

# Get Centered!

Sent: Week of Jan 5

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# VOLUNTEERING OPPORTUNITIES

## 1. Ithaca Health Alliance Volunteer

Description: January is a packed month for us with events and I am looking for people willing to volunteer to table at several upcoming events that we will be participating and hosting in. Please let me know if you are able and willing to help out. Saturday, January 23 is Ithaca Mall Resolution Day: available shifts included are from 11-1pm, 1-3pm, and 3-5pm. Friday, January 30 is "Get to Know Your Ithaca Health Alliance Forum": available shifts included are: 4-5:30pm (set-up), 5:30-8pm (greeting and general help/tabling or Childcare), 8-9pm (clean up). Saturday, January 24 is Center Ithaca Wellness Day from 1-4pm.

Contact: If you are interested, please contact Betsye Caughey at [outreach@ithacahealth.org](mailto:outreach@ithacahealth.org).

## 2. Healthy School Food seeks Volunteers

Description: The New York Coalition for Healthy School Food (NYCHSF) is seeking volunteers for the spring semester. They are looking for the following: volunteers to fulfill one two-hour shift per week at our Fresh Fruit and Vegetable Snack Program at Beverly J. Martin Elementary School. Each day children are served fresh fruit and vegetable snacks in the classroom to increase their fruit and vegetable consumption. This is a fun and exciting way to get involved in promoting fruits and vegetables, and a fun volunteer job. The job consists of preparing fruits and vegetables and interacting with the students and/or teachers who come to pick them up for the classroom.

Contact: For more info or if interested, please contact [lara@healthyschoolfood.org](mailto:lara@healthyschoolfood.org).

## 3. Alternative Breaks - Cape Cod Driver Needed

Description: We are currently looking for graduate students (25 or older) who would be interested in driving a team of Cornell students to Hyannis, Massachusetts (in the Cape Cod area) over Spring Break in a rented mini-van. The dates would be from March 15-March 20, 2009. The Alternative Breaks program allows for students to spend their Spring Breaks completing meaningful, alcohol and drug-free, community-based service trips, as well as gain a better understanding of complex social issues through service-learning. Our trip will involve working with the non-profit Housing Assistance Corporation, which provides support for low-income and homeless families living on the Cape; we will also help construct a house as part of a significant community housing project. For our trip, the grad student would be needed to drive to/from Hyannis and would also have to pick the team up/drop the team off from our work site each day. However, the rest of the day would be free for the grad student to go off on their own and choose his/her own activities.

Contact: For more info or interested, please contact Alternative Breaks at [altbreaks@cornell.edu](mailto:altbreaks@cornell.edu)

#### 4. Alternatives Federal Credit Union

Description: Alternatives Federal Credit Union is seeking volunteers for its free tax preparation program, which will run from mid January to mid April, 2009. The program provides free tax preparation to low- and moderate- income people and works towards turning tax refunds into financial assets through savings accounts, credit report reviews, financial management courses, and an alternative to predatory Refund Anticipation Loans. Clinic volunteer jobs (during tax site hours) include: Preparing taxes; doing quality control; Greeting taxpayers; providing financial education. For more information, check out the website

[www.alternatives.org/vita.html](http://www.alternatives.org/vita.html). Volunteers usually work three-hour shifts, with an average of one shift per week. Mondays from 1-4pm for on-campus shift. Training is required and provided. You'll only learn what you need to know to do the kind of returns that we usually see, and you get a TON of on-the-job support and training

Contact: For more info, please visit [www.alternatives.org/vita.html](http://www.alternatives.org/vita.html) or contact Brian Kunk-Czaplicki at 607-216-3438 or [bkc@alternatives.org](mailto:bkc@alternatives.org)

#### 5. Alternatives Tax Program

Description: Alternatives' Tax Program is beginning its seventh year of offering free tax preparation services and to date, they have prepared over 5,000 tax returns for working families and individuals in Tompkins County, and returned over \$8 million in refunds to the community. You can be a part of this effort. Those who want to help can volunteer to staff the clinic and prepare tax-forms. Volunteers typically work either a 2-hour or four-hour shift with an average of one shift per week. Volunteer tax preparers are required to attend a training session and pass the IRS Volunteer Tax Preparer test. *NO TAX EXPERIENCE IS NECESSARY!* There are training sessions both on-campus and off-campus.

Contact: To receive more information, please visit

<http://spreadsheets.google.com/viewform?key=picUaT8WXzldOPEFywDqlg> and visit [www.alternatives.org/vita.html](http://www.alternatives.org/vita.html)

# INTERNSHIPS

## 1. LawHelp NY- Spring Intern

Description: LawHelp NY is searching for a Spring Intern to help with research and putting up content. Intern does not have to be based in NYC or NY for that matter and he/she does not have to be a law student. They will also consider a bright and motivated High School student that is web-savvy.

Contact: For more or additional questions, please visit

<http://www.idealists.org/if/idealists/en/SiteIndex/AssetViewer/default?asset=Internship&asset-id=130320-58> or Wilneida Negrón at 646-442-3624 or [wnegron@lsny.org](mailto:wnegron@lsny.org).

## 2. New York Coalition for Healthy School Food Internship

Description: An unpaid internship to work on a variety of projects. This position will allow you to learn many aspects of running a small non-profit, and the opportunity if you are creative to work on special projects.

Contact: For more information, please contact [amie@healthyschoolfood.org](mailto:amie@healthyschoolfood.org).

# SCHOLARSHIPS/FELLOWSHIPS

## 1. 2009 Community Service Awards

Deadline: Wed, Jan 7, 2009

Description: The Human Services Coalition's Nominating Committee seeks nominations for the Ruth Pettengill Award and the Anne Tompkins Jones Award for Community Service to be presented at its Annual Meeting Luncheon on Thursday, February 19, 2009. The awards honor two extraordinary women who devoted their lives to the enhancement of human services in Tompkins County. Both were known for their innovative ideas, thoughtfulness, and commitment. Each award will be presented to a person whose qualities tend to mirror Pettengill's and Jones' and whose experience includes a history of commitment and service to the human service community. There is a distinction between the two awards: the Ruth Pettengill Award will honor a truly unique individual for his/her outstanding contributions to the local community as a human service professional. The Anne T. Jones Award will recognize an extraordinary individual primarily for his/her outstanding achievements in the local community as a dedicated volunteer.

Contact: For more information and the nomination form, please contact Carol Farkas at 607-273-8686 [cfarkas@hsctc.org](mailto:cfarkas@hsctc.org).

## 2. AmeriCorps\*VISTA - Houston, TX

Description: College for Texans is an unprecedented statewide initiative and opportunity for AmeriCorps\*VISTA Members to build capacity in GO Centers to motivate, coordinate, and inspire students to complete all steps necessary to enter college. GO Centers are statewide networks of in-school academic engagement programs that provide students with the necessary tools and resources to plan and prepare for college enrollment. AmeriCorps\*VISTA members work on K-12 school campuses to increase the participation of higher education enrollments by an additional 430,000 academically prepared students beyond the 200,000 student increase expected to enroll in Texas higher education. We are currently recruiting to fill one VISTA Leader position in Houston, Texas. Review the position and apply at [https://my2.americorps.gov/mp/listing/viewListing.do?fromSearch=true&id=6564&SID=c0a8060d30d8\\_2d145157a10c42ffa14abbd1b82d7725](https://my2.americorps.gov/mp/listing/viewListing.do?fromSearch=true&id=6564&SID=c0a8060d30d8_2d145157a10c42ffa14abbd1b82d7725).

# JOBS

## 1. Full-Time Registered Nurse

Description: Visiting Nurse Service of Ithaca and Tompkins County (VNS) has immediate job opening for a full-time Registered Nurse (RN). RN must have a Bachelors degree from an accredited program of professional nursing and two years nursing experience preferably in home care or equivalent combination. Candidate must have a current professional nurse registration in New York State and a valid drivers' license.

Organizational skill, attention to detail and ability to problem solve are critical to the success of this position. Some working knowledge of computers and familiarity with medical data base systems a plus. Starting salary range is \$45,000 to \$50,000, plus gas mileage and pay increase upon completion of VNS orientation program. Benefits include 403(b), health, dental, vision, holidays, vacation and sick time.

Contact: Send resume and cover letter to Cheryl Vosburgh, Human Resource Manager, VNS 138 Cecil A. Malone Drive, Ithaca, NY 14850 or send via email to [cvosburgh@vnsithaca.org](mailto:cvosburgh@vnsithaca.org).

## 2. Full-time, Part-time, and Per Diem Physical Therapists

Description: Visiting Nurse Service of Ithaca and Tompkins County (VNS) has immediate job openings for full-time, part-time and per diem Physical Therapists (PT's). PT's will work as part of a team of professionals providing home care to agency patients. PT's will work in patient's home providing therapy services under the direction and written orders of a physician. PT's will develop a treatment plan based on patient evaluation and physician orders designed to maximize independent functional mobility. Starting salary range for full-time is \$49,378 to \$59,500 plus gas mileage. Benefits include 403(b), health, dental, vision, holidays, vacation and sick time.

Contact: Send resume and cover letter to Cheryll Vosburgh, Human Resource Manager, VNS 138 Cecil A. Malone Drive, Ithaca, NY 14850 or send via email to [cvosburgh@vnsithaca.org](mailto:cvosburgh@vnsithaca.org).

### **3. Certified Home Health Aides**

Description: Community Health and Home Care Inc. (CHHC) has immediate job openings for per diem Certified Home Health Aides (HHA's). HHA's will follow a care plan established by a nurse under the direction and written orders of a physician. HHA's must be able to transfer and position patients using appropriate devices. Applicants must provide proof of Home Health Aide certification, valid driver's license and clear a background check. Starting pay is \$11.00 an hour plus gas mileage.

Contact: Please send resume and cover letter to Cheryll Vosburgh, Human Resource Manager, CHHC 138 Cecil A. Malone Drive, Ithaca, NY 14850 or send via email to [cvosburgh@vnsithaca.org](mailto:cvosburgh@vnsithaca.org).

### **4. Supervised Visitation Program Coordinator**

Description: Supervised Visitation Program Coordinator will be appointed on a full-time provisional basis to this grant-funded 35 hour per week position. The salary is \$42,174 to start and increases to \$45,871 after nine months of employment. A full County benefits package is provided. The location is the Tompkins County Department of Social Services. The Supervised Visitation Program Coordinator is a newly created professional position responsible for the planning, development, implementation and review of the Tompkins County Safe Havens Supervised Visitation and Safe Exchange Program. Coordination of a variety of activities both internal and external to the Department of Social Services is required. In addition, the employee may also be required to monitor supervised visitation and safe exchanges. An incumbent in this class has a high level of autonomy and works under only the most general administrative direction of the Commissioner of Social Services. Wide leeway is allowed for the exercise of autonomy and independent judgment. The incumbent exercises supervision over the work of a small number of assigned program staff. The incumbent will perform all related duties as required.

Contact: For a copy of full job description and an application form, please contact: Tompkins County Personnel, 125 E. Court St, Ithaca, NY 14850. (607)274-5526 or email [hbuck@tompkins-co.org](mailto:hbuck@tompkins-co.org).

### **5. Head Start Support Aide**

Description: Temporary; Works one-on-one with an individual child in a classroom setting. The specific duties and hours will vary according to center and child's needs. Positions available in Groton and Trumansburg Head Start Centers.; Min. required: High School diploma/GED with a minimum of 3 additional credits in Early Childhood Education or relevant area and one year experience with pre-school age children.

Contact: For more detailed job descriptions, please visit [www.tcaction.org](http://www.tcaction.org). Mail, fax, or email resume with cover letter to Professional Development Director, TCAction, 701 Spencer Road, Ithaca, NY 14850. Fax # (607)273-3293. Email: [jobs@tcaction.org](mailto:jobs@tcaction.org).

## **6. WIC Nutrition Educator**

Description: The work of a Nutrition Educator involves responsibility for assisting a nutritionist in the certification of clients for the Women, Infants and Children (WIC) Supplemental Food Program which includes assisting in the assessment of the nutritional requirements of clients and for providing nutritional counseling to clients and their families. The work also involves the distribution of nutritional information materials and the preparation of materials for use in clinics. This position differs from that of WIC Program Nutritionist in that it does not include review and approval of special formula requests or development of high-risk care plans. The work is performed under direct supervision of the WIC Program Director and under general supervision of the Director of Patient Services. This position meets the standards of the NYS WIC Program Certified Professional Authority (CPA) - 1. Does related work as required.

Contact: To apply Please complete a Tompkins County Employment application which you can find on our website [www.tompkins-co.org/personnel](http://www.tompkins-co.org/personnel) or by visiting the Personnel Department 125 E. Court Street, Ithaca, NY 14850 (607) 274-5526

## **7. Full-time Clinic Director**

Description: Full time supervisory position for a qualified health care professional, Licensed Clinical Social Worker preferred. Three or more years experience in the chemical dependency field, with at least one year as a supervisor. Knowledge of OASAS outpatient clinic regulations. Excellent benefits and opportunity for professional development.

Contact: For more info, please contact [jjaynes@alcoholdrugcouncil.org](mailto:jjaynes@alcoholdrugcouncil.org). To apply, contact Kathleen Blair LCSW, Alcohol & Drug Council, 201 E. Green St., Suite 500, Ithaca, NY 14850.

## **8. GIAC Program Assistant**

Description: The work involves coordinating the academic support services for teens and athletes at Ithaca High School and at GIAC; communicating with teachers, guidance counselors, coaches, and other school personnel; and advocating for and mentoring teens as needed. It also includes some direct service work in the teen Friday late Night Program (7-12 midnight). Hours: Part-time at maximum 30 hrs/wk.

Contact: For more info, please contact The Greater Ithaca Activities Center at 607-272-3622.

# MORE IDEAS!

## 1. **Convergence: The Intersection of Arts and Activism**

Deadline: Jan 28, 2009

Description: On April 3-5 the Tisch College of Citizenship and Public Service at Tufts University and Massachusetts Campus Compact will be co-sponsoring Convergence: The Intersection of Arts and Activism. This three-day student-coordinated conference aims to spark students involvement and interest in the rapidly growing field of arts and activism by bringing together students, faculty, administrators and working artists to discuss to discuss and collaborate through a myriad of medium. Information and Guidelines for Submitting a Proposal can be found on the link below:

<http://convergence-art.com>

## 2. **2<sup>nd</sup> Annual Northeast Real Food Summit**

Date: February 21-22, 2009

Description: The Summit, held from February 20th-21st, 2009 at the University of Massachusetts-Amherst, hopes to engage college students and organizations in establishing more sustainable, local eating habits and services on college campuses. A series of speakers and workshops will hopefully elaborate on the ramifications of the current industrial food production systems, grassroots and regional alternative systems, and even elements of community organizing. Feel free to spread the word to throughout your organizations, members and amongst other interested groups and students, including those of Against Hunger.

Contact: For more info and registration form, please visit [www.realfoodchallenge.org](http://www.realfoodchallenge.org) or email Matt Young at [maximus.julius.young@gmail.com](mailto:maximus.julius.young@gmail.com).

## 3. **Learn American Sign Language**

Location: Finger Lakes Independence Center, 215 Fifth St, Ithaca

Description: ASL II - 8 wk course, Wednesdays 6-8pm: Jan 14-March 4

Course Fee: \$90 after 5pm on Jan 7. Payment must be received upon registration. Required text: A Basic Course in American Sign Language (\$36.95) Books will be available the first day of class. This course is designed for adults and teenagers with some American Sign Language experience. The course may be subject to cancellation if there is insufficient enrollment. No refunds are available once class begins.

Contact: For more info, please contact Teri at 607-272-2433 or email [flicadv@hotmail.com](mailto:flicadv@hotmail.com)