

Get Centered!

Sent Date: Thurs, Sept 11

VOLUNTEERING OPPORTUNITIES

One-Time

1. Public Service Center's Volunteer Fair
2. Enfield Harvest Festival

On-Going

1. Evaluation Volunteers Needed
2. Volunteer Child-care Help

JOBS

1. Educational Outreach Coordinator

SCHOLARSHIPS/FELLOWSHIPS (GRANTS)

1. State Farm Good Neighbor Service-Learning Grants

MORE IDEAS!

1. Aging Services Network Meeting
 2. Grant Writing Classes
 3. Upcoming Computer and Career Classes
 4. Spirituality, Self-Care and Community: Foundations of a Just and Sustainable Future
 5. Cayuga Medical Center Workshops: Silver Service Lecture Series
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VOLUNTEERING OPPORTUNITIES

One-Time

1. Public Service Center's Volunteer Fair

Location: WSH Memorial Room

Time: Wed, Sept 17 @ 11am-2pm

Description: Come learn about volunteer and work-study opportunities in the local Ithaca community. The following organizations attending are:

SPCA of Tompkins County

Family and Children's Service (Dispositional Alternatives Program)

Ithaca Neighborhood Housing Services

Franziska Racker Centers

Mental Health Association in Tompkins County

Lifelong/RSVP

Women's Opportunity Center

Finger Lakes Land Trust

Namgyal Monastery Institute of Buddhist Studies
Hangar Theatre
AND MANY MORE!!!

2. Enfield Harvest Festival

Time: Sat, Sept 20 @ 10am-4pm

Description: Would you like to volunteer at a great event, be outside all day, hear some great music, have some fun, and meet new people? Then we can use your help! There will be lots of games and activities for children, fun things to look at and learn about.

Contact: Carol at 607-273-7434

On- Going

1. Evaluation Volunteers Needed

Description: The Cornell Institute for Translational Research on Aging (CITRA) is conducting a research/education program to increase local environmental protection while fostering the civic engagement of volunteers. The Retiree Environmental Stewardship Program consists of a series of ten workshops in Tompkins County, NY addressing environmental issues. Although the program has a full participation list for this fall, we are looking for individuals to help us with an evaluation of the program. This would involve a 30-minute phone interview in September or October 2008, followed by another phone interview early in 2009. We will be asking participants about their views on environmental protection as well as some questions concerning overall health and well-being. The workshops will be run again in the Spring 2009 and volunteers are invited to participate.

Contact: If you are interested, please contact Leslie Schultz at 607-255-4553 or LS30@cornell.edu

2. Volunteer Child-care Help

Location: Bethel Grove Church on Route 79

Time: twice monthly from 9:15-11:45am

Description: Mothers of Preschoolers (MOPS) Ithaca chapter is looking for volunteer child-care help for their meetings twice monthly. This is a community group based at Bethel Grove Church on Route 79 in Ithaca, which draws mothers of young children from Ithaca and the surrounding communities for support, encouragement, and instruction in a challenging stage of life. We meet the second and fourth Tuesday mornings at Bethel Grove.

Contact: Kate Leary at ithacamops@gmail.com.

JOBS

1. Educational Outreach Coordinator

Deadline: Sept 16, 2008

Description: Part time- 20 hrs/wk. *Responsibilities* include: Develops, implements and coordinates agency outreach projects and programs; develops and implements public education and information services about individuals with disabilities; performs all clerical,

managerial and administrative responsibilities as required; arranges coverage for tabling events; performs other duties as requested. *Qualifications:* Two year degree from accredited college or university preferred and/or relevant experience; experience in community education preferred; knowledge of community resources and services; ability to work independently, under pressure and with a wide variety of people; knowledge of computer/pagemaker program; personal experience with a disability is an asset.

Contact: Resume and cover letter by Sept 16 to: Finger Lakes Independence Center, 215 Fifth St, Ithaca, NY 14850.

SCHOLARSHIPS/FELLOWSHIPS (GRANTS)

1. State Farm Good Neighbor Service-Learning Grants

Deadline: Oct 15, 2008

Description: With generous support from the State Farm Companies Foundation, Youth Service America is offering the annual State Farm Good Neighbor Service-Learning Grant for youth-led community improvement projects across the United States and Canada (Alberta, Ontario, and New Brunswick provinces only). These grants of up to \$1,000 support teachers and service-learning coordinators in engaging students (ages 5-25) to implement service-learning projects for Global Youth Service Day, April 24-26, 2009. We encourage semester-long projects that are launched on Martin Luther King Day on January 19, 2009 and extend through Global Youth Service Day. To learn more, download our NEW electronic application, grant guidelines, and budget spreadsheet at www.YSA.org/awards.

Contact: For more info, please contact goodneighbor@ysa.org.

MORE IDEAS!

1. Aging Services Network Meeting

Location: Tompkins County Office for the Aging; Longview Auditorium

Time: Sept 12 @ 12noon

Description: Pat Deptula Lakeside Administrator, will discuss "The Past, Present, and Future of Lakeside." Agency updates.

Contact: Please call 607-274-5490 or email dconte@tompkins-co.org by Sept 10, if attending. Feel free to bring your lunch; beverages will be available.

2. Grant Writing Classes

Location: Grants Champion in Ithaca, NY

Time: Sept 11 and Sept 15

Description:

Sept 11 - Tackling Government Proposals with Fun and Ease (3-hour class). A little intimidated by the thought of preparing a federal or state grant application? This class will explain the fundamentals of preparing a government proposal using our heart-centered approach so that you can face the task with a sense of ease. For more information please visit <http://www.grantschampion.com/PublicIthaca3hr.htm>

Sept 15 - Writing Your First Grant Application: Harnessing your Energy to Start Propelling your Organization Forward - 3 hour class by Grants Champion. Ithaca, NY. If you are excited about applying for, and winning, your first grant but are not sure where to start and what to say, this class is for you. Our step-by-step heart-centered approach will give you the framework that you need to start applying with confidence. For more information please visit <http://www.grantschampion.com/FoundationVideoSeminarIth.htm>

3. Upcoming Computer and Career Classes

Location: Women's Opportunity Center

Description:

Interview Skills - (Mon, 9/15; 10-12pm) Identify your strengths and past experiences that make you a valuable employee. Learn the "Do's and Don'ts" of interviewing. Discover how to be prepared for and answer difficult questions, and practice your new interviewing skills with other participants and/or staff members.

Skills Identification - (Wed, 9/17; 10-12pm) Discover the valuable skills you may have already developed from a past career, school, and life experiences. Learn how they can serve you in your current career goals. You may be surprised to find out about skills you did not even know that you had!

Word I - (Mon 9/22, Tues 9/23, Wed 9/24, Thu 9/25, Fri 9/26; 10-12pm) With this class you will master the basics of Word Processing. You will learn about formatting, editing, document layout, inserting images, and headers and footers. XP is a prerequisite.

Comfort Keepers Informational Session - (Tues, 9/30; 10-12pm) Comfort Keepers, an organization that provides in-home companionship and care, will be coming to speak about their organization, job opportunities, and upcoming CNA trainings.

All workshops are at no cost, but space is limited and registration is required.

Contact: Call 607-272-1520 or email info@womensopportunity.org.

4. Spirituality, Self-Care and Community: Foundations of a Just and Sustainable Future

Location: First Presbyterian Church of Ithaca, Corner of N. Cayuga St and E. Court St (enter green door on Court St)

Time: Thurs, Sept 11 @ 6-8:30pm

Description: Concerned that creating a just and sustainable future sounds too exhausting and expensive? This evening will offer many ways to see spirituality, self-care and community unity as vital parts of creating a positive future for all, making the process of getting there more enjoyable - and effective. Presenters will share inspiring tools and stories from community members and congregations who are working to integrate personal sustainability and long-term community well-being. We will then explore these themes in more depth in small learning circles of your choice: congregational activism; community greening and spirituality; diversity and community unity; time and money challenges and solutions. Dinner and childcare are provided. Additional potluck offerings are invited, and participants are encouraged to bring their own table settings to minimize clean-up.

Contact: If you plan to attend and wish to lend a hand, please RSVP to Miranda at 607-277-1241.

5. Cayuga Medical Center Workshops

Location: Cayuga Medical Center, Silver Service Lecture Series at Dewitt Clinton Auditorium

Time: 2-3pm

Description:

Sept 12- "Aquatic Physical Therapy: a therapeutic approach to improvement of injury or dysfunction" Margaret Vence, DPT Physical Therapist and Director of Joint Solutions

Oct 10- "State of the Medical Center" Rob Mackenzie, MD President and CEO