

BOONVILLE life CENTER

A program of the
Life Center Collaborative

November Newsletter

As we welcome November, we're feeling especially excited about the future of the Boonville Life Center! While we continue connecting individuals and families with resources and support, we're also dreaming up new opportunities, partnerships, and programs that could help us grow and better serve the Boonville community.

Recently, we hosted a Partner Agency Meeting at our Camden Life Center, bringing together many of our established community partners. We were thrilled to hear how many of these organizations are interested in expanding their services and joining us in Boonville! These conversations have sparked exciting ideas, and we're already looking ahead to what 2027 could bring.

But we don't want to do all the dreaming ourselves. We want to hear from YOU! What programs, services, resources, or opportunities would you like to see in Boonville? Whether it's a new idea or a need you've noticed in our community, we encourage you to stop by, call, text, or email us. We'd love to bring your thoughts to the table as we continue planning for the future.

This month's newsletter also highlights our November theme, Hope Starts Here, along with Josh's personal story of service, healing, and hope. You'll also find information about community resources, our on-site partners, upcoming opportunities, and ways to get involved.

As we look toward 2027, one thing is certain: we're working hard behind the scenes, and we can't wait to see what's possible! Thank you for being part of this journey and helping us build a Life Center that truly reflects the needs and hopes of our community.

The future is full of possibilities, and hope starts right here in Boonville!

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 November's theme, Hope Starts Here, we're sharing Josh's story of service, healing, and hope. His journey reminds us that asking for help takes courage, healing is possible, and our own experiences can become a source of strength and support for others.

Hope can begin with one connection, one act of compassion, or one decision to reach out. And sometimes, that hope starts right here in our own community.

From Service to Support: Josh's Journey of Healing and Hope

I grew up helping on my grandparent's farm and had a relatively normal childhood with a dad that worked and a stay-at-home mom. At 17, I joined the NYS Army National Guard as an infantryman because I wanted to serve my community and help pay for college. I planned to be a history teacher, then 9/11 happened and everything changed.

My Guard unit was first activated and sent to Ground Zero after the attacks, then later I served on various Homeland Security missions in airports, bridges and tunnels, and nuclear power plants. We were then activated to deploy to Iraq as combat infantry. I saw and did things I never imagined I would. My tour ended at the end of December, and we left Iraq at 100 degrees and landed home to -20. As a member of the National Guard, we were sent to return to our normal lives as if nothing happened. I struggled with anxiety, anger, and depression and became a person I didn't recognize.

As many of us that have served in the military, I fought getting help even as I watched other guys I deployed with struggle with substance use and suicide, many friends and family didn't want to be near me because I was always angry. So many of them encouraged me to get help. It wasn't until I decided that I was ready that I started to see a positive change. I made a point to actually participate in therapy and make some big changes about the way I was coping with stress. It took me a lot of time to repair the damage I had made with the people that I love the most, but I committed to making that happen.

Today, I am proud of the husband, father and friend that I have become and I'm proud that I get to work with others as a peer support specialist to help others that are struggling on their healing journey.

November Monthly Theme

Hope Starts Here

Hope can begin with something as simple as a conversation, a helping hand, or knowing that someone cares. In every community, there are individuals and families facing challenges that may not always be visible, including financial hardship, housing instability, and difficulty accessing basic needs.

This November, our monthly theme is Hope Starts Here, focusing on the importance of empathy, community, and social responsibility as we raise awareness about poverty and homelessness.

Creating meaningful change starts with understanding the challenges our neighbors may face and recognizing that everyone deserves to feel seen, valued, and supported. Whether it's volunteering your time, supporting local food programs, sharing available resources, or simply listening without judgment, every act of compassion helps strengthen our community.

At the Boonville Life Center, we believe that strong communities are built when neighbors come together to support one another. By connecting individuals and families with resources, encouraging community involvement, and creating opportunities for connection, we can help build a foundation of hope close to home.

Change begins with awareness, but it grows through action. Together, we can make a difference, one connection and one act of kindness at a time. Because hope starts here, with all of us.

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 on November 3rd this 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 Tuesday of each month



10:00 AM – 2:00 PM



Upcoming Food Sense Dates

November Sign-Up Dates:



202 Main Street



Tuesday, November 3rd



10:00 AM – 2:00 PM

November Pickup Date:



200 Post Street



Friday, November 20th



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