

Family Services Agency for the Central Coast (FSA)

Serving the counties of Santa Cruz, San Benito, and Monterey.
Service for both English and Spanish speaking populations.

Website: www.fsa-cc.org

Phone: 831-423-9444

Organization Descriptor:

We offer a variety of clinical, crisis, educational, outreach and supportive services designed to maintain and strengthen family and community life. Our programs include: Counseling Services, Senior Outreach, Suicide Prevention, I-You Venture, Renaissance, First Step, PEAKS, and Continuing Education.

Ongoing Volunteer Opportunities:

I-You Venture Volunteer

Program Purpose:

To overcome the isolation experienced by the residents of nursing care and assisted living facilities, while making the wisdom, talents and cultures of these residents available to the community.

Skills:

- Senior Outreach: Help to develop, organize, and participate with senior outreach projects.
- Also, volunteer your time to one-on-one visits with seniors.

Requirements:

I-You Venture Volunteer

Service Description:

I-You Venture recruits, orients and places volunteers with residents of local care facilities. Volunteers are involved in a broad range of activities from small groups involved in projects like Ageless Art and Holiday Helpers, to the quiet intimacy of one-to-one visiting.

If you would like to participate, please click on the link below to find the volunteer application: http://www.fsa-cc.org/volunteer/i-u_app.html

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Ongoing Volunteer Opportunities:

Suicide Prevention Volunteer

Program Purpose:

To provide suicide and crisis intervention, community education and outreach, grief support and referrals to persons at risk of suicide and suicidal behavior in Santa Cruz, Monterey, and San Benito Counties.

Volunteer Service Description: There are three main branches for the Suicide Prevention Program which are in need of volunteer service: 24-hour Suicide Crisis Line, Education and Outreach, and Grief Support

Requirements:

Volunteers can participate in any of the three following branches of the Suicide Prevention Program:

24-hour Suicide Crisis Line: This is an anonymous and confidential service that provides distressed people a safe place to express suicidal thoughts and feelings. Volunteers are trained to assess each call for potential lethality and to respond appropriately to ensure the safety of the caller. Free access to suicide crisis line services are provided to the residents of Monterey, Santa Cruz, and San Benito counties through local calling numbers and a toll free number. Through the use of an interpreter service, suicide crisis line services are available in 140 languages.

Education & Outreach: Information and resources are the key to prevention, this service provides presentations and materials to a broad range of high-risk groups. The goal of Life is a Journey is to provide information and increase access to suicide crisis line services for all young people in the Monterey Bay Area. In addition, workshops, seminars, presentations, and in-service training are provided for teachers, counselors, medical personnel, law enforcement, the general public and community-based organizations.

Grief Support: This service provides support for individuals and families who have lost a loved one to suicide. Survivors have the opportunity to receive home visits from a team of grief support volunteers and attend grief support groups at various locations throughout the area. Community organizations and local businesses that have experienced a suicide loss may receive support in their grief process.

If you are interesting in become a volunteer, please follow the link below for the Suicide Prevention Volunteer Application: http://www.fsa-cc.org/volunteer/suicide_app.html

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Senior Outreach

Program Purpose:

To empower older adults to maintain their independence by working through the transitions of aging to develop a higher quality of life.

Ongoing Volunteer Opportunities:

Senior Outreach Volunteer

Service Description:

- Trained peer counselors counsel people in their homes or at our offices.
 - Peer counseling provided at no cost to the client.
 - Services in English and Spanish.
- Support groups led by peer counselors throughout the county.
 - Volunteers learn active listening skills and issues of aging. Peer counselors meet twice monthly for ongoing training and supervision. They make friends while helping others and experience personal growth in a supportive environment.
 - Drop-in peer counseling is provided at the Watsonville Senior Center by a bilingual, bicultural staff person.
 - Empathic peer counselors help people with depression, anxiety, bereavement, illness, and family problems.
- Information and referrals are provided to clients regarding community services. Peer counselors can act as advocates.

Skills:

- Outreach & Advocacy: Be a resource for community senior services.
- Peer Advising: Active listening and issues on aging. Demonstrate empathy and ability to understand the issues which may impact the senior community.
- Bilingual Spanish-English Speakers: Not required, but welcomed.

Requirements:

Peer counselors meet twice monthly for ongoing training and supervision.

They make friends while helping others and experience personal growth in a supportive environment.

If you are interested in becoming a volunteer for the Senior Outreach Program, please follow the link below to find the Senior Outreach Volunteer Application:

http://www.fsa-cc.org/volunteer/senior_app.html

***Community Bridges, Meals on Wheels for Santa Cruz County
Serving the County of Santa Cruz***

Website: www.communitybridges.org/meals.htm

Phone: (831) 464-3180

Organization Descriptor:

Meals on Wheels provides the following to the seniors of Santa Cruz County:

-Home Delivered Meals

A daily visit and a nutritious meal help support independence for vulnerable elders and disabled residents.

-Dining Sites

Dine in the company of friends. Our four senior dining centers located in Live Oak, Ben Lomond, Santa Cruz and Watsonville offer a daily hot meal to adults 60 years of age or older.

-Over 7 million meals served to date!

Ongoing Volunteer Opportunities:

Business Supporters

-Opportunities for business involvement with our "Let's Do Lunch" available. Meals are delivered to your business for dispatch near the business location.

-To volunteer please call (831) 464-3180 ext. 103

Community Members

-Volunteers are always needed for home delivered meals. Meals are delivered am - noon, Monday through Friday from our kitchen location in the Elena Baskin Live Oak Senior Center (1777 Capitola Road, Santa Cruz).

Skills:

- Meal delivery: Help deliver meals from the Elena Baskin Live Oak Senior Center kitchen to other meal sites (see site locations).

Requirements:

Meal delivery to sites includes the loading and unloading of meals, distribution of meals to clients.

For more information, please contact the meal sites directly.

At all locations, meals are served Monday-Friday.

Highlands Park Senior Center

Meal site hours: 9:30-1:30
Lunch served at 12:00 noon
8500 Highway 9, Ben Lomond
(831) 336-5366

Louden Nelson Community Center
Meal site hours: 10:00-2:00
Lunch served at 12:00 noon
301 Center St., Santa Cruz
(831) 427-0901

Watsonville Senior Center
Meal site hours: 8:00-1:00
Meal site hours: 8:00-1:00
Lunch served M, W, Th, F at 11:45, Tuesday at 11:30
114 East Fifth St., Watsonville
(831) 724-2024

Elena Baskin Live Oak Senior Center
Meal site hours: 1:30-5:00
Dinner served at 4:00 pm
1777 Capitola Road, Santa Cruz
(831) 475-7177

Scotts Valley Senior Center
Meal site Hours: 11:30-1:00
Lunch Served: W
370 Kings Valley Rd, Scotts Valley
(831) 438- 8666

***Community Bridges, Meals on Wheels for Santa Cruz County
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Website: www.communitybridges.org/meals.htm

Phone: (831) 464-3180

Organization Descriptor:

Meals on Wheels provides the following to the seniors of Santa Cruz County:

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-Dining Sites

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-Over 7 million meals served to date!

Ongoing Volunteer Opportunities:

Meal Site Volunteer

-Assistance at the site with meal service, phones, clerical support or entertainment is welcomed at our four meal site locations (see site locations below).

Skills:

- Clerical and Organizational Skills: Help with check-in of clients. Help with client seating at meal sites. Help with meal distribution to clients. Help with the general set-up and clean-up of meal sites.
- Entertainment: If you would like to provide entertainment during meals, such as live music, we would love to have you!

Requirements:

Ability to follow directions and work in a team setting to help provide meals to the seniors of Santa Cruz County.

Volunteers will help at Santa Cruz meal sites which are listed below.
For more information, please contact the meal sites directly.

At all locations, meals are served Monday-Friday.

Highlands Park Senior Center

Meal site hours: 9:30-1:30

Lunch served at 12:00 noon

8500 Highway 9, Ben Lomond
(831) 336-5366

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Advocacy, Inc.

Serving the Counties of Santa Cruz and San Benito

Website: www.advocacy-inc.org

Phone: (831) 429-1913

Organization Descriptor:

Advocacy, Inc. is comprised of the Long-Term Care Ombudsman Program and the Patients' Rights Advocate Program. The Ombudsman Program is a federal and state mandated program charged with advocating for seniors and disabled individuals living in residential care facilities for the elderly and skilled nursing facilities. The Patients' Rights Advocate Program is a state mandated program also charged with rights protection and advocacy for all mental health consumers residing in both Santa Cruz and San Benito counties.

Ongoing Volunteer Opportunities:

Ombudsman Volunteer

What is an Ombudsman?

Ombudsman is a Scandinavian word used worldwide meaning conciliation on behalf of citizens encountering difficulties in relating to government. As interpreted by organizations serving residents in long-term care facilities, an Ombudsman attempts to make nursing homes and governmental and community agencies more responsive to the needs of residents and their families.

Skills:

- **Patient Advocacy:** Investigate and take action to resolve complaints made by or on behalf of older individuals who are residents of long-term care facilities. Receive reports of suspected abuse of elderly and dependent adults in long-term care facilities.
- **Representation:** Monitor the development and implementation of federal, state, and local laws, regulations and policies with respect to long-term care facilities.
- **Community Awareness & Education:** Provide information to public agencies regarding the problems of older persons living in long-term care facilities.

Requirements:

The Ombudsman volunteer position is a long-term commitment.

Ombudsman volunteers are required to attend 36 hours of classroom training, after which volunteers will then be certified as official Ombudsman volunteers.

After certification, Ombudsman volunteers are required to serve a 15-hour internship with full-time staff at site.

Once training and internships are complete, the Ombudsman volunteer is placed in a skilled nursing home or assisted living and residential care facility located in Santa Cruz or San Benito County (depending on location of the volunteer). Individual schedules can be discussed with supervisors.

If you are interested in receiving more information, please contact Advocacy, Inc. at (831) 429-1913 or www.advocacy-inc.org for details.

Project SCOUT (Senior Citizens OUTreach)

Website: www.seniorscouncil.org

Phone: 831-724-2606

Program overview:

- Provides FREE tax assistance to seniors and low-income families
- Trains & supports local volunteers to become IRS certified tax preparers
- Brings over \$1,000,000.00 in refunds to seniors, low-income working families, and individuals with disabilities

Volunteer Opportunity: Tax Preparer

Position Description:

- Attend orientation, training, and become an IRS certified tax preparer (see Requirements Section)
- Help clients prepare their income taxes!

Skills:

- Interest in Accounting/Tax Preparation: Previous experience in accounting or tax preparation is greatly welcomed, but not required.
- Bilingual Foreign Language-English: Spanish-English speakers are greatly prized as they will help us serve the communities of Santa Cruz and San Benito Counties.

Requirements:

This is a short-term, but highly specialized and invested volunteer position.

Volunteers will work at sites starting February-April 15th, 2011 (TAX DAY)!

Orientations begin in January.

Training:

- Volunteers are certified to prepare tax returns through a 3 to 5 day class or online training module
- Volunteers are certified as basic, intermediate, and advanced levels
- An exam is required to be certified at each level

Training dates: January, TBA

Training location: Cabrillo College

After certification, tax preparers are then placed with seasoned tax preparers to learn more about the position and requirements.

Individual schedules will depend upon volunteer schedules and site needs. Volunteers usually work a few hours per week at sites.

Tax Preparers are placed at tax preparation site throughout Santa Cruz and San Benito Counties (placement depends on volunteer location and site needs).

For more information, please contact Project SCOUT at scoutinc@seniorscouncil.org or 831-724-2606

Project SCOUT (Senior Citizens OUTreach)

Website: www.seniorscouncil.org

Phone: 831-724-2606

Program overview:

- Provides FREE tax assistance to seniors and low-income families
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Volunteer Opportunity: Tax Site Greeter

Position Description:

- Be the first smiling face to greet clients
- Usher clients to the correct service lines
- Ensure that clients have the required paperwork

Skills:

- Bilingual Spanish-English: Greatly needed, but not required!

Requirements:

This is a short-term volunteer position

Volunteers will work at sites starting February-April 15th, 2011(TAX DAY)!

Orientations start in December 2010

Training:

It is recommended that Greeter volunteers attend the 1st day of the training session, giving them the opportunity to meet the other volunteers of the program, and to become more familiar with the organization.

Training dates: January, TBA

Training location: Cabrillo College

Individual schedules will depend upon volunteer schedules and site needs. Volunteers usually work a few hours per week at sites.

Greeters are placed at tax preparation site throughout Santa Cruz and San Benito Counties (placement depends on volunteer location and site needs).

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Volunteer Opportunity: Tax Site Quality Reviewer

Position Description:

- Reviews all income tax paperwork
- Must have at least one year experience in tax preparation

Skills:

- Tax Preparation
- Bilingual Spanish-English: Greatly needed, but not required!

Requirements:

This is a short-term, highly specialized volunteer position

Volunteers will work at sites starting February-April 15th, 2011(TAX DAY)!

Orientations start in December 2010

Quality Reviewers do need to have at least one year experience of tax preparation.

Training dates: January, TBA

Training location: Cabrillo College

Individual schedules will depend upon volunteer schedules and site needs. Volunteers usually work a few hours per week at sites.

Greeters are placed at tax preparation site throughout Santa Cruz and San Benito Counties (placement depends on volunteer location and site needs).

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Volunteer Opportunity: Tax Site Translator

Position Description:

- Help communicate client needs to ensure that their needs will be met
- Inform clients of Project SCOUT services
- Serve as an intermediate between Project SCOUT staff and clients

Skills:

- Bilingual Foreign Language and English: Spanish-English translators are greatly needed to serve the population of Santa Cruz and San Benito Counties.

Requirements:

This is a short-term volunteer position.

Volunteers will work at sites starting February-April 15th, 2011 (TAX DAY)!

Orientations begin in December 2010.

Training:

It is recommended that translator volunteers attend the 1st day of the training session, giving them the opportunity to meet the other volunteers of the program, and to become more familiar with the organization.

Training dates: January, TBA

Training location: Cabrillo College

Individual schedules will depend upon volunteer schedules and site needs. Volunteers usually work a few hours per week at sites.

Translators are placed at tax preparation site throughout Santa Cruz and San Benito Counties (placement depends on volunteer location and site needs).

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Internship opportunities

The Family Services Agency for the Central Coast (FSA) accepts volunteer trainees and interns for our clinical counseling program who are seeking licensure as a Marriage and Family Therapist, Clinical Social Worker, or Clinical Psychologist.

Skills:

- Bilingual Spanish-English: Not required, but welcomed.

Requirements:

Interns and trainees in their first year at the agency commit to:

- Two hours group supervision
- One hour individual supervision
- One and a half hours of training and one hour of intakes.

Registered interns can use individual supervision on an as needed basis after the first three months.

In the second year, the commitment is:

- Two hours of group supervision and individual supervision as needed

All interns and trainees are responsible for 12 client hours.

Client assignments take into consideration the experience level and interests of the intern or trainee.

Most applications are accepted and reviewed January through March for work beginning in June or September.

Applications include a cover letter and resume.

Bilingual, bicultural interns are encouraged to apply.

For more information contact:

Rita Flores

831-423-9444 x201

email: rflores@fsa-cc.org

