

**Town of Keene
Age-Friendly Task Force
Guide to Area Resources for Seniors (and Others)**

EMERGENCY CONTACTS

FIRE, POLICE, AMBULANCE

9-1-1

9-1-1

Emergency Room Elizabethtown

75 Park Ave., Elizabethtown

518-873-6377

Emergency Room Saranac Lake

2233 State Route 86, Saranac Lake

518-897-2557

Poison Control Hotline

Poisoning and Immediate Assistance

800-222-1222

Suicide & Crisis Lifeline

Support in Mental Health Crisis

Call or text 988

Essex County Animal Cruelty Hotline

Report Animal Abuse

844-473-7763

NYSEG

Report Electrical Emergency
Report Natural Gas Emergency

800-572-1131
800-572-1121

Verizon

Report Outage

800-837-4966

Department of Environmental Conservation
(DEC)

Report a lost person or forest fire to a Forest
Ranger
Report a violation of hunting, fishing or
other environmental laws to an
Environmental Conservation Officer

833-697-7264

844-332-3267

<https://www.dec.ny.gov/about/259.html>

**Non-emergency law enforcement
contacts**

Essex County Sheriff

702 Stowersville Rd., Lewis

518-873-6321

NY State Police, Troop B

1097 State Route 86, Ray Brook

518-897-2000

DEC

Contact information for licenses, camping
and other non-emergencies

<https://www.dec.ny.gov/about/259.html>

MEDICAL, MENTAL and BEHAVIORAL HEALTH SERVICES

Adirondack Health Mountain Health Clinic	2841 State Route 73, Keene	518-576-9771 www.adirondackhealth.org/location/health-centers#keene
Adirondack Health Lake Placid Health and Medical Fitness Center	203 Old Military Road, Lake Placid	Health Center: 518-523-3311 Fitness Center: 518-523-8521 https://www.adirondackhealth.org/location/lake-placid-health-and-medical-fitness-center
Adirondack Medical Center	2233 State Route 86	518-891-4141 www.adirondackhealth.org
University of Vermont Health Network Elizabethtown Health Center and Elizabethtown Community Hospital	66 Park Street, Elizabethtown	518 873-6896 www.ech.org/Health-Centers/Elizabethtown 518-873-6377 www.ech.org
Veterans Administration	Westport VA Clinic, 7426 State Route 9N Saranac Lake VA Clinic, 33 Depot Street Mental Health Care	518-626-5236, https://www.va.gov/albany-health-care/locations/westport-va-clinic/ 518-626-5237, https://www.va.gov/albany-health-care/locations/saranac-lake-va-clinic/ https://www.mentalhealth.va.gov/?utm_source=google&utm_medium=cpc&utm_campaign=search-va&utm_term=phrase-match&utm_content=va%20mental%20health&gclid=CjwKCAiAo4arBhAkEiwAuNOsIoSLIzCrNWy9iuSTTcTfWYm8SnNXSOyo4PDKEhu2xkT11zwGV7Q3tBoCWqkQAvD_BwE
High Peaks Hospice	End of Life Options	518-891-0606 www.highpeakshospice.org
National Alliance on Mental Illness (NAMI)	Mental Health Support Services	800-950-6264 or Text 988 www.nami.org
St. Joseph's Addiction Treatment	Alcohol and Drug Dependence Saranac Lake	518-354-5390 or 877-813-8647 www.stjoestreatment.org

AA – Alcoholics Anonymous	Alcohol and Drug Dependence	518-561-8444 www.ny-aa.org
Al-Anon	Families of Affected Persons	518-561-0838 www.nyafg.com
DENTAL CARE Dr. Kevin O’Keefe	Elizabethtown	518-873-6324
Dr. Jensen Rosalynd	Elizabethtown	518-873-3221
Lake Placid Family Dental	Lake Placid	518-523-2406 https://www.lakeplacidsmiles.com/Lake
Mountain Dental	Lake Placid	518-302-5502 https://www.mountaintallp.com/
Lake Placid Oral Surgery	Lake Placid	518-837-5019 https://www.lakeplacidoralsurgery.com/
AuSable Dental Center	AuSable Forks	518-647-5150; 518-647-4532 https://www.ausabledentalcenter.com/
HEARING and VISION CARE		
Eye Care for the Adirondacks	Saranac Lake & Plattsburgh	Saranac Lake, 51 Woodruff St. 518-891-8412 Plattsburgh, 450 Margaret St. 518-566-2020 https://eyecareadk.com/
Eye Peek	2237 Saranac Ave., Lake Placid	518-523-1530 https://www.eyepeekoptical.com/
Placid Audiology	2218 Saranac Avenue, Suite #1 Lake Placid	518-523-0090 www.placidaudiology.com

ESSEX COUNTY RESOURCES

Essex County Government	Court, taxes, health, DMV, Sheriff, mental health, social services, probation, County Clerk	518-873-3350 https://essexcountyny.gov/
Essex County Health Dept.	Home Health, Family Health, Children's Services	518-873-3500 www.co.essex.ny.us/Health
Essex County Mental Health Services	Counseling and Support	518-873-3670 888-854-3773 (after hours) www.co.essex.ny.us/MentalHealth.asp
Board of Elections - Democrat Board of Elections - Republican	Elizabethtown Elizabethtown	518-873-3475 518-873-3476
Children and Family Services	HEAP, Medicaid, SNAP, Temporary Assistance	518-873-3441 www.co.essex.ny.us/Health/childrens-services
Essex County Office for the Aging	Services and Assistance for Seniors	518-873-3695 www.aging.ny.gov/location/essex-county-office-aging
Elder Nutrition Program	Support and Meals	518-873-6457 www.acapinc.org/programs1/aging-services
Adult Protective Services	Report Abuse and Assistance	518-873-3815 https://essexcountyny.gov/department-of-social-services/
Elder Abuse	Report Elder Abuse (8 AM – 8 PM)	844-697-3505
Home Energy Assistance Program (HEAP)	Essex County Heating Assistance	518-873-3878 www.ny.gov/services/apply-heating-and-cooling-assistance-heap
BANKING		
Champlain National Bank	10849 State Route 73, Keene	518-576-9515 www.champlainbank.com

GROCERY STORES (full-service)

Valley Grocery	1815, State Route 73 Keene Valley	518-576-4477 https://www.facebook.com/profile.php?id=100063806283010&paipv=0&eav=AfZNukGNyFHbTOoEW56NqCFg8KMSoPADLbk9-03eI8KfN5HGnTy2VbrE1DlXUpDzeeg
TOPS Friendly Market	355 Court Street, Elizabethtown	518-873-6589 www.topsmarkets.com/WeeklyAd/Store/710/
Hannaford	45 Hadjis Way, Lake Placid	518-523-3279 www.hannaford.com/locations/lake-placid-hannaford-21143
Price Chopper	1930 Saranac Ave., Lake Placid	518-523-2790 www.pricechopper.com/stores/ny/lakeplacid
Green Goddess	2051 Saranac Ave., Lake Placid	518-523-4676 www.greengoddessfoods.com
OTHER MARKETS		
Rivermede Farm Market	Farm to Market 1925 State Route 73, Keene Valley	518-576-2021 www.facebook.com/rivermede
Cedar Run Bakery & Market	Bakery, Market and Wine 2 Grist Mill Lane, Keene	518-576-9929 cedarrunbakery.com
Stewarts Shops	Convenience Store, Gas & Chargers 10857 State Route 73, Keene	518 576-2056 https://locations.stewartsshops.com/ll/US/NY/Keene/10857-New-York-73
East Branch Organics	Craft Beer and Wine Behind Stewart's	518-576-9043 www.eastbranchorganics.com
AuSable Inn	Liquor Store 1809 State Route 73, Keene Valley	518-576-9584 www.facebook.com/AuSable-Inn-142842692427900/
Craigarden	Farm to Market 9216 State Route 9N, Elizabethtown	518 242-6535 www.craigardan.org

FOODBANKS AND PANTRIES

Keene Valley Food Pantry	Emergency Food	Vinnie McClelland 518-441-7654 Nancy Both 518-524-7946
Lake Placid Ecumenical Food Pantry	St. Agnes Church, 169 Hillcrest Ave. Lake Placid	https://regionalfoodbank.net/agencies/lake-placid-ecumenical-food-pantry/ 518-523-9620
Community Food Shelf	Community Food Shelf, 20 William St. Elizabethtown	https://regionalfoodbank.net/agencies/community-food-shelf/ 518-873-6521

VETERINARY SERVICES

Adirondack Veterinary Hospital	264 Goff Rd., Westport	518-962-4311 www.adkvets.com
Lake Placid Animal Hospital	5673 Cascade Rd., Lake Placid	518-523-7319 www.lakeplacidanimalhospital.com
Elmbrook Veterinary Services	48 Carey Rd., Jay	518-647-2115 www.facebook.com/Elmbrook-Veterinary-Services-113573690278842/
VCA High Peaks Animal Hospital	1087 State Route 86, Ray Brook	518-891-4410 https://vcahospitals.com/high-peaks

ANIMAL RESCUE, ADOPTION

North Country SPCA	7700 State Route 9N, Elizabethtown	518-873-5000 www.ncspca.org/
Tri-Lakes Humane Society	255 George Lapan Memorial Hwy, Saranac Lake	518-891-0017 www.trilakeshumanesociety.org

SUPPORTIVE HOUSING

Keene Valley Neighborhood House

Assisted Living
1782 State Route 73, Keene Valley

518-576-4474
<https://www.facebook.com/KeeneValleyNeighborhoodHouse/>

Essex Center

Skilled Nursing and Rehabilitation Services
81 Park St., Elizabethtown

518-873-3570
<https://essex-center.facilities.centershealthcare.org>

Elderwood of Uihlein at Lake Placid

Skilled Nursing and Rehabilitation Services
185 Old Military Road, Lake Placid

518-523-2464
www.elderwood.com/locations/elderwood-of-uhlein-at-lake-placid

Saranac Village at Will Rogers

Senior Apartments and Supportive Services
78 Will Rogers Dr., Saranac Lake

518-519-3715
<https://saranacvillage.com/>

Champlain Valley Senior Community

Assisted Living and Memory Care
10 Gilliland Lane, Willsboro

518-817-9108
https://www.champlainassistedliving.com/?gclid=CjoKCQIA1rSsBhDHARIsANB4EJbfJ-w_KI55ZzZSLTJW71V530AWpLUcSjnsjaLSCGLVIRRS9oYs5xMaAlOLEALw_wcB

HOUSING ASSISTANCE

Adirondack Roots

Home repair, rental assistance, home and foreclosure counseling

518-873-6888
<http://www.hapec.org>

NYS Mortgage Assistance Program

Mortgage Assistance

646-786-0888
www.nysmap.org

Samaritan House

Temporary housing for homeless, Saranac Lake

518-897-5005
<http://www.slecumenical.org/housing.html>

LOCAL TRANSPORTATION

Essex County Bus Service

Bus Schedule for Essex
County

800-914-9266
<https://essexcountyny.gov/transportation>

Trailways

Bus Line – Keene
Valley Stop

800-858-8555
trailways.com/bus-station/lake-placid-e-ny

Amtrak

Train - Westport

800-872-7245
www.amtrak.com/home

FUNERAL HOMES

Heidrick Funeral Home

7521 Court St., Elizabethtown

518-873-6713
<https://www.heidrickfuneralhome.com/>

Heidrick-Zaumetzer
Funeral Home

3 College St., Ausable Forks

518-647-8177
www.hzfuneralhome.com

M.B. Clark, Inc

2310 Saranac Ave., Lake Placid

518-523-3337
www.mbclarkfuneralhome.com

GALLERIES

Keene Arts

10881 State Route 73, Keene

914-309-7095
www.keenearts.com/

Corscaden Barn

58 Beers Bridge Way, Keene Valley

518-576-9850
<https://nextdoor.com/pages/corscaden-barn-gallery-keene-valley-ny/>

Vertical Perspectives
Photography

State Route 73, Keene

518-569-9881
www.verticalperspectivesphotography.com

John Hudson Art Gallery

9 Holt Road, Keene Valley

518-837-7303
<https://www.johnhudsonart.com/>

LIBRARIES

Keene Valley Library	1796 State Route 73 Keene Valley	518-576-4335 www.keenevalleylibrary.org
Keene Public Library	10928 State Route 9N, Keene	518-576-2200 https://cefls.org/libraries/keene
MUSEUMS		
Adirondack History Museum	7590 Court St., Elizabethtown	518-873-6466 www.adkhistorycenter.org
John Brown Farm State Historic Site	115 John Brown Rd., Lake Placid	518-523-3900 parks.ny.gov/historic-sites/29/details.aspx
North Star Underground Railroad Museum	1131 Mace Chasm Rd., Ausable Chasm	518-834-5180 https://northcountryundergroundrailroad.com/museum.php
Lake Placid Olympic Museum	2634 Main St., Lake Placid	518-302-5310 www.lpom.org
North Elba Historical Society	242 Station St., Lake Placid	518-523-3830 www.lakeplacidhistory.com

INTERNET SERVICE PROVIDERS

SLIC/KVVI	Keene Valley Internet and TV Cable	877-754-2266 518-576-4510 www.kvvi.net
Verizon	Phone and Internet	800-504-7730 https://tinyurl.com/yc6nn8kx
Hughesnet	Internet	877-514-5990 https://tinyurl.com/bdz2vf6b
Starlink	Internet	www.starlink.com

OTHER RESOURCES

Social Security Administration

Social Security

800-772-1213

www.ssa.gov

Alzheimer's Caregiver Support Initiative

Support line

800-388-0199

www.wehelpcaregivers.com

Medicare

Assistance

800-633-4227

www.medicare.gov

Cornell Cooperative Extension

Agriculture, Food, Family Health

518-962-4810

<https://essex.cce.cornell.edu/>

FITNESS CENTERS

Keene Fitness

1771 State Route 73, Keene Valley

518-576-2500

www.keenefitness.com

Adirondack Health Fitness Center & Pool

203 Old Military Road, Lake Placid

518-523-8521

www.ahmedicalfitness.org

MEDIA

Adirondack Enterprise

518-891-2756

<https://www.adirondackdailyenterprise.com>

Lake Placid News

518-891-2600

www.lakeplacidnews.com

Sun Community News

518-873-6368

www.suncommunitynews.com

North County Public
Radio (NCPR)

877-388-6277

www.northcountrypublicradio.org

Next Door Keene

nextdoor.com

Jay Community News

jaynews.org

VOLUNTEERING - LOCAL

ADK Garden Club

Gardening

www.adkgardenclub.com

Literacy Volunteers

Literacy Mentoring

518-564-5332
<https://www.lvcef.org/>
518-523-5580

Mercy Care for the Adirondacks

Friendly Visiting and Assistance with
Errands, Transportation

<http://www.adkmercy.org/>
518-523-5585

AmeriCorps Seniors RSVP

Senior Volunteer Opportunities

<https://tinyurl.com/nn3vj8pc>

East Branch Friends of the Arts

Support and Promotion of the Arts

www.eastbranchfriendsofthearts.com

Town of Keene Historical Society

Phone: Keene Valley Library,
518-576-4335
Email: keenehistory@gmail.com

Ausable River Association

Watershed Advocacy

518 637-6859
www.ausableriver.org