers a food bank that provides boxes with 22 or more items in each box.

Age Range: None.

Eligibility requirements: Depends on the income to that person or family.

Costs: No cost.

Days/times: The first and third Monday of the month. 2:00pm to 4:00pm

Program 3:

Description: During the holidays, the Lion's Club sponsors Toys For Tots.

Age Range: 0 to 13 years old.

Eligibility requirements: None.

Costs: No cost.

Days/times: December, the third Monday of the month. 2:00pm to 4:00pm

Agency Name: Infant Development Program
Address: 980 East Water Street Lock Haven, PA 17745

Phone: 570-748-3928

Fax: 570-748-3610

Contact Person: Amy Dicello

Email: AmyD@idpkids.org

Contact Person: Dawn Jeffries (for Stepping Stones Preschool); Terri Murphy (PACT program); Roberta Chubb (PA Elks Home Service Project)

Website: www.idpkids.org

Program 1:

Description: The Early Intervention Program provides educational and therapeutic services to children from birth through school aged with disabilities. Infant Development Program also provides developmental screenings and evaluations, educational instruction, speech and language therapy, occupational therapy, physical therapy, vision therapy, hearing therapy, family services, parent training and parents support.

Target population: Parents, Children

Age Range: birth to age 5

Eligibility requirements: child must have a special need

Costs: none

Days/times: Monday-Friday 8am-3pm

Program 2:

Description: PA Elks Home Service Project supports and promotes the independence of individuals with developmental disabilities. (delete-for their clients home.) The PA Elks Nurse can assess needs and help access equipment for in the client's home, while assisting with finding activities and supports within the community.

Target population: Parents and Children with a disability

Age Range: any

Eligibility requirements: must have disability

Costs: None

Special information: Services are provided by a Registered Nurse in the eligible person's home environment.

Program 3:

Description: The Stepping Stones Preschool is a developmentally appropriate, play preschool. Stepping Stones Preschool provides the unique opportunity of an inclusive environment for those of typical development and those with special needs to play and learn together. Classes are offered year round.

Target population: Children ages three to five

Age Range: three to five

Eligibility requirements: none

Costs: \$22-\$27/week

Program 4:

Description: P.A.C.T. (Parents and Children Together) Parenting Program is a parenting program available to families to provide support and guidance. Services and workshops are provided in a center-based and home-based setting.

Target population: Parents

Eligibility requirements: None

Cost: None

Agency Name: Keystone Community Network, Inc.
Address: 18 East Main Street Lock Haven, PA 17745
Phone: 570-893-8111
Toll free: 800-351-0013 (use only if you truly cannot use the 893 number)
Fax: 570-893-8655
Contact person: Sue Foust
Website: www.kcnet.org
Email: sfoust@kcnet.org

Service 1:

Description: High speed wireless internet is available to Lock Haven, Mill Hall and McElhattan areas. Service starts at \$35.00 per month.

Service 2:

Description: Super high speed internet connects you through a fiber option connection. It is the best choice for speed and stability. This service is as low at \$50.00 a month. Call for exact pricing plans.

Service 3:

Description: High Speed DSL Internet uses telephone lines. You can use DSL and be on the phone at the same time. KCnet DSL may be available to you if you are in the Verizon or Embarq territory. DSL Internet service starts at only \$25.99 per month.

Service 4:

Description: WiFi portal links are accessible to laptops, PDA's etc. in downtown Lock Haven, on the levee and at Lock Haven University free of charge at all times. Total, secure access to the entire internet is free 12 hours each week on Sundays. Other times, you can pay as you go or by the month at \$19.65.

Service 5:

Description: Nationwide Dialup enables you to connect to the Internet anywhere in the US, using a toll free number. Nationwide Dialup is only \$11.00 per month for 6 months or more.

Service 6:

Description: KCnet can create a personalized email address for you. For only \$30.00 per year, you could be using mail@yourname.com for your email address.

Service 7:

Description: Hypernet uses compression software to increase your internet experience to as much as 8 times the speed of standard dialup. This service can be added to either the Local or Nationwide dialup service for only \$4 per month.

Service 8:

Description: Website hosting is offered starting at \$9.00 per month. KCnet will create your site and edit it for you

Service 9:

Description: Domain Registration is for businesses or personal websites. KCnet will help develop the site and/or register yourname.com or yourbusiness.com. Call for pricing

Service 10:

Description: Website Self Creator can help you create and maintain your own website. There is a \$400.00 design and setup fee and a \$12.00 monthly fee. Website hosting, email accounts and free technical support are provided with this service.

Service 11:

Description: The A+ certified technicians can repair your computer's software and hardware programs. This service is only \$35.00 per hour. They replace parts, backup your data, remove viruses, adware and spyware. In-your-home service is \$45 per hour. Call to schedule an appointment

Service 12:

Description: KCnet has technicians waiting for your questions and problems. Call Monday through Thursday 9am-7pm, Friday 9am-6pm, Saturday 9am-noon. Their helpdesk is free, provided with all of their services.

Service 13:

Description: A+ certified technicians can visit your home or business to repair your computer or install wire and wireless networks. Prices vary per application.

Service 14:

Description: Computer classes give you confidence to use a PC effectively and become more productive at home or at work. Various levels of classes are held on many different computer related subjects. An advanced users group meets each Wednesday morning throughout the year. Visit the website for a complete list of course offering or to register.

Agency Name: Kephart Plaza

Address: 360 East Park Street Lock Haven, PA 17745

Phone: 570-748-7775

Contact Person: Shelly Bloom

Hours: Monday-Friday 8am-4pm

Email: 038254@aimco.com

Service:

Description: Housing for Elderly and/or disabled people.

Age Range: Elderly must be 62 and older. No age limit for disabled person

Costs: based on individuals income, everything is included except for TV, Phone and internet
Waiting list: at times, call for details

Agency Name: Leadership Clinton County
Address: PO Box 506 212 North Jay Street Lock Haven, PA 17745
Phone: 570-748-5782
Fax: 570-893-0433
Contact Person: April Henry
Website: www.clintoncountyinfo.com/leadcc.htm
Email: ahenry@kcnet.org
Program 1:

Description: Through Leadership Clinton County, participants gain insight into the history and

contemporary issues of the region, develop individual and teambuilding skills, self confidence, and learn where their leadership would have the greatest impact to strengthen their community.

Target population: Adult

Age Range: 18+ years old

Eligibility requirements: must work or live in Clinton County

Costs: \$600, scholarships available

Location: all over Clinton County

Days/Times: Program runs September-May. Hold one session a month typically from 8am-5pm.

Agency Name: Lock Haven Hospital

Address: 24 Cree Drive Lock Haven, PA 17745

Phone: 570-893-5000

Fax: 570-893-5095

Contact Person: Mitch Christensen

Website: <http://www.lockhavenhospital.com>

Program 1:

Description: The Freedom From Smoking Tobacco Cessation Program helps people who want to quit using tobacco.

Age Range: 18 and up
Eligibility requirements: none
Costs: none
Location: 3rd floor of Lock Haven Hospital/Smoke free facilities
Days/Times: to be announced

Program 2:

Description: The Quit and Win Tobacco Cessation Program meets 90 minutes face-to-face. There is a follow up that can be continued by phone. This program is for anyone who wants to quit using tobacco. The program is located on the 3rd floor of the Lock Haven Hospital.

Age Range: 18 and up

Program 3:

Description: The N-O-T (not on tobacco) program is a youth based tobacco education cessation program is offered for middle and high school students and any youth who smoke/chew tobacco. The participant must be under age 20. The program is held at the Keystone Central School District. Please call more for information.

Program 2:

Description: The Extended Care Unit at Lock Haven Hospital is a 90-bed long term care facility We provide both skilled nursing care and long term nursing home care. Our residents receive individualized services from our Physical, Occupational, Speech and Recreational Therapy departments. Contact phone number: (570) 893-5232

Program 3:

Description: Prenatal Classes are offered six times a year including a Breathing Exercises, A Tour, Breast and Formula Feeding Support, Newborn Assessment, Safety, and Sibling Classes all provided by our Nursing Staff and Physicians.

Program 4:

Description: The nutrition professionals at Lock Haven Hospital are here to help you understand and make these changes easier. Whether you need help managing your blood sugar levels, cholesterol, blood pressure, weight or are just looking for tips to healthier eating, we are here to help you. Counseling is available for all age groups and is covered by most insurances. Ask your doctor for a referral. By appointment only. For more information or to speak with a Registered Dietitian please call 570-893-5107 or 570-893-5109.

Agency Name: Lock Haven Area YMCA

Address: 145 East Water Street Lock Haven PA 17745

Phone: 570-748-6727

Fax: 570-748-6291

Contact Person: Jerry Clark, Director

Website: www.lockhavenymca.com

Email: lhymca@yahoo.com

Hours of operation: Monday-Thursday 5am-9pm, Friday- 5am-8pm Saturday 8am-1pm, Sunday- 12pm-3pm

Program 1: Aquatics Programs

Description: Swim lessons for youth and adults, group water fitness classes, senior citizen water classes, public swim times, member lap swims.

Age Range: All ages

Eligibility requirements: none

Costs: Member and non-member fees

Program 2: Child Care Programs

Description: Fulltime and part-time care available for children ages 6-weeks to 12 years old. Enjoy weekly care, afterschool child care times, a variety of locations and more.

Age Range: 6-weeks to 12 years old

Eligibility requirements: none. Lock Haven Area YMCA Child Care Program is a licensed program through the Department of Public Welfare. Local and state subsidies are accepted for those that are approved.

Costs: Dependent on care provided.

Days/Times: Daily, Monday – Friday.

Program 3: Fitness Programs

Description: Dry land fitness classes available for all levels and abilities. Yoga, STEP, High impact, cardio and more.

Age Range: 14 years old and up

Eligibility requirements: Member and non-member fees

Days/Times: Schedule dependent on fall/winter/spring season.

Program 4: YMCA Membership Facility Benefits

Description: YMCA facility offers a cardiovascular fitness center, weight room, 4-lane indoor pool, gymnasium, locker rooms, private changing rooms, sauna and more.

Target population: All ages and income levels. Financial Assistance program available for those who qualify.

Costs: Dependent on type of membership and assistance offered.

Days/Times: Daily and weekend times available. Schedule changes with seasons.

Program 5: Youth and Adult Recreation Programming

Description: Youth and Adult recreation programs such as Gymnastics Instruction, Climbing Wall, Soccer Programs, Basketball instruction for all ages, Adult Badminton, Men’s and Women’s Volleyball Leagues and more.

Target population: All ages.

Eligibility requirements: none

Agency Name: Lycoming-Clinton MHMR Joinder(Mental Heath Mental Retardation)

Address: 8 North Grove Street, Suite A Lock Haven, PA 17745

Phone: 570-748-2262

Fax: 570-748-6029

Contact Person: Deborah Duffy

Website: www.joinder.org

Email: dduffy@joinder.org

Program 1:

Description: Mental Health services are primarily available for adults with a serious mental illness and children/adolescents with or "at risk" of developing a serious emotional disturbance. They also provide 24-hour crisis intervention services

Costs: Mental Health insurance policies (Medical Assistance, Medicare, private insurance, etc.) can cover some or all of the costs depending on the service received. Lycoming-Clinton MH/MR Program also pays for some services. Fees are based upon income and the individual or family is aware of all costs up front. However, all services can be arranged regardless of an individual's ability to pay.

Program 2:

Description: The Lycoming-Clinton Mental Retardation Program provides a variety of services to assist individuals with developmental disabilities and their families to live and work in their home communities. Services include residential and in-home care, vocational and employment services, family support and specialized therapies. Specialized early intervention services are also provided for children from birth to age 3 who have a developmental delay.

Costs: Most of our services are provided at no cost to the individual and/or family. When a service is provided that requires payment from the recipient, a financial determination form is completed. Fees are based upon income and the individual or family is aware of all costs up front. However, all services can be arranged regardless of an individual's ability to pay.

Program 3:

Description: Early Intervention is designed to help families better meet the needs of their child. Through a family training model services are provided in the child's natural environment with the active participation of their parents and other caregivers. These services can include: home based instruction, physical, occupational and speech therapies, case management services and tracking (monitoring a child's development.)

Target population:

Age Range: birth-3

Eligibility requirements: A child referred to the program will receive an evaluation conducted by a trained professional who will assess all five developmental areas (cognitive, physical, social/emotional, self-help, and language/speech.) If the child shows a delay of 25% or more (in months) in at least one of the five areas, they are eligible for services.

Costs: none

Agency Name: North Central Sight Service Inc.

Address: 2121 Reach Road Williamsport, PA 17701

Phone: 570-323-9401

Toll free: 1-866-320-2580

Fax: 570-323-8194

Contact person:

Website: www.ncsight.org

Email: ncss@ncsight.org

Program 1:

Description: NCSS offers a Remedial Eye Care Program which assists low-income residents of Lycoming, Clinton, and Sullivan Counties with the cost of eye examinations and glasses.

Program 2:

Description: North Central Sight Services, Inc. conducts monthly meetings for two groups. The NCSS Support Group traditionally meets on the first Thursday of the month. Meetings are held in the NCSS Community room and are open to any one experiencing vision loss. A program is planned for every other month and the alternative months are general discussion meetings. The real value of the group is recognized by participants who can freely discuss feelings, perceptions and attitudes with others experiencing the same challenges. The Young Adult Support Group meets on the third Thursday evening of each month. Meetings are usually held in the NCSS Community room. These meetings and activities address specific issues related to the needs and attitudes of young people experiencing vision loss. North Central Sight Services, Inc. Social Service Staff conducts monthly Life Skills and Education meetings on the afternoon of the third Thursday of the month. NCSS retails NOIR sunglasses, a variety of handheld magnifiers, other low vision aids, and cassette book machines.

Program 3:

Description: The purpose of NCSS's Prevention of Blindness Program is to promote public awareness of prevention measures, an understanding of potentially blinding conditions and diseases, and the importance of good eye health. Adult Screenings and Preschool Eye Health Screenings are provided by the North Central Sight Services.

Program 4:

Description: North Central Sight Services provides a Radio Reading Service that allows people who are visually impaired access to local news publications and entertainment through a special radio program. NCSS is also designed to provide a variety of work opportunities for people who are blind. NCSS offers Document Imaging - the conversion of paper records to electronic files on CD, DVD or other media for easy accessibility and disaster recovery.

Agency Name: North Penn Legal Services

Address: 329 Market Street Williamsport, PA 17701

Phone: 570-323-8741

Fax: 570-323-5256

Contact Person: Danna Rich-Collins

Website: www.northpennlegal.org

Email: drich-collins@northpennlegal.org

Program 1:

Description: North Penn Legal Services (NPLS); is a non-profit corporation funded in large part by the Legal Services Corporation and the Commonwealth of Pennsylvania to provide free legal help to low income persons, individuals and groups. Advocates provide representation on a broad range of civil matters including custody, housing, SSI, bankruptcy, consumer, and protection from abuse. In addition to direct representation, clients are also helped through telephone advice, pro bono and Judicare attorneys, pro se packets and self-help clinics.

Target population: Low-income people

Age Range: any

Eligibility requirements: Clients eligibility is determined after an intake process that involves income and resource computations with consideration of some employment and other expenses. Generally income must be under 125% of the federal poverty level after the computations are completed.

Costs: none

Location: Williamsport, but can meet in Lock Haven

Days/Times: M-F 8:30am-4:30pm

Agency Name: Oak Grove Gardens

Address: 100 Short Street Avis, PA 17721

Phone: 570-753-5655

Fax: 570-753-5214

Contact Person: Tressa Davis

Website: www.rentpmi.com (look for Oak Grove apartments)

Hours: Tuesdays and Thursdays- 8am-4pm

Program 1:

Description: The Oak Grove Gardens are for low income elderly and/or handicapped/disabled people. There are 3 apartments for handicapped/disabled and the rest are for the elderly.

Age Range: Elderly- 62 or older, handicapped/disabled- 18 and older

Eligibility requirements: must be low income

Costs: Must pay 30% of household

Agency Name: Office of Veterans Affairs

Address: 232 East Water Street, Lock Haven, PA 17745 (3rd floor)

Phone: (570) 893-4339

Fax: (570) 893-4283

Contact person: Dave Bowers

Website: <http://www.clintoncountypa.com/>

Email: dbower@clintoncountypa.com

Hours: Monday, Tuesday, Thursday, Friday 8-5, Wed 8-12:30

Program:

Description: VA health care, compensation, pensions, emergency assistance, death benefits, disabilities, family benefits

Eligibility requirements: Active duty, National Guard, reserves, veterans with honorable discharge

Agency Name: PA CareerLink- Clinton County

Address: 8 North Grove Street Suite F Lock Haven, PA 17745

Phone: 570-893-4022

Fax: 570-893-4028

Contact Person: Bruce Jones

Website: www.cwds.state.pa.us

Email: brujones@state.pa.us

Hours: Monday, Wednesday, Thursday- 8:30am-4:30 Tuesday 8:30am-6pm Friday- 9am-4:30pm

Program 1:

Description: The Adult and Dislocated Workers Program is for adults who lost their job due to plant closing or downsizing don't know what to do next. This is meant to be a short term experience while clients get retrained for a new job that is currently in demand and of high growth potential.

Eligibility requirements: must be unemployed

Costs: none

Program 2:

Description: Veterans are able to come to Career link to find services and to remove barriers. Career link can help with resume building and how to present one's self in the job market.

Costs: none

Program 3:

Description: WorkKeys is a nationally recognized assessment of basic skills which can lead to a Career Readiness Certificate which proves customer skills and makes them more employable with endorsing employers.

Costs: none

Program 4:

Description: Bridges to the Future assists youth ages 16-21 in obtaining GED, Finding Career paths, possible assistance for college or advanced training, on the job trainings, obtaining employment and numerous workshops within our Careerlink geared towards employment.

Target population: Youth

Age Range: 16-21 years old

Eligibility requirements: Income barrier and barrier to employment
(Will be determined after application is completed)

Agency Name: Penn State Cooperative Extension

Address: 47 Cooperation Lane Mill Hall PA 17751

Phone: 570-726-0022

Fax: 570-726-2237

Contact Person: Rebecca A. Sellers

Website: <http://extension.psu.edu/>

Email: rad5003@psu.edu

Program 1:

Description: The 4-H Program is an organization where youth can be engaged in numerous enjoyable learning experiences such as horse Program, poultry Program and afterschool programs.

Target population: youth

Age Range: All youth from 5-18 years old

Eligibility requirements: must be at least 5 years old and no older than 18 as of January 1

Costs: \$15 per year

Days/Times: varies

Program 2:

Description: Agriculturist can find information about apiculture, beef, Christmas trees, dairy, entomology, field crops, forages, fruit trees and small fruits, horse, IPM, mushroom, poultry, soil management and swine.

Agency Name: Preschool Early Intervention, The Central Intermediate Unit #10 Program

Address: 345 Link Road West Decatur, PA 16878

Phone: 814-342-0884 or 1-800-982-3375, Extension 3572 (PA-only)

Fax: 814-342-5137

Contact Person: Ms. Karen Krise

Website: www.cui10.org

Email: kkrise@cui10.org

Program 1:

Description: The Central Intermediate Unit #10 Preschool Early Intervention Program is a year around system that identifies and provides early intervention special education services to eligible young children.

Age Range: Ages 3-5

Eligibility requirements: children not enrolled in Kindergarten yet, residing in Centre, Clearfield or Clinton County and exhibiting a developmental delay of at least 25% and/or a disability and in need of specially designed instruction.

Cost: none

Services for the Central Intermediate Unit #10 Preschool Early Intervention Program:

1. Home based Teacher and/or Therapists
2. Itinerant services provided by a Teacher and/or Therapists at a child's preschool, child care site, or Head Start
3. Classroom based services (both Integrated and Specialized classes are available)
4. Transportation
5. Teacher of the Hearing Impaired services
6. Teacher of the Visually Impaired services
7. Speech and Language Therapy services
8. Occupational Therapy services
9. Physical Therapy services
10. Psychological services
11. Assistive Technology services

Agency Name: Safe Haven

Phone: 1-866-921-7233 or the Healthy Baby Helpline- 1-800-986-2229

Website: www.secretsafe.org

Program:

Description: Safe Haven is a 24 hour hotline for women who are considering harming their child. The child must be 28 days or younger. The Safe Haven worker will refer clients to other places for the assistance needed. All hospitals in PA are Safe Haven hospitals. Any person may drop of their child at a Safe Haven hospital without any questions asked. Everything is confidential

and/or anonymous. As long as the baby is unharmed, there will be no police action. While women are pregnant Safe Haven encourages mothers to seek care for them and their child. For prenatal care, call the Healthy Baby Helpline. The Healthy Baby Helpline can provide information about medical providers and health care coverage. All services are free and confidential.

Agency Name: Salvation Army
Address: 119 E. Church St. Lock Haven, PA 17745
Phone: 570-748-2951
Fax: 570-748-5158
Contact Person: Major Margaret Johnston
Website: www.salvationarmy.org
Email: Margaret_Johnson@use.salvationarmy.org
Program 1:

Description: Weekly food pantry
Age Range: all ages
Eligibility requirements: must be under 100% poverty
Costs: free based on income (under 100% poverty)
Days/Times: Wednesdays from 9am-12pm

Program 2:

Description: More than Bread, free lunch open to anyone
Age Range: all ages

Program 3:

Description: Rental and utility assistance, clothing
Age Range: any age
Eligibility requirements: must be low income

Program 4:

Description: Book bag distribution
Age Range: Kindergarten to 8th grade
Eligibility requirements: must be low income

Program 5:

Description: Christmas distribution- food and toys to families
Age Range: none
Eligibility requirements: must be low income and must sign up in October
Costs: free

Agency Name: The Second Mile
Address: 1402 South Atherton St. State College, PA 16801
Phone: 814-237-1719
Fax: 814-237-4605
Contact person: Christine Faust
Website: <http://www.thesecondmile.org>
Email: central@thesecondmile.org
Program 1:

Description: The Second Mile Leadership Institute formalized training at an annual four-day conference and through year-round supervised support by The Second Mile and a faculty mentor, we channel the energy, talents, and resources of young people to assume leadership roles in their communities.

Program 2:

Description: Nittany Lion Tips are sets of sports trading cards featuring Penn State athletes who offer a positive message or word of encouragement about issues of normal development. The issues tackled by the cards are both timely and diverse. In a recent set, they included the following: dealing with divorce or the death of a loved one; what action to take if you find a gun or have a friend who is depressed or suicidal; how to set short and long-term goals; and the importance of not judging others based upon appearance, national origin, or religious affiliation.

Program 3:

Description: Prevention: Education and Awareness for Kids (PEAK) is a series of plays and videotapes that highlight issues such as peer pressure, rejection, and self-esteem.

Program 4:

Description: The Friend Program is designed to provide a context for school-aged youth to consistently engage and connect with positive adult role models. More specifically, this early intervention program pairs "College Friends," collegiate volunteers recruited by The Second Mile, with "Young Friends," K-6th grade students in need of additional support, to participate together in recreational and educational events.

Program 5:

Description: The Second Mile's Friend Fitness Program is an individualized strength training and mentoring program designed to provide adolescents with positive adult role models as they work to reach personal, academic, and fitness goals.

Program 6:

Description: Each summer, hundreds of youngsters from across the Commonwealth attend week-long residential sessions of The Second Mile's Challenge Program at sites in either central or southeastern Pennsylvania. Boys and girls, ages 8 through 12, are referred to the program by school counselors, youth service workers, and other professionals working with children and families.

Program 7:

Description: The Children's Fund Grant program provides small grants to children and youth up to age 18 with needs that might otherwise "fall through the cracks." The Post-Secondary Scholarship program provides educational scholarships of \$500 or \$1,000 for Second Mile program "graduates" - those who have attended the Challenge Program, participated in Friend or Friend Fitness, or been a member of a team at The Leadership Institute. The Community Service Awards program recognizes high school seniors who have demonstrated exemplary levels of commitment to community service.

Additional information: Grants are generally limited to \$50 per child (\$200 per family) in any given year

Program 8:

Description: The Second Mile developed the Foster Family Support Program, which provides recreational activities for foster families, recognizes the contributions of the foster parents, and develops tools for the recruitment of new foster parents.

Agency Name: Skills of Central Pennsylvania
Address: 701 Allegheny Street Box 1 Jersey Shore, PA 17739
Phone: (570) 398-8738
Contact Person: Liz Koch, Manager of Community Services
Website: www.skillsofcentralpa.org
Email: lkoch@skillsgroup.org
Program 1:

Description: Skills of Central PA, Inc. offers Employment Services as well as Home and Community Habitation services in Clinton County. Home and community services give individuals with disabilities the opportunity to further develop their skills for independent living. Employment Services helps individuals with disabilities to attain community based employment and offers job coach services.

Age Range: Adults from 18 and up

Eligibility requirements: must have a disability and qualify for services through the state

Costs: Services are paid for through state funding or self pay is available if not approved for state funding .

Days/Times: Monday-Friday 9am-5pm

Agency Name: Small Business Development Center

Address: 301 West Church Street Room: J102 Lock Haven, PA 17745

Phone: 570-484-2589

Fax: 570-484-2588

Contact person: Tim Keohane

Website: www.lhup.edu/sbdc

Email: tkeohane@lhup.edu

Services:

Description: To succeed, all businesses require both sufficient capital and the knowledge to use it wisely. Small Business Development Center consultants help entrepreneurs develop the planning, management, and financial skills necessary to make their businesses thrive. Our one-on-one management consulting emphasizes education and guidance in finding practical solutions to business problems. Consulting is confidential and provided at no charge. SBDC consultants help entrepreneurs develop the planning, management, and financial skills necessary to make their business thrive. The SBDC's one-on-one management consulting emphasizes education and guidance in finding practical solutions to business problems. Consulting is confidential and provided at no charge by a staff of skilled professionals. Consulting areas of expertise include:

- Management
 - Manufacturing
 - Marketing and Advertising
 - Market Research
 - Minority Business Development
 - Personnel
 - Product Development/Engineering
 - Public Relations
 - Retailing
 - Regulatory Assistance
 - Strategic Planning
 - Taxes
 - Technology Commercialization
 - Women's Business Issues
 - Worker Health and Safety Issues
 - Accounting and Bookkeeping
 - Financing and Loan Packaging
 - Financial Analysis
 - Franchising
 - Government Contracting
 - Homebased Business
 - International Trade
 - Legal Issues
 - Long Range Planning
-
- Business Plan Development
 - Capital Acquisition
 - Computing Applications and MIS
 - Customer Service
 - Energy Efficiency
 - Environmental Management Issues
 - Feasibility Analysis

Other services:

Environmental Management Assistance Program- The Environmental Management Assistance Program offers confidential compliance assistance with environmental and health and safety regulations, on-site assessments to look for opportunities to cut costs through pollution prevention and energy efficiency, and assistance developing and marketing environmental technology.

Government Marketing Assistance Program - To help companies sell to federal, state, local and quasi-government agencies, the SBDC's Government Marketing Assistance Program provides a computerized bid lead program, and assistance in marketing products and services to government, proposal preparation and contract compliance. The program saves businesses time and money by matching a firm's goods and services with bids and leads published in the Commerce Business Daily and The Pennsylvania Bulletin, as well as requests for small bids from the Defense Logistics Agency and various other government agencies.

** Small firms in Southeast Pennsylvania looking to enter the government marketplace can take advantage of the Southeastern Pennsylvania Procurement Technical Assistance Program.*

Technology Commercialization Assistance Program - The Technology Commercialization Assistance Program assists high growth and technology firms with sophisticated business management issues including alternative financing, human resources, patents and trade marking, intellectual property, and product commercialization. Cooperating with their host institutions, the Technology Commercialization Assistance Program also helps struggling US Department of Defense contractors locate markets outside of the Department of Defense.

International Business Assistance Program - To help companies export Pennsylvania products and services, the SBDC's International Business Assistance Program helps companies in assessing their company's international trade readiness; evaluating their products or services for export potential; identifying the best foreign market opportunities; developing strategic and marketing plans; identifying foreign sales agents and distributors; planning market entry strategies; explaining international trade procedures and regulations; providing information on technical standards and export/import documentation; determining sources of trade financing and risk management; identifying trade mission and trade show opportunities; and determining import restrictions, duties, and tariffs.

Product Development Center - The Product Development Center helps inventors bring products to market by offering engineering services early in the development cycle, before major investment is attracted. With the help of engineering students, faculty and outside resources they perform patent searches, assist with technical appraisals, conduct brainstorming sessions, evaluate and review design options, source component suppliers and provide computer aided design (CAD) drawings.

Agency Name: STEP Inc.

Address: 2138 Lincoln Street Williamsport, PA 17701

Phone: 570-326-0587

Fax: 570-322-2197

Website: <http://www.stepcorp.org/>

Email: STEP@stepcorp.org

Program 1: STEP Office of Aging

Location: 352 East Water Street Lock Haven

Phone: 570-748-2906 or 1-800-222-2019

24 hour elder abuse hotline: 1-800-332-8555

Service 1: Senior Community Center provides a variety of recreational, educational and health related group activities. Senior Community Centers are open daily Monday-Friday.

Social/Recreational activities include card parties, art classes, crafts, sock hops, tureens, holiday festivities, exercise programs, square dancing, wood carving, computers and internet, restaurant dining, line dancing, picnics and much more. Prime Time Health Programs include various exercise Program s. Dining Out Meals are hot, nutritionally balanced meals are served in the Senior Community Centers daily (Monday-Friday at noon).

Senior Community Center Locations:

Carter Towers-748-9262

11 S. Jones Street

Lock Haven, PA 17745

Lock Haven-748-2906

352 East Water Street (JayCee Building)

Lock Haven, PA 17745

Mill Hall-726-6378

9 Peale Avenue (Mill Hall Fire Hall)

Mill Hall, PA 17751

Renovo -923-2525

415 Fourth Street (South Renovo Fire Hall)

South Renovo, PA 17764

Service 2: Transportation is available to Senior Citizens through the Lycoming-Clinton Transportation Services operated by STEP, Inc. Senior Citizens desiring to schedule rides MUST call before 12:00PM on the day BEFORE the trip. Reservations may be made earlier than 12:00 on the day before or even two days before the trip, but cannot under any circumstances be accepted later than 12:00PM the day before. Clinton County residents can schedule rides by calling: 1-800-206-3006. For individuals who are age 60+, AND registered with the Office of Aging, 95% of the fare will be paid for a few types of trips within the two counties.

Service 3: Anyone interested in volunteering their time to deliver meals-on-wheels, health insurance counseling or other services for the elderly can contact the Clinton County Volunteer Coordinator at 570-748-2906.

Service 4: The Senior Community Service Employment Program is a program providing free employment counseling and placement services for persons age 55 and over. Call 327-3498 for more information.

Service 5: Popularly known as “Meals-on-Wheels”, this program delivers a complete hot noon meal to persons age 60 and over, who are homebound and cannot cook for themselves. Meals are distributed from the various Senior Community Centers by volunteers, Monday through Friday. Regular and special diets are available.

Service 6: Home Support Cleaning Service is provided when the need is for light housekeeping tasks, laundry, shopping, or instruction in home management or basic cooking skills.

Service 7: Home Modification and Repair provides home maintenance repairs and modifications necessary to maintain the individual’s safety in the home, such as, ramps, railings, grab bars, etc.

Service 8: Home Health Services are usually covered by Medicare or other insurance under orders of a physician. In special circumstances, physician ordered services may be provided by the Office of Aging to enable an individual to continue to reside in his or her own home. Twenty-four hour care is not available.

Service 9: Personal Care Services are provided when the primary need is for “hands-on” assistance with the activities of daily living.

Service 10: The Family Caregiver Support Program is designed to respond to the needs of families and friends caring for their loved ones at home. Its purpose is to reinforce (not replace) the care being provided to the older person (who requires daily care) at home.

Service 11: The objective of the Nursing Home “Waiver Program” is to provide care in the community for individuals who would otherwise be eligible for nursing home care.

Service 12: The Nursing Home Transition (NHT) program assists eligible nursing home residents who wish to safely return to the community and to a more independent lifestyle, with the assistance of Aging Services. NHT is available to anyone over 18, and of any income level. The Office of Aging will directly assist individuals over 60 and they will provide referral assistance to anyone under 60.

Service 13: Placement Services are designed to assist the individual in determining the type of residential placement that will best meet their needs. The Office of Aging will assist them in securing such placement (Nursing Homes, Assisted Living Facilities, and Personal Care Homes).

Service 14: An Ombudsman is a person trained and certified by the Pennsylvania Department of Aging in the investigation and resolution of complaints made by, or on behalf of, consumers of long term care services. Ombudsmen help consumers voice concerns and exercise their rights, in order to protect the dignity, well-being, and quality of life for individuals age 60 and over, in various care settings.

Service 15: The APPRISE Program provides assistance with all types of health insurance, including Medicare, Medicaid, and private policies. APPRISE Volunteer Counselors can answer questions about benefits, provide easy to understand information, help with confusing forms, refer to appropriate agencies and advise how to protect against fraud and abuse. APPRISE

services are provided at no cost by specially trained volunteers. Information can be found by calling Clinton County at 748-2906.

Service 16: Protective Services are provided to older persons as an intervention in a crisis situation or to avoid a crisis when one appears imminent. The Older Adults Protective Services Act empowers the Office of Aging to investigate reports of abuse, neglect, financial exploitation, abandonment, or other situations that put an individual, or their finances, at imminent risk. Elder Abuse Hotline: 1-800-332-8555

Program 2:

Website: <http://www.stepcorp.org/child-care/child-care.htm>

Contact: John LaRose

Phone: (570) 326-0587 or 1-800-346-3020

Hours: 8:00 AM to 5:00 PM (M-F)

Description: Early Care and Education Administration works in partnership with families, childcare providers, institutions of higher education and community stakeholders in an effort to prepare today's children for their important roles in tomorrow's marketplace. Child Care Information Services (CCIS) staff assists working families to select quality, subsidized childcare.

Program 3:

Contact: Jim Plankenhorn

Phone: 1-800-206-3006

Fax: (570) 327-5455

Hours: 7:30 AM to 5:00 PM (7 days a week)

Website: <http://www.stepcorp.org/transportation/transportation.htm>

Description: STEP Transportation helps people with their transportation needs to maintain their independence. Transportation service is available to all residents of Lycoming and Clinton Counties through the coordinated efforts of STEP and the local cab companies. Courteous, friendly, door-to-door service is provided via wheelchair-accessible vehicles. Transportation is provided throughout Lycoming and Clinton Counties, as well as to Geisinger Medical Center, The Surgical Center, Allenwood, and the Centre County Hospital in State College. Transportation available 24 hours a day, 7 days a week, 365 days a year (holidays included). Fares for trips are reduced for seniors, persons with disabilities and eligible Medical Assistance recipients. Reservations are required and must be called in by 12:00 noon at least one business day in advance. Reservations called in more than one business day in advance of the trip date, may be called in between 7:30 AM and 5:00 PM, on any business day.

Program 4:

Contact: Terry Roller

Phone:(570) 327-5420

Hours:7:00 AM to 3:30 PM (M-F)

Description: STEP's Housing & Building Initiatives collaborates with municipal and county governments to target, leverage and impact specific communities in Lycoming and Clinton Counties to respond to the housing needs of today. Recognizing the importance of coordination, Housing & Building Initiatives has worked with municipal and county officials to integrate affordable housing revitalization with downtown, industrial and commercial revitalization strategically, resulting in both social and economic benefits. Responding to the increased cost of energy, weatherization and energy services are available to the general public. Energy conservation through Weatherization remains one of the most cost effective and immediate solutions for today and the future.

Program 5:

Agency Name: Lycoming-Clinton Head Start, Pre-K Counts and Parent-Child Home Program

Address: 2138 Boyd Street Williamsport, PA 17701

Phone: 1-800-346-3020

Fax: 570-322-3137

Contact Person: Anne M. Doerr, Director

Email: amdoerr@stepcorp.org

Website: http://www.stepcorp.org/head_start/head-start.htm

Description: Lycoming-Clinton Head Start is committed to helping children and families succeed. The program implements its vision of being “a catalyst for inspiring positive change and fostering hope in children, family and community” through its Head Start, PA Pre-K Counts, and Parent-Child Home Programs. Lycoming-Clinton Head Start gives children the tools they need to succeed in school and in life, and gives families the tools they need to maximize their children’s success as well as their own.

Program 6:

Contact: Daryl Kern or Carlene Hamilton

Email: dskern@stepcorp.org / cahamilton@stepcorp.org

Phone: (570) 326-0587 or 1-800-346-3020

Hours: 8:00 AM to 5:00 PM (M-F)

Website: <http://www.stepcorp.org/americorps/americorps.htm>

Description: STEP’s Community Connect AmeriCorps is part of a national service program that provides thousands of Americans of all ages and backgrounds with education awards in exchange for a year or two of service to their communities. Throughout Clinton and Lycoming Counties, members serve in various professional roles with partner host sites. AmeriCorps members also serve as a team to provide opportunities for youth to become engaged in their community, promoting leadership and volunteerism.

Program 7:

Contact: Mary Lou White

Address in Lock Haven: 352 East Water Street Lock Haven, PA 17745

Address in Renovo: 415A Fourth Street So. Renovo, PA 17764

Phone: Lock Haven: (570) 748-6379

Renovo: (570) 923-1489

Hours: Lock Haven: 9:00 AM to 5:00 PM (M-F)

Renovo: 8:00 AM to 12:00 PM (M-F)

Website: <http://www.stepcorp.org/outreach/outreach.htm>

Description: STEP Outreach offers many services that provide support and opportunities to resolve a crisis, rather than become a victim of circumstance. From crisis intervention to budgeting counseling, energy assistance, assistance in securing decent and affordable housing, providing for affordable utility bill payment plans, and more, STEP Outreach assists individuals and families to address barriers to self-sufficiency.

Program 8:

Contact: Dan Merk

Phone: (570) 326-0587 or 1-800-346-3020

Address: Clinton County Assistance Office

300 Bellefonte Avenue

Lock Haven, PA 17745

Website: <http://www.stepcorp.org/workforce-dev/workforce-development.htm>

Description: STEP Workforce Development addresses the needs of employers and assists

job seekers in securing employment. Training in job readiness, job acquisition and job retention skills, along with "hands-on" work experience, all leading to sustainable employment, are available for eligible public assistance recipients transitioning to the workforce and for persons 55 and over.

Program 9:

Contact: Dan Merk

Phone: (570) 326-0587 or 1-800-346-3020

Hours: 8:00 AM to 5:00 PM (M-F)

Website: http://www.stepcorp.org/home_ownership/home_ownership.htm

Description: STEP Homeownership Counseling provides prospective homeowners are provided with the tools they need to successfully purchase and maintain a home. Consumers receive counseling regarding budgeting, predatory lenders, renovation and repair loans, realtors, and various mortgage options. For those subjected to foreclosure, counseling and intervention is also provided.

Agency Name: SUN Home Health & Hospice
Address: 132 East Main Street Lock Haven, PA 17745
Phone: 1-888-478-6227
Fax: 570-748-3464
Website: www.sunhomehealth.com

Service 1:

Description: Homecare services may include skilled nursing care, home health aide, occupational therapy, physical therapy, speech therapy, and social work consults. Skilled nursing care is provided by licensed professional nurses and includes comprehensive nursing assessments as well as specialized care including hematology, oncology, Infusion Therapy, enterostomal therapy, pediatrics, cardiovascular care, psychiatric/mental health, diabetes care, restorative nursing, and maternal child care. The homecare nurse provides many services to patients including teaching, medication management, wound care, physical assessment, monitoring of chronic conditions, and reports to the physician routinely regarding the patient's condition and plan of care for further orders. Home health aide services include personal care, while the therapists strive to return the individual to their normal activities of daily living.

Service 2:

Description: The Cardiac Care is the Heart at Home program which provides care for a multitude of cardiac conditions which might include patients experiencing cardiac arrhythmias, cardiomyopathy, congestive heart failure, hypertension, pre/post open heart surgery, Chronic Obstructive Pulmonary Disease (COPD) with cardiac involvement or post coronary angioplasty. The cardiac nurses provide education and monitoring of vital signs, pain, weight, symptoms and activities, medication instruction and diet instruction. The registered nurse coordinates the involvement of other professionals in the care of the cardiac patient to include therapies, home health aides, and social service.

Service 3:

Description: SUN Home Health provides comprehensive home healthcare to children with chronic or acute health problems. This program promotes family unit preservation and provides care to the child in a familiar home setting with their parents involved. The pediatric program includes the skill of the registered nurse, social workers, rehabilitative therapies, and custom care services for supportive and respite assistance.

Service 4:

Description: Maternal Childcare is a program which provides education and skilled intervention during a patient's prenatal and postpartum experience. The program includes skilled nurses, social service and community program resources. The skilled nursing care might include medication or diet education or supervision, prenatal teaching, diabetic teaching, monitoring of pregnancy induced hypertension, care of substance abuse mothers, monitoring of pregnancy complications, provision of care to the baby including home phototherapy, newborn feeding problems, or newborn monitoring.

Service 5:

Description: The Mental Health Program provides skilled nurses trained in mental healthcare along with medical social services, occupational therapists and home health aides to provide short-term intermittent attention to patients needing such follow up after their discharge from an acute care facility or outpatient program. The services include medication supervision and instruction, case management and coordination of mental health treatment with other medical needs, family support, environmental and psychosocial assessments, as well as assessment of psychiatric and emotional status.

Service 6:

Description: Therapies covers the disciplines of physical, occupational and speech and language pathologists. Rehabilitation services assist with the improvement of daily living and self care skills, strength and mobility improvement, pain relief, recovery of writing, speaking and reading skills, and assistance with feeding difficulties for patients with disabilities.

Service 7:

Description: Home Health Aide helps patients with personal care including bathing, oral hygiene, and other daily living tasks.

Service 8:

Description: The hospice team, which consists of nurses, the physician, dietitian, home health aides, social worker, therapists, volunteers and chaplain, work together primarily concerned with keeping the patient pain free and comfortable with the family and patient as the center of their team and focus. Special Care is designed to offer specialized care for patients facing life-limiting illnesses who are seeking aggressive treatment for their illness or who have chosen not to embrace the hospice concept of care.

Service 9:

Description: When patients have needs that do not require the skilled services of home health professionals, or when the patient's condition requires assistance but does not meet the payer's requirements for skilled care, their needs may be met by SUN Home Health's Custom Care Services program. This program provides the patient with the help they need to remain in their homes. The services in this program are Attendant Care, Private Duty Nursing and a personal response system. Attendant Care Services include: personal care, toileting, grooming, dressing, transferring, assisting with activities of daily living, housekeeping, meal preparation, shopping, laundry, light cleaning, and companionship.

Service 10:

Description: Those requiring assistance can contact the Information and Referral Center (IRC) nurses at any time by calling 1-888-4-SUNCARE (1-888-478-6227). If you wish to make an inquiry or referral for homecare service call us toll free or email us at info@sunhomehealth.com. The IRC nurses are ready to respond to your needs and to remain available as a resource for information and as a reassuring voice to families caring for someone at home.

Service 11:

Description: SUN Home Health's personal response system allows you to feel confident that help will be available in a sudden emergency. The response center knows you and your vital statistics and will call your family, neighbors, doctor or emergency services if you are in trouble.

Service 12:

Description: Telehomecare technology allows patients to be monitored in their home with both nurse and patient seeing and hearing each other live - completed through the use of a simple phone call and the touch of a button. Telehomecare technology helps clients cope and ask questions about their illness. Patient monitoring telehomecare equipment is utilized to more frequently monitor vital signs for early detection of problems associated with specific diagnoses, for example congestive heart failure.

Service 13:

Description: SUN Home Health sponsors Bereavement Support sessions three times each year. Bereavement Support Group classes are offered to the families of hospice patients as well as anyone from our communities seeking bereavement support following the recent loss of a loved one. Bereavement sessions meet for six consecutive weeks in SUN Home's corporate office in Northumberland, located at 61 Duke Street and in the Williamsport/Montoursville office, located at 1601 Sycamore Road, Suite 2B, Montoursville. These meetings are held weekly and normally occur in February - March, June - July, and October - November. SUN Home's

bereavement support is free and open to anyone who has lost a loved one in the last year, not just those who have been cared for by SUN Home Health or SUN Home Hospice. Due to limited seating, registration is necessary before the first date of each 6-week session. For information and class registration, call SUN Home Health Services at 1-800-634-5232, ext. 2473, to speak to or leave a message for Jim Taylor, Hospice Chaplain/Bereavement Coordinator.

Agency Name: Susque-View Home
Address: 22 Cree Drive Lock Haven, PA 17745
Phone: 570-893-5953
Fax: 570-748-8891
Contact Person: Beth Maquire-Watkins
Website: <http://www.susqueviewhome.com/>
Email: bmwatkins@susqueviewhome.com
Hours: Monday-Friday 8am-4:30pm
Program 1:

Description: Susque-View Home provides preventative rehabilitative care, long-term and short-term rehabilitative care to individuals of all ages. Residents of Susque-View Home are admitted on the basis of need for care provided, the environment most appropriate for the resident and the availability of accommodations. Outpatient Services are also provided by Susque-View Home. The Outpatient Services include speech, physical and occupational therapies for all ages.

Target population: Adults with acute or chronic health conditions, frail elderly

Age Range: 40+

Eligibility requirements: Require 24 hour care or outpatient rehab

Costs: Varies- Medicare, Medical Assistance and many private insurances are accepted

Agency Name: Valley Prevention Services
Address: 8 North Grove St. Upper Level, Lock Haven PA 17745
Phone: 570-323-9940/570-748-7577
Fax: 570-323-8009
Contact Person: Geoffrey Arthur
Website: valleyprevnetionservices.org
Email: garthurvps@comcast.net

Program 1:

Description: Alcohol, tobacco and other drug use prevention and education services
Age Range: Serves pre-school to high school age and do trainings for adult populations
Eligibility requirements: none
Costs: Depends on service, Please call for more details
Days/Times: Monday-Friday. Office Hours 8:30an-5pm. Other times are by request

Program 2:

Description: The School Based Program is offered for school aged children (starting in 1st grade and ending in middle school). Each grade level is a different length of time and advances in education.
Age Range: school aged
Eligibility requirements: none
Costs: fee for service or granted (please call for fee information)
Days/Times: During the school day

Program 3:

Description: Community Based Services are presentations for the community/civic organizations. It helps to educate the community about National Drunk and Drugged Driver Prevention, Red Ribbon Week and other events.
Age Range: all ages
Eligibility requirements: none
Costs: free
Days/Times: call for more information

Program 4:

Description: D.U.I intervention Services is provision of the Court Reporting Network (CRN) evaluation. The CRN evaluation is a one to one interview which is conducted by a staff member of the agency with an individual who has been arrested for driving under the influence. Every person who was arrested for drinking under the influence must undergo the CRN evaluation.. Alcohol Highway Safety School are the classes people will attend due to their sentences.
Target population: People who were driving under the influence
Age Range: 16 +
Costs: fees are collected by the court
Days/Times: 5 times, 2 ½ hour classes held in the evenings from 5:30-8:00 (nights vary)

Agency Name: West Branch Drug & Alcohol Abuse Commission

Address: 213 West Fourth Street Williamsport, PA 17701

Phone: 570-323-8543

Fax: 570-323-8550

Contact Person: Shea Madden

Website: www.westbranchdrug-alcohol.com

Email: wbcms@aol.com

Program 1:

Description: Case Management Services includes information, education, and crisis intervention, assessment and referral to treatment, linkage with support services.

Target population: Individuals seeking Drug and Alcohol Treatment

Age Range: all ages

Eligibility requirements: Medical assistance, uninsured, contact office for more information

Costs: none

Days/Times: Lock Haven Assistance 300 Bellefonte Ave Lock Haven- Tuesday, Wednesday and Thursday from 8am -4:30pm or 213 West Fourth Street, 2nd Floor Williamsport M-F 8:00 – 4:30 pm

Program 2:

Description: Intensive Case Management Services include an evaluation of an individual's strengths and needs, Goal setting and service planning, Linkage with support services, Advocacy for individuals rights to services, Pregnant women and women with children services, Increasing treatment outreach, Providing assessments and making appropriate referrals (employment, child care, housing, etc.), efficient and effective utilization of community resources, orienting clients to treatment, increased retention of clients in treatment, supporting treatment compliance, facilitating access to additional community and treatment services, monitors referrals and provides follow-up checks, teaches specific process on how to set goals and objectives in any of client life areas, and advocacy.

Target population: Individuals seeking Drug and Alcohol Treatment

Age Range: Adult

Eligibility requirements: Medical Assistance or uninsured

Costs: none

Days/Times: Lock Haven Assistance 300 Bellefonte Ave Lock Haven- Tuesday, Wednesday and Thursday from 8am -4:30pm or 213 West Fourth Street, 2nd Floor Williamsport M-F 8:00 – 4:30 pm

Program 3:

Description: The Tobacco Cessation is a Worksite, One on One, Group, or phone sessions depending on individual's preference. Sessions are typically 30 minutes to 1 hour in length. Free \$100 voucher with participation and completion of program to be used for NRT or prescription pharmaceutical. (18 and over)

Target population: Individual wanted to quit tobacco use

Age Range: all

Eligibility requirements: none

Costs: none

Days/Times: call office for location and to schedule an appointment between 8am-4:30pm

Program 4:

Description: Too Good for Drugs is a school-based prevention program designed to reduce risk factors and enhance protective factors related to alcohol, tobacco and other drug (ATOD) use among students

Target population: Youth

Age Range: Elementary/Middle school age

Eligibility requirements: none

Costs: none

Location: Schools, community centers

Days/Times: Monday-Friday 8am-4:30pm

Agency Name: Western Clinton County Recreation and Fitness Center

Address: 222 St. Clair Ave Renovo, PA 17764

Phone: 570-923-0433

Fax: 570-923-1805

Contact Person: De Anna Poorman

Email: wccra@verizon.net

Program:

Description: The W.C.C. Recreation Center offers many programs including swimming lessons, tumbling lessons, ballet lessons, and aquasize classes. The Fun Time/Free Time program is an evidenced based program funded by a grant from West Branch Drug and Alcohol Abuse Commission. Fun Time/Free Time is a free structured program from children ages 5-12. Children participate in a short social skills lesson, crafts and other physical activities such as swimming. This is offered Tuesday and Thursday from 5:00-7:00 pm. The Recreation Center features a full size gymnasium, pool, weight room, fitness room and activity room that are available for party rentals. The activity room offers games, crafts and other activities for children. It can also be used for small meetings. The W. C.C.R.A has partnered with several health insurance companies and area businesses to offer a 40% discount on three, six and twelve month memberships.

Agency Name: Whitetail Terrace Independent Living Apartments

Address: 20 Cree Drive Lock Haven, PA 17745

Phone: 570-893-5946

Fax: 570-748-8891

Contact Person: Jamie Aurand

Email: jaurand@susqueviewhome.com

Website: <http://www.susqueviewhome.com/whitetailpage2.htm>

Program 1:

Description: Independent Living Apartments for the Elderly. Emergency call system is in each apartment. All utilities, except phone, and one meal provided per day. Not subsidized housing.

Target population: Elderly

Age Range: Over 665

Eligibility requirements: Must be independent

Costs: \$975/month for a studio, \$1,275/month for a one bedroom

Agency Name: 35th District State Senator John N. Wozniak, Lock Haven District Office (serving all of Clinton County)

Address: 399 West Church Street, Suite J-100 Lock Haven, PA 17745

Phone: 570-748-1383

Fax: 570-748-1386

Contact Person: Julie Brennan

Hours: Monday-Friday 9am-4:30pm

Email: jbrennan@pasenate.com

Description: All of Clinton County is represented by 35th District State Senator John Wozniak, who maintains a district office in Lock Haven (at the former Lock Haven High School). The Senator's office provides information from the state level on various programs, and helps facilitate requests at the state level. For example, we have the forms for requesting a birth certificate or a death certificate, and we can send the completed forms in for people. We also facilitate requests with PennDOT (drivers license and vehicle registration renewals, requests for handicapped placards, etc.). We facilitate requests for people wanting to become Notary Publics. We carry information on state programs such as the Property Tax and Rent Rebate Program, the LIHEAP (home heating fuel assistance) Program, etc. There is no charge for any of our services.