

505 Park Avenue, Suite 620 New York, N.Y. 10022-1106 www.cb8m.com Nicholas D. Viest, Chair Phone: (212) 758-4340 Fax: (212) 758-4616 info@cb8m.com - E-Mail Latha Thompson, District Manager

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<u>Memorial Sloan-Kettering Cancer Center</u> invites community residents to attend the following free events: Join us for a CancerSmart talk, *Regain and Retain Independence: Rehabilitation During and After Cancer*, on Wednesday, April 17 from 6:00 – 7:30 PM. This talk will be held at the Rockefeller Research Laboratories building, 430 East 67th Street (between York and First Avenues). Please call 212-639-3074 or visit us at <u>www.cancersmart.org</u> to register for our programs. On Thursday, April 25 from 9:00 AM - 12:00 Noon, *Memorial Sloan-Kettering will provide free head and neck cancer screenings* at Enid A. Haupt Pavilion, 425 East 67th Street, 4th floor Suite 5, between First and York Avenues. The screening will include a ten-minute exam to look for signs of head and neck cancer, counseling on how to quit smoking, and nutritional advice on cancer-preventive diets. No appointment is necessary. For further information, call 646-497-9161.

Housing Court Answers presents the 2013 Spring Training Series from April – June. These workshops are for advocates who assist litigants in Housing Court or clients/constituents with housing problems. Trainings are free and refreshments will be served, but you MUST register and space is limited. All trainings are held on Fridays from 2pm-5pm. To register online go to: housingcourtanswers.org and click on the upcoming events page. Or call us to register/questions: 212-962-4795 x 206.

<u>City of New York Parks & Recreation</u> is beginning to recruit lifeguard candidates for the 2013 summer season and is encouraging New Yorkers to try out for the Municipal Lifeguard Training Program. Parks lifeguards play a critical role in the operation of 8 beaches and 55 outdoor pools. Working as a lifeguard provides young people with the chance to be part of a large, public organization committed to public safety. The minimum qualifications to enter the course are that participants: be at least 16 years of age at the time of employment; have eyesight no worse than 20/30 in one eye and 20/40 in the other; be able to swim 50 yards in 35 seconds with proper form. Those who qualify will enter our training program consisting of swimming and rescue techniques, first-aid and CPR. The **program is free**; in fact, candidates who successfully complete the course will be paid for their time spent in training once they begin working as a lifeguard. First-year lifeguards will earn at least \$13.57 an hour, and most lifeguards work a 6-day week, for a weekly salary of at least \$651.36. We hope you will join us in helping to create another summer of safe fun at our beaches and pools. If you have any questions or suggestions, please contact us at lifeguard@parks.nyc.gov

**Gray Matters** is an advisory and consulting group whose members have professional experience in finance, real estate, law, marketing, medicine, education, government and architecture. Their advice and skills are offered **free** to community-based not-for-profit organizations in the New York City area. We work with Executive and Board leadership of NY area-based nonprofit organizations of all sizes to help them address their strategic and operational problems and to plan for growth or restructuring. There is no set structure for our services. We work with your organization for as long as we mutually feel we can be of use, and with as many Gray Matters members as are needed to address your issues. We invite you to visit <u>www.graymattersnyc.org</u> to see who we are and learn more about the types of organizations we have helped and the kinds of services we have provided. Write us at <u>info@graymattersnyc.org</u> briefly describing your specific need or needs and indicate how and when we should contact you.

**LawHelp/NY** (www.LawHelp.org/NY) is an online tool for helping low-income New Yorkers solve their legal problems. The site provides free, user-friendly resources that supply critical legal information in fifteen areas of law (such as family, housing and immigration), and referral information to free legal aid programs. With a Spanish mirror site (www.ayudalegalny.org), LiveHelp (an online chat service in English and Spanish that helps visitors find legal information), and resources in 35 languages – LawHelp.org/NY is the first line of defense for vulnerable New Yorkers, especially immigrants, Hispanics and limited English proficient residents facing legal problems. LawHelp/NY has seen a dramatic upsurge in usage during the recession. In 2011, the site was visited 451,025 times. LawHelp/NY runs the Training and Information Statewide! (TIPS) program which conducts community outreach throughout the state.

**Age-friendly NYC College Link** is a new database connecting older adults with opportunities at New York City colleges and universities. Want to learn something new? Prepare for a second or third career? Enjoy free art exhibits and lecture series? Be among the first to try out *Age-friendly NYC College Link* (*www.agefriendlycollege.org*), a new and free online searchable database that provides 'one-stop' shopping for educational and cultural opportunities at more than forty NYC-area colleges and universities. Now for the first time, older adults can easily find and connect to offerings from many different schools, including discounted and free non-credit courses, programs developed specifically for older adults, campus performances and lecture series, and job training and certificate programs. *Age-friendly NYC College Link* is being developed through *Age-friendly NYC*, a joint venture of the Office of the Mayor, the City Council and the New York Academy of Medicine that is dedicated to making New York City the place for healthy aging. For more information, click *www.agefriendlycollege.org*).

**Legal Information for Families Today (LIFT)** Family Legal Center offers free workshops, legal information and social work services to parents and grandparents involved in child support, custody, and visitation cases. All services are offered in English and Spanish at 350 Broadway, Room 400. For more information, please call (646) 613-9633 or visit www.LIFTonline.org.

Need a babysitter? A tutor for your child? Someone to walk your dog during the day? If so, consider hiring a Hunter student. <u>Hunter</u> <u>Helpers</u> is a service that matches up Hunter College students with residents in the neighborhood who need a helping hand. For more information, visit their website - <u>www.hunter.cuny.edu/babysitting</u>

The Day Care Council of New York, Inc. is a not-for-profit organization that provides families with child care information in all five boroughs of New York City, particularly infant and young toddler care. They offer **free** information and guidance in choosing day care, family care, Head Start, after-school programs, nanny services, summer camps group family care and other child care concerns. For more information, please call Jon Pinkos at 212-206-7818 x114 or via email jpinkos@dccnyinc.org.

<u>Crime Victim Services</u> is a non-profit program, designed to aid and compensate innocent victims of crime who meet certain criteria. The program is free of charge. For more information, please call Teresa Navarro at 212-585-6142 or 6281.