

Employment & Volunteering

Education



In This Section:

Education

Library

Resources

Employment

Volunteering

AARP 55 Alive Defensive Driving Course
7251 Janus Park Drive
Liverpool, NY 13088
458-0050

The AARP offers defensive driving courses for older persons with an emphasis on compensating for reduced reflexes and reaction time, vision and hearing issues, etc.

Alzheimer's Association of CNY
441 West Kirkpatrick Street, Syracuse 13204
472-4201

Caregiver Training and Support Program (CTSP) - In-home training and support for primary and secondary caregivers. Scope of program includes information on the disease, communication techniques, respite care information, community resources. Sessions based on family's needs. Family and professional caregivers are eligible. Telephone interview with family member. Call office for fee schedule.

BOCES - Onondaga, Cortland, Madison
Board of Cooperative Education Services Career Training Center
4500 Crown Road, Liverpool 13090
Phone: 453-4455

Provides a variety of educational and vocational programs for the community including persons with disabling conditions. Fees attached to some offerings. Services include:

- **Vocational Evaluation and Career Counseling** - sponsored by agencies or through self-pay.
- **Full-time skill training** - 16 occupational areas including Business/Clerical, Food Technology, Building and Flooring trades and Health. Open houses every week.
- **Projects with Industry** - Linkage with business, rehabilitation agencies and education. Services include job development and placement, job search workshops, and school-to-work transition.
- **Career Resource Center** - library of vocational materials, access to Dept. of Labor listings, computer based career exploration materials.
- **Evening Continuing Education** - over 500 offerings, four semesters.
- **Academics** - GED, College prep.
- **Learning Disabilities** - assessment and remediation/tutoring.

Elderhostel
LeMoyne College
Phone: 445-4166

Provides over 400 educational programs for people age 55 and older in New York State. There is a set fee for classes, facilities are handicapped accessible and interpreters are available.

RLS Career Center

3049 East Genesee Street, Syracuse, 13224

Phone: 446-0500

Serving Onondaga, Madison, Cayuga, Cortland and Oswego counties. RLS offers several programs, which are as follows:

- **Career Counseling** - This service allows adults to address, in depth, their career and educational concerns. Career consultants are assigned to work with individuals to clarify goals, identify skills, and consider options. Clients are entitled to a maximum of six hours of consultation during a two month period. Topics include educational and career planning and job search skills and retirement planning.

Syracuse University/University College

There are several programs offered through SU's Continuing Education program. These are:

- **Institute of Retired Professionals (IRP)** (443-4846) - An opportunity to meet twice monthly for lectures, reviews, films and socialization. IRP encourages people to stay intellectually and socially active and to be informed on current issues and problems. Membership is open to anyone, and there is a membership fee.
- **Humanistic Study Center** - non-credit enrichment and recreation short courses, field trips and seminars. Open to the public of all ages, and fees vary by course. Senior discount available to those age 65 +. Facilities are accessible, and interpreters available upon request.
- **SU Part Time Credit Course/Program Study** (443-3261) - Evening, weekend and daytime courses, plus limited residency (typically one-week) independent study degree programs, plus on-line internet/web courses. Open to everyone with a high school diploma/equivalency. Tuition, senior discount applied.

OASIS

Shoppingtown Mall (lower level), DeWitt

464-6555

OASIS is an educational program sponsored by University Hospital SUNY Health Science Center and the May Foundation. Classes are free to people age 55 and older.

Onondaga Community College - Excel Center

4969 Onondaga Road, Syracuse, 13215

Phone: 498-6010

Continuing education for adults 18+ who have developmental disabilities. Offers courses in academics, recreation, independent living skills, computer skills. Classes offered during the day and in the evening at OCC, Syracuse University, LeMoyne College, SUNY-Oswego, and select Syracuse City Schools. Evening classes follow traditional Spring, Summer and Fall semesters. Day classes ongoing throughout the year. There is tuition for most classes, and financial assistance is available.

Onondaga County ARC - see also Employment, Disabled Services

- **Senior Citizens Program**
2309 James Street, Syracuse 13206
Phone: 432-0351
Provides pre-retirement program which focuses on functional living skills for older citizens, age 55+
- **Community Resources**
336 North Midler Avenue, Syracuse, 13206
Phone: 437-2025
Skill enhancement in a community setting including transportation and social skill training, education, volunteer work.

WCNY-Read Out

PO Box 2400, Syracuse 13220

Phone: 453-2424

Radio reading service for print handicapped (legally blind, visually impaired, physically unable to hold reading material and learning disabled). There is no fee for this service.

Library Resources



A world of information awaits you at your nearby library. The library isn't just for books anymore; it's your headquarters for what you need to know!

- **Print** - Books (regular and large print), newspapers, magazines, directories. Many books (except bestsellers) can be taken out for six weeks.
- **Audiocassettes** - Books and music.
- **Videocassettes** - Feature films, travelogues, how-to information.
- **Compact Discs** - Classical, jazz, popular music.
- **Programs** - Music, travel, books, interesting people, finances.
- **Computers** - Online catalog, internet access, word processing and other software programs. Call your local library or Telephone Reference Service (435-1900) to find out about orientations to the world of computers.
- **"Talking Books"** - Federal program that provides cassette and Braille books free to people who are unable to use conventional books. Call 435-1876.
- **Caregiver Resource Collection-Contains up-to-date books and videos that address issues of aging and caregiving.**

Most materials from other libraries in the Onondaga County Public Library System can be sent to your library for you to check out and return. Ask your librarian how to do it.

To get a library card, bring a photo identification with your current address and signature **OR** a combination of identification with a signature and your current address to your local library. If you don't have the necessary identification, ask your librarian how you can get a library card.

For more about these and other services, contact your nearby library or Telephone Reference Service at 435-1900.

Employment Programs



InterReligious Council of CNY (IRC)
3049 East Genesee Street, Syracuse, 13224
Phone: 449-3552

- **Senior Companion Program** - recruits, trains and provides seniors to visit homebound elderly for socialization or caregiver respite. These stipend volunteers must be income-eligible, but there is no such requirement for clients. Clients screened through Volunteer Stations with which there is a Memorandum of Understanding. Senior companions may serve 20 hours/week, during office hours (M-F, 8:30am-4:30pm). Companions must be 65+ and 125% of poverty level to volunteer.

CNY Works

677 South Salina Street, Syracuse, NY 13202

Phone: 473-8250

www.cnyworks.com

CNY Works helps job seekers and employers find employment solutions, offering a dynamic, full-range of cost-free services, including career planning, job search and resume assistance and basic computer training that empower job seekers in their quest for employment.

RLS Career Center

770 James Street, Syracuse, 13203

Phone: 446-0500, fax 446-5869

www.rlscareercenter.org

Serving Onondaga, Madison, Cayuga, Cortland and Oswego counties. RLS offers several programs, which are as follows:

- **Career Counseling** - This service allows adults to address, in depth, their career and educational concerns. Career consultants are assigned to work with individuals to clarify goals, identify skills, and consider options. Clients are entitled to a maximum of six hours of consultation during a two month period. Topics include educational and career planning and job search skills and retirement planning.
- **Displaced Homemaker Program** - Provides career and educational information and counseling to displaced homemakers. Both individual and group services provided. The program is designed to help meet the personal and professional needs of people making the difficult transition from homemaker to breadwinner. It is funded by the NYS Dept. of Labor. Displaced homemakers who have provided unpaid services in the home and have been dependent upon another (husband, wife, parent, etc.) for primary economic support, who suffer displacement due to death, divorce or separation, or job loss.

Senior Community Service Employment Program (SCSEP)

Onondaga County Department of Aging & Youth - 435-2362

SCSEP is a temporary employment and training program which assists seniors to enter or re-enter the work force.

Participants are assigned to a training site and work twenty hours per week at minimum wage. A variety of training sites are used, including not-for-profit organizations, governmental agencies, vocational training programs, and the private sector. The purpose of the assignment to the training site is to help participants practice old job skills, learn new skills, and develop a current work history. The goal of the SCSEP is to help seniors obtain employment outside of the program. Participants agree to continue to seek employment (either full or part time). The SCSEP staff assists with the job search process by providing the latest in job search techniques (including resumes, interviews, locating job openings, searching the hidden job market) as well as job leads. Participants must be age 55 or older and meet federal income guidelines. However, program staff will meet and work with any senior, regardless of income, who needs help obtaining employment.

Senior Companion Program

Syracuse Developmental Center

800 South Wilbur Avenue, Syracuse, 13204

Phone: 473-5034

Serving Onondaga, Cortland, Cayuga and Oswego counties. Senior companions serve clientele (Office of Mental Retardation and Developmental Disability) 20 hours per week (flexible hours) in work sites or group homes. Companions provide one-on-one attention, and accompany clientele on day trips to malls, museums, zoo, beaches, picnics, etc. Must be 60 years or older and meet Federal Income Eligibility guidelines. Senior companions receive tax free stipend, lunch and mileage reimbursement.

Foster Grandparents

800 South Wilbur Avenue, Syracuse, 13204

Phone: 473-5017

Foster grandparents (age 60+) volunteer five days/week, four hours/day in local schools, Head Start classrooms, day care centers, detention centers and group homes helping special children overcome physical, mental, emotional and social problems. Applicants must be in good mental and physical health, be willing to serve 20 hours/week, have own transportation or able to use public transportation, and meet federal low-income eligibility guidelines. Forty hours pre-service orientation and training are provided prior to placing foster grandparents in an assignment. Foster Grandparents receive tax-free stipend, which does not affect Social Security, SSI, Medicaid, Food Stamps, rent subsidy or other senior benefits. Mileage and transportation expenses are reimbursed.

Volunteer Opportunities



AARP

7251 Janus Park Drive

Liverpool, NY 13088

(315) 458-0050

There are numerous volunteer opportunities with AARP and the various programs they provide older adults in the community, such as the Tax Assistance Program, 55 Alive Defensive Driving Course, office volunteers and more.

Alzheimer's Association of CNY

441 West Kirkpatrick Street, Syracuse 13204

472-4201

Interfaith Volunteer Caregiver - Trained volunteers from area congregations and the community will give caregivers an opportunity for support and respite, do shopping, run errands, friendly visiting, assist in day programs and perform tasks that will enable a person with Alzheimer's to remain in his/her home as long as possible.

CONTACT

(315) 251-1400

Volunteer telephone counselor training.

HIICAP (Health Insurance Information, Counseling & Assistance Program)

Department of Aging & Youth

(315) 435-2362

Trained volunteers provide Medicare beneficiaries with free, unbiased information and assistance relating to Medicare, supplemental insurance and prescription options.

InterReligious Council of CNY (IRC)

3049 East Genesee Street, Syracuse, 13224

Phone: 449-3552

- **Senior Companion Program** - recruits, trains and provides seniors to visit homebound elderly for socialization or caregiver respite. These stipend volunteers must be income-eligible, but there is no such requirement for clients. Clients screened through Volunteer Stations with which there is a Memorandum of Understanding. Senior companions may serve 20 hours/week, during office hours (M-F, 8:30am-4:30pm). Companions must be 65+ and 125% of poverty level to volunteer.

- **Ombudsman Program (Long Term Care)** - recruits and trains volunteers to visit nursing facilities and senior group homes to ascertain that residents' needs are met, improve quality of life and provide information regarding long term care placement in Onondaga County. Interpreters provided when needed. Service is provided to anyone seeking information or needing ombudsman services.

Jewish Family Service

4101 East Genesee Street, Syracuse, 13214

Phone: 445-0820

Project Chaver - volunteer outreach program of friendly, visiting, telephone reassurance and shopping services. Interpreters available if needed. Program for homebound seniors with little family contact, and are assessed by Jewish Family Services as one in need of program.

Meals on Wheels

Volunteers are always needed and appreciated to help deliver meals to homebound elderly and people of all ages who are unable to prepare their own meals due to illness or injury. Contact the Meals on Wheels program in your area to volunteer.

Baldwinsville Meals on Wheels—638-2171 (Towns of Lysander and Van Buren north of John Glen Blvd.)

East Syracuse Meals on Wheels—463-5972 (East Syracuse school district & Minoa)

ECHO Meals on Wheels—487-2878 (Camillus, Geddes, Marcellus, Onondaga, Solvay, Warners, Lakeland, Fairmount, Westvale)

FM_JD Meals on Wheels—637-5446 (Bridgeport, Dewitt, Fayetteville, Jamesville, Kirkville, Minoa, Manlius and Pompey)

Jordan Elbridge Meals on Wheels—689-9513 (Jordan & Elbridge)

Kosher Meals on Wheels—445-0820 (serves those who require Kosher)

Meals on Wheels of Syracuse—478-5948 (City of Syracuse, Lafayette, Tully, Onondaga Nation, Jordan, Elbridge, Fabius)

North Area Meals on Wheels—452-1402 (Brewerton, Cicero & North Syracuse School District, Town of Clay south of John Glen Blvd.)

Skaneateles Meals on Wheels—685-3388 (Skaneateles)

Onondaga County Health Department Volunteer Services

421 Montgomery Street, Syracuse, NY 13202

Phone: 435-3117

Volunteers are an integral part of the health Department's service to the community. Orientation and training provided by the Volunteer Services Supervisor as well as program directors.

P.E.A.C.E., Inc.

217 South Salina Street, Syracuse, 13202

Phone: 470-3300, Fax 472-8939

www.peace-caa.org

Serves low income families offering many programs (including senior centers and nutrition sites), as well as operates Family Resource Centers throughout the city and county which provide emergency assistance, supportive counseling, employment information, advocacy, referrals and resource information.

Foster Grandparents

800 South Wilbur Avenue, Syracuse, NY 13204

Phone: 473-5017

Foster grandparents (age 60+) volunteer five days/week, four hours/day in local schools, Head Start classrooms, day care centers, detention centers and group homes helping special children overcome physical, mental, emotional and social problems. Applicants must be in good mental and physical health, be willing to serve 20 hours/week, have own transportation or able to use public transportation, and meet federal low-income eligibility guidelines. Forty hours pre-service orientation and training are provided prior to placing foster grandparents in an assignment. Foster Grandparents receive a tax-free stipend, which does not affect Social Security, SSI, Medicaid, Food Stamps, rent subsidy or other senior benefits. Mileage and transportation expenses are reimbursed.

SCORE

401 South Salina Street, Syracuse, NY 13202

Phone: 471-9393 ext. 221

Syracuse SCORE is composed of volunteers who help small business with one-on-one counseling and workshops on business plans, etc. Members include retired and active business owners, executives and managers. SCORE covers specialized skills and industries. Subsidiary of the Small Business Administration.

RSVP (Retired and Senior Volunteer Program)

Catholic Charities

1654 West Onondaga Street, Syracuse, NY 13204

Phone: 424-1810

A recruitment and placement service for individuals age 55 and older. Benefits include personal accident insurance that covers them while they are on volunteer assignment, partial travel reimbursement, annual recognition luncheon, and subscription to newsletter.