

BOONVILLE life CENTER

A program of the
Life Center Collaborative

October Newsletter

Hello from the Boonville Life Center!

Welcome to a new edition of the Boonville Life Center Newsletter! As our presence in Boonville continues to grow, we want this newsletter to grow along with us. Our hope is to make each edition a helpful resource where you can find the most up-to-date information about our programs, services, community resources, upcoming opportunities, and ways to get involved.

As we welcome October and the changing season, we're excited to continue creating opportunities for connection, support, and involvement throughout the Boonville community. Each month brings new conversations, relationships, and opportunities to better understand and respond to the needs of our neighbors.

This month, we're highlighting our October theme, Power in Your Words, and the impact that can come from speaking up, listening to one another, offering encouragement, and making sure every voice has the opportunity to be heard. Those same values guide our work as we continue listening to and growing alongside the Boonville community.

Inside this month's newsletter, you'll find information about our office, programs and services, Food Sense, community resources, ways to get involved, and more.

Thank you for continuing to be part of the Boonville Life Center. We hope this newsletter becomes a resource you can turn to each month to stay informed, connected, and involved in what's happening in our community.

Office Information:

Office Hours: Every Tuesday from 10am-2pm

Office Location: Methodist Church - 202 Main Street, Boonville NY

Stop in during office hours to ask questions, learn about available resources, or connect with our team.

Can't make it during office hours?

Give us a call at 315-820-2638. Leave your name, phone number, and a brief message about what you're looking for, and a member of our team will return your call and help connect you with the information or resources you need.

What is a Life Center?

A Life Center is a welcoming place where individuals and families can connect with resources, services, and support close to home. By helping reduce barriers to accessing care, the Boonville Life Center creates opportunities for connection and ensures community members feel heard, valued, and supported.

As we recognize October's theme, Power in Your Words, we're sharing Alex's recovery story as a reminder that sometimes a simple conversation, a listening ear, or a few words of encouragement can make a meaningful difference.

Every story matters, and every voice deserves to be heard.

Finding Hope Close to Home: Alex's Recovery Story

I was introduced to my drug of choice at a young age, experimenting as a teenager and young adult. At the time, I thought I had control, but by the age of 26 my casual use had turned into an addiction. What started as an escape soon became a prison. Addiction stripped me of the things that mattered most to me like jobs, friendships, trust, and even my ability to love myself. I became a version of myself that I hardly recognized, living only to feed the cycle that was slowly destroying me every day.

The turning point came when I realized just how much I stood to lose. I was on the edge of losing everything I loved—my family, my future, and my own sense of worth. That moment of clarity was painful, but it became the spark I needed to fight back. Choosing recovery was not easy, but it was necessary. I had to rebuild my life piece by piece, confronting my pain and learning how to live without the crutch.

Today, I am proud to say I have been sober for three years. Recovery is not something I take for granted—it is something I work at every single day. My motivation comes from my fiancé and daughter, who remind me of what love and purpose feel like, as well as from my commitment to my own growth and self-respect. I now look at my story not as a story of loss, but as a story of strength and renewal. Addiction tried to take everything from me, but recovery has given me back even more: my family, my future, and the ability to truly love myself again. -Alex

Find Us Out & About in the Community!

The Boonville Life Center is coming to a community event near you! Stop by our table to meet our team, learn about our programs and services, and discover ways to get involved. We'd love to see you!

Where you can find us this month:

 **July 17** 4th Annual Forestport Community Expo | Wednesday September 30 - 10am-2pm  Town of Forestport (10275 State Route 28, Forestport)

 **July 17** Adirondack Connected Community Schools Open Hub | Thursday October 22 - 4-6pm  Adirondack High School

Be sure to stop by and say hello!

October Monthly Theme

Power in Your Words

The words we choose can have a lasting impact. A few words of encouragement can help someone feel less alone. Speaking up can help protect someone who may be struggling. Taking the time to listen can remind someone that their voice matters.

This October, our monthly theme is Power in Your Words, recognizing the role each of us can play in creating a safer, stronger, and more connected community.

Throughout the month, we encourage you to think about how you use your voice. Whether it's standing up against bullying, checking in on someone who may be struggling with depression, speaking out against domestic violence, or simply offering kindness to someone having a difficult day, our words can create meaningful change.

But the power in our words isn't only about speaking—it's also about listening. Sometimes one of the most meaningful things we can do is give someone the space to share what they're experiencing and remind them that they are heard, valued, and supported.

This month, use your words to encourage, support, listen, and connect. Because every word matters, and every voice counts.

Volunteer with us

Give your time and talents to support the Boonville Life Center! Volunteers can help with day-to-day activities, community outreach, special projects, and more. Whether you have a few hours or want to get involved regularly, we'd love to have you.

Apply Here: <https://forms.gle/5iFC9LAwvJ2Y7P5c8>

Join Our Advisory Council

Help us keep the Boonville Life Center connected to the community it serves. Advisory Council members share ideas, provide community insight, and help us better understand local needs and opportunities.

Apply Here: <https://forms.gle/kLG6grCHUKBTqnCU6>

Serve on Our Board of Directors

Looking for a deeper way to support our mission? The Life Center Collaborative Board of Directors helps guide the organization's continued growth, sustainability, and impact across the communities we serve.

Apply Here: <https://forms.gle/vSYMez61zBi36fYL6>

On Site Partners

Come to the Table Counseling

CttT offers behavioral health treatment for teens and adults both in person and TeleHealth. Self-pay and insurance options available. Call (315) 533-2570 or visit www.cometothetablecounseling.com.

National Grid

Are you finding yourself overdue on your energy bill? Does it seem that everything that you are doing isn't moving the balance? Curious about cutting costs? National Grid is on site 10am-2pm the 2nd Tuesday of every month.

Food \$en\$e Program

The Boonville Life Center continues to support the Boonville Food Sense program, helping make affordable food options more accessible within our community.

For those who prefer to order in person or are unable to sign up online, Food Sense ordering available during our regular office hours:



First two Tuesdays of each month



10:00 AM – 2:00 PM



Upcoming Food Sense Dates

October Sign-Up Dates:



202 Main Street



Tuesday, October 6th & 13th



10:00 AM – 2:00 PM

September Pickup Date:



200 Post Street



Friday, September 25th



12:30 PM – 1:30 PM



Please note the change in pickup time!

Shop our Public Online Store

Stop by online to grab your favorite Boonville Life Center gear and wear it with pride:

<https://store.masteryourimage.com/CLCPUB/shop/page/boon>

Interested in Donating?

Your gift to Life Center Collaborative, Inc. supports the growing & vital programming that we are bringing to the Boonville Community.

Give Today:

<https://givebutter.com/lifecentercollaborative>

Scan Here to Donate



Scan Here to access the store



Oneida County Emergency Services

Mental Health Emergency:

S.T.A.R (Mobile Crisis Program) - 315-624-7575

Crisis Life - 988 (Call/text/Chat)

St. Joseph's - CPEP - 315-448-6555

Emergency Substance Treatment Services:

Outreach and Engagement Team - (315) 401-4288

Never Use Alone:

800-484-3731 or <https://neverusealone.com>

Social Services After-Hours Emergency:

Oneida County - 315-736-0141