

## Start Your Own Business (cont'd)

### Small Business Development Center

Tompkins County Chamber of Commerce

Appointments: (607) 273-7080

[sbdc@binghamton.edu](mailto:sbdc@binghamton.edu)

Management and technical assistance to start up and existing small businesses. Direct one-on-one counseling on small business problems and educational programs targeted to the needs and interests of small business persons. Special emphasis is placed upon providing counseling services for women, veterans, handicapped and minority entrepreneurs. An SBDC counselor comes to Ithaca once or twice a month.

### Worker Ownership Resource Center (WORC)

Elmira office (covers Ithaca): (607) 737-5212

Helps individuals of low to moderate income with little or no business experience start a business by providing classroom business training, individual assistance and peer support.

## Free Resources

### Tompkins County Public Library

101 East Green Street, Ithaca NY

(607) 272-4557

**Library cards** are free to residents of Tompkins, Cayuga, Cortland, Schuyler, Seneca, and Tioga, Counties. Apply at the library or online. Borrow books, magazines, CDs, and DVDs.

**Computers** are equipped with Microsoft Office 2003 software (Word, Excel, PowerPoint, and Publisher). Internet access available one hour a day. \*Note: you need a library card to use computers.

**Print** (20 cents a page) from public computers.

**Wireless** (Wi-Fi) service for laptop users.

**Job search resources** for local residents: [www.fills.org/outreach/jobseekers.htm](http://www.fills.org/outreach/jobseekers.htm).

**Questions?** Contact the Adult Services Librarian: (607) 272-4556

### Craigslist, Ithaca

[ithaca.craigslist.org](http://ithaca.craigslist.org)

Local classifieds and forums for 450 cities worldwide including Ithaca. It is community moderated and relatively free. Jobs, housing, goods, services, local activities, etc., are available on Craigslist.

### Unemployment Lifeline

Operated by the AFL-CIO

[www.unemploymentlifeline.org](http://www.unemploymentlifeline.org)

Links to more than 50 area resources, plus resource booklet, "When the Paycheck Stops," and internet forums on relevant issues.

# Unemployed?

## Local Resources for You

Inside are some of the services available to help individuals who are unemployed. For a complete and comprehensive listing, please call 2-1-1 or visit our website.

**211 Tompkins/Information and Referral**  
**100 W. Seneca Street**  
**Ithaca, NY 14850**  
**Dial: 2-1-1 or 1-877-211-8667**  
**[www.211tompkins.org](http://www.211tompkins.org)**

2-1-1 Tompkins provides free and confidential information and referrals to health and human services primarily in Tompkins County. 2-1-1 Service is available 24 hours/day, 365 days/year. Callers are provided with community information or referred to service providers according to their needs.



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### Do I Qualify for Benefits?

#### [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)

Find out if you are eligible for state assistance programs and services. You can even apply for some online. Some of the programs include Food Stamps, Home Energy Assistance, Medicaid, Family Health Plus, Child Health Plus, WIC (Women, Infants, Children), Healthy NY, Earned Income Tax Credits, Child and Dependent Care Tax Credit, school breakfast and lunch programs.

### Filing for Unemployment

The local Tompkins County Workforce Office does not handle unemployment claims. Individuals wishing to file for unemployment should contact the New York State Department of Labor at (888) 209-8124 or online at <http://www.labor.state.ny.us/>

### Finding Work

#### Tompkins Workforce New York

171 East State Street (Center Ithaca), Ithaca NY  
(607) 272-7570

Mon-Fri, 8:30AM to 4:30PM

Wide range of employment services in Tompkins County.

Database of open job listings can be accessed at the local office, or via the internet .



#### Social Services Dept., Tompkins County

320 West State Street, Ithaca NY

Temporary Assistance and Food Stamps

Information: (607) 274-5345

Appointments: (607) 274-5348

One time grants for income eligible individuals entering or re-entering the work force who need a car repaired to get to work. Car repair funds can also be obtained by applying through the regular public assistance process.

#### Women's Opportunity Center

315 North Tioga Street, Ithaca NY

(607) 272-1520

Information and assistance for women and men in transition to overcome obstacles and gain employment. Offers career and educational counseling, computer classes, career workshops, job training, and resume preparation, professional clothing and temporary transportation assistance.



## Learning New Skills

#### BOCES

555 Warren Road, Ithaca NY

(607) 257-1551

[www.tstbooces.org](http://www.tstbooces.org)

Online courses in accounting, computer courses, grant writing, languages etc.

#### Commercial Drivers License Training

##### Greater Ithaca Activities Center

318 North Albany Street, Ithaca NY

Lillian Lightbourn (Cell): (607) 280-0622

General (ext. 242): (607) 272-3622

Free classroom and hands-on training in operating tractor-trailers and vehicles carrying more than 15 passengers. Preference given to City of Ithaca residents, also available to Tompkins County residents.

#### Tompkins Cortland Community College (TC3)

170 North Street, Dryden NY 13053

PO Box 139

Main Campus: (607) 844-8211

31 degree programs in business, health, human services, new media, technology, liberal arts and two-year program leading to A.A.S. in nursing.

Programs that fund tuition, books, fees, child care and transportation for individuals attending TC3 are available. Participants qualify for and are referred through the Tompkins County Department of Social Services

**Public Assistance Comprehensive Education (PACE)** provides support, advocacy, academic advisement, tutoring and help with resume writing and job searching for students pursuing an Associate's Degree in several programs.

**Child Assistance Program (CAP)** allows parents to study for 6 course credits/semester at TC3 through wages and child support to help parents become independent and economically self sufficient. More information: **Social Services Dept., T.C., Child Assistance Program (CAP):** 320 West State Street, Ithaca NY, (607) 274-5239

## Start Your Own Business

#### Business CENTS

Alternatives Federal Credit Union

125 North Fulton Street, Ithaca NY

(607) 216-3423

[cents@alternatives.org](mailto:cents@alternatives.org)

Classroom training, one-to-one assistance, networking and financing options for people interested in starting businesses.

#### Child Care Resource and Referral, Child Development Council

609 West Clinton Street, Ithaca NY

(607) 273-0259

[lynne@childdevelopmentcouncil.org](mailto:lynne@childdevelopmentcouncil.org)

Help with starting a child care businesses

## Getting and Staying and Well

### Tompkins County Social Services Dept.

Community Medicaid  
320 West State Street, Ithaca NY  
(607) 274-5359

Assistance for people who can't pay for medical care. Income & resource standards depend on age, health and household expenditures.

### Ithaca Free Clinic

225 South Fulton Street, Suite B, Ithaca NY  
Clinic Coordinator: (607) 330-1254  
[www.ithacahealth.org](http://www.ithacahealth.org)

Mainstream and complementary/alternative medical services for the un- and under-insured in the Tompkins County area .

### Catholic Charities, Tompkins/Tioga Counties

Samaritan Center  
324 West Buffalo Street, Ithaca NY  
(607) 272-5062, ext. 27

Site for Child Health Plus, Family Health Plus and Medicaid applications in Tompkins County.

### Get Healthy Tompkins

Cayuga Medical Center at Ithaca 101 Dates Drive, Ithaca NY  
(607) 274-4011  
<http://www.gethealthytompkins.org/>

In-depth information and research on hundreds of diseases, drugs, medical tests, self-help resources and complementary resources. Information on more than 2,400 prescription medications, including side effects and drug interactions.

### Healthy Living Partnership, Cancer Resource Center of the Finger Lakes

612 West State Street, Ithaca NY  
(607) 277-0960

Free screening services for the uninsured: mammograms women 40 and older, clinical breast exams for women 18 and over, pap/pelvic exams for women 18 and older, HPV vaccine for Women 19-26, colorectal cancer screenings for men and women 50 and over. There is also a means-tested treatment fund for people diagnosed, through this program, with these cancers and prostate cancer.

### Human Services Coalition of TC, Inc., Health Planning Council, Get Covered Info Line

100 West Seneca Street, Suite 300  
2-1-1 or 1-877-211-8667  
<http://www.hsctc.org/>

Mon-Fri, 8:30AM to 5:00PM  
Call and get information about health insurance options, including free and low-cost plans through New York State. Does NOT enroll individuals into health insurance programs.

### Planned Parenthood of the Southern Finger Lakes

314 West State Street, Ithaca NY  
(607) 796-0220

Provides the information, resources and services people need to make informed choices about sexuality and reproductive health care. All services are offered regardless of age, gender, income level or sexual orientation. Payment based on a sliding fee scale.

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#### FREE PRESCRIPTION DISCOUNT CARD

If you have no prescription insurance, you can immediately save an average of **20%** with a **free TompkinsRx** prescription discount card. There is no application or enrollment; the card can be used right away.

Pick up a card at any pharmacy, the library, Cayuga Medical Center or call the **Health Planning Council** at 2-1-1 and request one (or use 1-877-211-8667).

### Experience Works, Ithaca Office

171 East State Street (Center Ithaca), 2nd floor, Ithaca NY  
(607) 272-7570

Provides part-time work training assignments designed to prepare for employment to low-income persons over age 55.



### Vocational & Educational Services for Individuals w/ Disabilities (VESID)

244 West Water Street, Elmira NY 14901  
Ithaca Office: (607) 272-7570

District Office - Elmira: (607) 734-5294 or toll free (800) 888-5020  
VESID provides vocational rehabilitation services to eligible individuals to prepare them for suitable jobs and careers. VESID can also help people with disabilities who are having problems keeping their jobs through counseling and transitional services. VESID links clients with local programs for development of independent living skills.

### Challenge, Inc.

402 East State Street, Ithaca NY  
(607) 272-8990

Mon-Fri, 8:00AM to 4:00PM

Vocational assessments, supports, experiences and placements for job success for people with disabilities and others with barriers to employment



### Transportation Assistance

Social Services Department, Tompkins County  
(607) 274-5022

People who are actively seeking employment and meet program eligibility requirements can receive three one-day bus passes for a two week period until they secure gainful employment. Once an individual has secured work and continues to meet eligibility requirements, he or she will be given three months of employment transportation support with bus passes or gas cards.

## Food Pantries

### American Red Cross Shelter

717 W. Court Street, Ithaca NY  
(607) 273-9177  
Daily: 9 am - 9 pm

### Baptized Church of Jesus Christ

412 First Street, Ithaca NY  
(607) 277-6140  
Wed & 3rd Sat: 10 am - 12:30 pm

### Immaculate Conception

107 W. Seneca Street, Ithaca NY  
(607) 589-6139  
Tues: 12:50 pm



### Ithaca Kitchen Cupboard

At the Salvation Army  
150 N. Albany Street, Ithaca NY  
(607) 273-2400  
Mon-Fri: 1:30-3 pm

### Tompkins Community Action

701 Spencer Road, Ithaca NY  
(607) 273-8816  
Mon & Tues: 1-3:30 pm

FOR A COMPLETE LIST OF  
FOOD PANTRIES,  
CALL 2-1-1 OR VISIT  
[www.211tompkins.org](http://www.211tompkins.org)

## Meals

### Friendship Center of the American Red Cross

618 W. State St., Ithaca NY

(607) 273-6684

Meals: Tues & Thurs: 12 Noon-1:30 pm

Food Giveaway: 2<sup>nd</sup> & 4<sup>th</sup> Fri: 12 Noon-2 pm

### Salvation Army

150 N. Albany St., Ithaca NY

(607) 273-2400

Sat: 12 noon

Sun: 3 pm



### Loaves and Fishes

St. John's Episcopal Church

210 N. Cayuga St., Ithaca NY

(607) 272-5457

Mon, Wed, Fri: 12 noon

Tues & Thurs: 6 pm

## Food Stamps

### Catholic Charities, Tompkins/Tioga Counties

Samaritan Center

324 West Buffalo Street, Ithaca NY

(607) 272-5062, ext. 27

Site for Food Stamps screenings.



### Social Services Dept., Tompkins County

320 West State Street, Ithaca NY

Information: (607) 274-5345

Appointments: (607) 274-5348

Benefits to help low-income households buy food. Call for details on eligibility standards and benefit levels.

## Helping the Community


### Volunteer Tompkins

100 West Seneca Street, Suite 300, Ithaca NY


2-1-1 or toll free (877) 211-8667

[www.volunteertompkins.org](http://www.volunteertompkins.org)

If you have time and want to share or keep up your skills while you are job hunting, check the Volunteer Tompkins website. It's a free comprehensive, user-friendly, searchable database with volunteer opportunities in Ithaca and Tompkins County. You can find for one-time opportunities or long-term assignments. Interested in volunteering at a specific agency? You can also look at just that agency's volunteer needs.



This brochure provided by:



a program of

**211 Tompkins Information & Referral**

**Human Services Coalition Tompkins County**

## Housing

### Facing Foreclosure?

#### Catholic Charities of Chemung County

Housing Counselor: Jane Galvin

(607) 734-9784 ext. 132

Alternatives to foreclosure for Tompkins County homeowners.

#### Consumer Credit Counseling Service of the Central Southern Tier

The Metro Center

49 Court Street, Binghamton NY 13901

(607) 723-2671

Cornell University Campus Satellite Office

(by appointment for Cornell employees)

#### Consumer Credit Counseling Service of Central New York

500 South Salina Street, Suite 600

Syracuse NY 13202

Toll-free: (800) 479-6026

(315) 474-6026

#### Homeownership Preservation Foundation

3033 Excelsior Blvd., Suite 500

Minneapolis MN 55416

1-888-995-HOPE (4673)

<http://www.995hope.org>

A counselor reviews a caller's financial and mortgage situation and determines assistance programs the caller qualifies for. At the caller's request, a counselor can also interact with the caller's mortgage company. Have your mortgage information available (number, lender's name) when you call.



#### Making Home Affordable

[www.makinghomeaffordable.com](http://www.makinghomeaffordable.com)

Do-it-yourself tools for determining your eligibility for assistance. Home Affordable Refinance questionnaire for borrowers with Fannie Mae or Freddie Mac loans. Try the Home Affordable Modification section if you struggle with monthly mortgage payments because of interest rate increase or less income.

#### Neighborhood Legal Services, Tompkins/Tioga

215 North Cayuga St. (DeWitt Building), Ithaca NY

Toll-free: (800) 724-4170

(607) 273-3666

Legal assistance to low-income individuals in civil cases only. Housing (including potential foreclosures related to predatory lending practices) and public benefits such as Social security, SSI, Food Stamps, unemployment, and eviction.

### Need a Place to Live?

#### American Red Cross of Tompkins County

Homeless Services Program

201 West Clinton Street, Ithaca NY

Homeless hotline: (607) 273-9177

Assistance to those who are homeless or in danger of becoming homeless by helping participants find safe and secure housing and the financial means to keep it.



### Need other information on housing?

Call 2-1-1!