

Get Centered!

Sent Date: Thurs, Oct 23

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VOLUNTEERING OPPORTUNITIES

1. Ithaca Neighborhood Housing Services

Agency: Community Building Works

Location: 106 Westfield Drive, Ithaca on West Hill

Time: 4hr shifts from 9am-1pm or 1-5pm OR an 8hr shift from 9am-5pm (Friday - Monday)

Description: A fairly new non-profit called Community Building Works!

We build community capacity by providing green, affordable housing, locally and internationally, using volunteer labor. For every house we build in our community, we will build one in a developing country. Our use of volunteer labor empowers the community to address its affordable housing needs, empowers individuals by teaching them valuable job skills, and supports a sustainable business model. Our current project is a house rehab for Ithaca Neighborhood Housing Services.

Contact: For more info, please contact Sheila Squier at 607-319-0113 or 607-227-1184 or ssquier@twcny.rr.com.

2. Lifelong Learning

Description: Lifelong has advocated for a vibrant community through the active involvement of older adults. Lifelong seeks to promote wellness in later life by celebrating our rich cultural values and unique experiences by strengthening connections with others through community life. Lifelong Learning has established the reputation for developing innovative and volunteer-taught programs. Lifelong Learning is made possible by the time and energy generously donated by volunteer instructors. We are currently seeking community members who are interested in working with elders in our community.

Contact: If you are interested in teaching a course or workshop during our next semester, Spring 2009, please contact Jillian Pendleton, Program Director at (607) 273-1511 or jpendleton@tclifleng.org.

3. Teacher Aide

Location: Ithaca Pre-school

Time: 1-2hrs/wk, anytime from 8:30am-1:30pm Mon-Fri

Description: Teacher aides are needed.

Contact: For more info or questions, please contact Shelly Reese at 607-272-5891x272.

4. Packing Books for Prisoners

Location: Café in Anabel Taylor Hall, Cornell University

Time: Mon, Oct 27 @ 6:30-9pm

Description: Join us to help send books to people in prison. Prisoner Express, a program of Durland Alternatives Library at Cornell, sends books to prisoners across the country. We are currently mailing about 200 packages a month but there is a backlog of about 600 people waiting to receive their books. We will answer letters, package books, and have fun. When reading the prisoner's book request letters, it becomes clear how deeply this service is both needed and appreciated by them. Most of the prisoners requesting books are in solitary cells with little or no access to reading material. It can be deeply satisfying for volunteers to create a great package of books for individual prisoners based on their

requests. You can find out more about the Prisoner Express program at www.prisonerexpress.org.

Contact: For info, please email Joey Cardamone at joey.cardamo@gmail.com or call the Alternatives Library at 255-6486.

5. Bookfest

Location: Sciencenter

Time: shifts (10am-12, 12-2pm, 2-4pm)

Description: Lead an Adventure through reading with the Sciencenter! This year's Bookfest theme is "Adventure by Book" and we'll be reading some great stories and assisting children with fun hands-on activities. Volunteers would need their own transportation to the site.

Contact: For more info, please reach BJ Siasoco at 607-272-0600 or bjciasoco@sciencenter.org.

6. Spooky Science

Location: Sciencenter

Description: Volunteers are needed both the night before (Thursday, October 23) to help "Spookify" the Sciencenter and the evening of (Friday, October 24) to staff the event. This year's Spooky Science is filled with Ghastly Experiments, Creepy Crafts, and all kinds of family fun. Please email me if you are interested in volunteering for the setup night (Thursday, October 23, 5pm) or the Event Night (Friday, October 24, 4:45pm-8:30pm).

Contact: For more info, please reach BJ Siasoco at 607-272-0600 or bjciasoco@sciencenter.org.

7. Halloween Party!

Location: YMCA of Ithaca and Tompkins County

Time: Fri, Oct 24 @ 7-8:30pm

Description: Sign up now by e-mail to help with this awesome event. There will be over 100 children and family members having a spooktacular time. We will need 15 to 20 volunteers to set up chairs, tables, activities, and entertain kids with projects and games. Arrive at 5 and plan to stay to 9:00 pm to get it all done and WEAR a costume... nothing gross or to scary as we will have small kids. See ya!

Contact: For more info, please contact Frank Towner at 607-257-0101 or www.ithacaymca.com.

8. American Red Cross

Description: The Tompkins County American Red Cross Our chapter to post volunteering opportunities on the web and residents can respond to the opportunities right on the web. The two websites are www.volunteermatch.org and www.idealists.org. When visiting either site, search for Tompkins County American Red Cross and the current volunteering opportunities we have within the chapter will show up. If you're interested in volunteering, click on whichever link you're interested in and enter the information needed. Your information will be forwarded to me and I will contact you in the near future to get you started. In addition, you can always find our volunteering opportunities on our chapter website at www.tompkins-redcross.org.

Contact: For more info or inquiries, please email Jessica Hubbard at 607-273-1900x26 or at jhubbard@tompkins-redcross.org.

9. Suicide Prevention and Crisis Service

Location: 124 E. Court St

Time: training starts Oct 2008

Description: Are you ready to make a difference in someone's life? Help someone find their silver lining, by volunteering as a Crisisline counselor at Suicide Prevention and Crisis Service. No prior experience is needed, only a caring, open-minded attitude, and a willingness to learn new skills. The training prepares you to be an effective counselor, and also introduces valuable skills that will benefit you in all aspects of your life. Counselors are able to volunteer during times that are convenient for them.

Contact: For more info, call at 607-272-1505 or visit

www.suicidepreventionandcrisisservice.org.

10. Food Pantries

See "More Ideas!" #2

GRANTS

1. \$500 Disney Minnie Grants

Deadline: Oct 30

Description: The Walt Disney Company and Youth Service America are excited to announce grants of up to \$500 to support child-led service projects. These grants support children (ages 5-14) in planning and implementing service projects in their community. Teachers, older youth (15-25), and youth-serving organizations are also eligible to apply, if they engage younger children in planning and implementing the project. A significant part of the service must take place on GYSD 2009, April 24-26. We particularly encourage applicants to address the environmental issues and to seek to empower children as young citizens through their projects.

Contact: For more info, email MinnieGrant@ysa.org. Be sure to download the correct application and review all application materials, available at www.YSA.org/awards.

JOB

1. Hospicare and Palliative Care Services Clinical Manager

Time Commitment: full time + benefits

Description:

Some duties include- orienting, educating, supervising and evaluating Social workers, RNs, LPNs and home care aids; coordinating all aspects of patient care, including scheduling; participating in community relations for the agency.

Requirements- Nursing degree, current NY RN license, at least 3yrs of experience in general nursing, 2yrs home health or hospice nursing experience preferred, minimum 1yr

leadership experience, ability to support and empower staff dealing with the emotional stress of patients and their families experience end-of-life issues, ability to transport patients if needed, ability to multi-task and prioritize, and more.

Contact: Send resume and cover letter to Mikki Megivern. Hospicare and Palliative Care Services of Tompkins County, 172 E. King Road, Ithaca, NY 14850 or email mmegivern@hospicare.org.

2. Ithaca Carshare

Time Commitment: 10 hrs/wk

Wage: starting at \$11.18 + benefits

Description: Ithaca Carshare, a local nonprofit that provides the community with 24/7 access to a fleet of 10 vehicles on a per-hour basis toward a mission of enhancing community access to transportation while reducing negative environmental and economic impacts, is currently seeking someone to join our eco-conscious, dedicated staff. We need someone to help us make Ithaca Carshare a valued community asset. If you like cars, but hate their impacts, this position is for you. This position has strong growth potential as Ithaca Carshare gets established and expands in the community. This is an opportunity for a confident person with a professional outlook to start at the early stages of a new organization.

Contact: Please submit a resume, cover letter, and two references via email to Jennifer@ithacacarshare.org.

3. Tompkins Community Action Job Positions

- Chartwell House Program Coordinator: FT; Responsible for overall supervision and management of Chartwell House Program. Min required: Associates Degree, 1 year supervisory experience, and 2 years Human Service experience.
- Housing Advocate: FT; Assists families and provides program support. Min. required: Associates Degree and 2 years relevant experience.
- Crew Leader-Building Tech II: FT; Works with and supervises crewmembers to complete home weatherization and energy conservation projects. Min. required: HS Diploma or GED, 3 years experience in construction and BPI certification within 6 months of hire.
- Head Start Support Aide: 17.5 to 30 hrs wkly/41 wks.; Assist center staff with various duties as assigned. Min required: HS diploma/GED with 3 EC credits or 1 year of experience.
- Head Start Teachers: FT/43 wks.; Responsible for implementing classroom plans and program. Min required: 4 yr degree w/ 12 EC credits and 2 yr relevant experience.
- Head Start Teaching Assistant: FT/42 wks.; Provide classroom support. Min. required: 12 EC credits and 2 years experience.

Contact: For more details visit www.tcaction.org. Mail, fax, or email resume w/cover letter to Professional Development Director, TCAction, 701 Spencer Road, Ithaca, NY 14850; fax 607-273-3293; email jobs@tcaction.org.

MORE IDEAS!

1. Diversity in the Classroom

Description: Diversity in the Classroom (EDUC 503) is offering CU students the opportunity to work with local high school students either through the Advancement via Individual Determination (AVID) program or through community research projects on education equity issues. (3-4course credits). Students must commit minimum of 2hr/wk (Tuesday or Thursday, 8:30am-12:30pm) and attend a training on Saturday, January 24 and another training during class time. HURRY! Space is limited!

Contact: For more info, email Amy Somchanghavong at ayk3@cornell.edu.

2. Free Food Pantries & Food

Description:

List of Free Fresh Food Pantries:

- HOT Meals ONLY - All are welcome! No income Guidelines

Monday to Friday: Served at Loaves and Fishes, St. John's Church, 210 N. Cayuga, Ithaca:

Monday, Wednesday, Friday-noon; Tues, Thurs -6pm

Saturday at noon; Sunday 3pm: "Our Brothers, OUR Sisters Table" served at the Salvation Army, 150 N. Albany St. Ithaca.

Tuesdays: Immaculate Conception Church Food Pantry

Seneca nr Geneva St., Ithaca 1:00 to 1:45

Wednesdays: Candor Food Pantry, Rt 96, across from Post Office, 2 :30-4:30 pm

Thursdays: Halsey Valley Pantry, GAR building, Hamilton Rd, Halsey Valley, NY, 4-4:45

3rd Thursday before 3rd Friday-Danby food pantry residents only: 6-8pm

Fridays: Interlaken Reformed Church Pantry - 3 - 6 pm

3rd Friday, Danby Food Pantry 4 to 6 pm. Limited- Danby residents

Saturdays: 2nd Saturday - Worker's Center- Linderman Creek, Comm. Rm, #1 at 12:30pm to 1 pm;

4th Saturday; McLean Community Church Pantry: Church St., McLean. 1:30-2:15

Sundays: Alternating Weeks:

Odessa Community Center / Fire Hall - Food Pantry, Main St., Odessa. 4:00 - 4:30 p.m.

9/14, 9/28, 10/12, 10/26 and so on

Overlook Apartments, community room, 1:30 -2:30- 9/7, 9/21,10/5

Daily pantry listings, see Ithaca Journal, "Daily Events", page 2B;

See Weekly Community Newspapers

ALL are WELCOME TO MEALS. No income guidelines!

Pantries are for Low to moderate income persons

Limit: Meals 7 days p/week; Pantries: 1 pantry p/week.

Non-profit 100% volunteer-run