

**TALLAHASSEE SENIOR SERVICES  
SENIOR RESOURCE INFORMATION  
SENIOR EMPLOYMENT & VOLUNTEER OPPORTUNITIES**

The **Be Essential** program at Tallahassee Community College provides scholarship opportunities to cover the cost of tuition/fees/supplies in over 60 different career certification programs that lead to “**Essential**” careers. These programs can be completed in 90 days or less. Click [here](#) to fill out the intake survey. For more information about the program visit [tcc2work.com/beessential](http://tcc2work.com/beessential) or call **1-833-TCC-JOBS**.

Due to COVID-19 restrictions some employment and volunteer opportunities will vary from the information provided below. Contact each for details.

<b>SENIOR EMPLOYMENT</b>	
<b>AARP FEATURED EMPLOYER PROGRAM</b> <a href="http://aarp.org/work">aarp.org/work</a> Connects job seekers over age 50 with companies that value the experience and abilities of older workers.	
<b>CAREER SOURCE</b> <a href="http://careersourcecapitalregion.com">careersourcecapitalregion.com</a> Provides employment assistance and services necessary for individuals to obtain employment by linking employers to qualified potential employees.	<b>850-414-6085</b>
<b>SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP)</b> <a href="http://elderaffairs.state.fl.us/doea/scsep.php">elderaffairs.state.fl.us/doea/scsep.php</a> SCSEP is administered by the US Department of labor and serves low-income individuals who are 55 and older. Eligible applicants are placed in part-time community service positions with the goal of transitioning to unsubsidized employment.	<b>850-414-2171</b>
<b>EMPLOYMENT READINESS</b>	
<b>GOODWILL INDUSTRIES-BIG BEND, INC.</b> <a href="http://goodwillbigbend.org/training">goodwillbigbend.org/training</a> Offers computer training courses where individuals receive self-paced instruction in basic computer skills, word processing, spreadsheets, internet use and more.	<b>850-279-5041</b>
<b>TALLAHASSEE SENIOR CENTER</b> <a href="http://talgov.com/seniors">talgov.com/seniors</a> Provides a variety of classes in basic and intermediate computer skills.	<b>850-891-4000</b>
<b>TALLAHASSEE URBAN LEAGUE</b> <a href="http://tallahasseeurbanleague.org">tallahasseeurbanleague.org</a> One-on-one and group workshops are offered. Some of the areas covered are mock job interviews, completion of applications, researching the job market, development of resumes & appropriate job referrals.	<b>850-222-6111</b>
<b>VOLUNTEER OPPORTUNITIES</b>	
<b>VOLUNTEER LEON</b> <a href="http://volunteerleon.org">volunteerleon.org</a> Maintains a database of a variety of volunteer opportunities in Leon County at various organizations and serves as an excellent starting point for deciding which volunteer opportunities to pursue.	<b>850-606-1970</b>
<b>AMERICORPS VISTA (VOLUNTEERS IN SERVICES TO AMERICA) PROGRAM</b> <a href="http://volunteerflorida.org/amicorps">volunteerflorida.org/amicorps</a> Volunteers commit to one year of service assisting rural elders in the Big Bend and Central Panhandle. The volunteer receives a living allowance, health care and other benefits for their service. Apply online.	

<p><b>CAPITAL REGIONAL MEDICAL CENTER</b>  <a href="http://capitalregionalmedicalcenter.com/about/volunteers.dot">capitalregionalmedicalcenter.com/about/volunteers.dot</a>  Provides a variety of hospital volunteer opportunities that include staffing the surgical waiting room, gift shop attendant, information desk staffing, newspaper distribution and guest relations.</p>	<p><b>850-325-5116</b></p>
<p><b>DEPARTMENT OF ELDER AFFAIRS, SHINE PROGRAM</b>  <a href="http://floridashine.org">floridashine.org</a>  <b>Serving Health Insurance Needs of Elders (SHINE)</b> offers health insurance education, counseling and assistance to people with Medicare, their families and caregivers.  Contact a <b>SHINE</b> liaison at the number listed above.</p>	<p><b>800-963-5337</b></p>
<p><b>ELDER CARE SERVICES</b>  <a href="http://ecsbigbend.org">ecsbigbend.org</a>  Ask to volunteer for the program below that interest you by calling the number listed above.</p> <ul style="list-style-type: none"> <li>• <b>Meals On Wheels</b> – Deliver meals and provide social connection to homebound, frail elders.</li> <li>• <b>Adopt-a-Grandparent Program</b> – Provide services from friendly visits to picking up groceries for homebound elders.</li> <li>• <b>Retired &amp; Senior Volunteer Program (RSVP)</b> – The volunteer working in this program can serve in a variety of volunteer settings through public and non-profit organizations such as schools.</li> <li>• <b>Seniors Transporting At-Risk Seniors (STARS)</b> – Provide transportation to homebound and frail elders for medical appointments and grocery shopping.</li> <li>• <b>Elder Day Stay</b> – Assist elders with activities, crafts, sing-a-longs and dining each day.</li> <li>• <b>Senior Companion Program (SCP)</b> – Provide companionship for up to 20 hours per week to frail elders or those with developmental disabilities.</li> <li>• <b>Foster Grandparent Program (FGP)</b> – Provide one-on-one assistance to children with special or exceptional needs for up to 20 hours per week.</li> </ul>	<p><b>850-921-5554</b></p>
<p><b>LITERACY VOLUNTEERS OF LEON COUNTY</b>  <a href="http://literacyvolunteersleon.org">literacyvolunteersleon.org</a>  Provides tutoring at the Leon County Public libraries to individuals in need of improving reading and writing skills. Programs include Adult Basic Reading Program, Family Literacy Program (B.L. Perry Library) and English as a Second Language Program.</p>	<p><b>850-606-2644</b></p>
<p><b>RED CROSS</b>  <a href="http://redcross.org/local/florida/north-florida">redcross.org/local/florida/north-florida</a>  Volunteers with the Red Cross help victims following disasters, provide care and comfort to ill and injured service members and veterans, teach others lifesaving skills such as First Aid and CPR, help staff blood drives and much more.</p>	<p><b>850-878-6080</b></p>
<p><b>SENIOR SERVICES</b>  <a href="http://talgov.com/seniors">talgov.com/seniors</a>  Volunteers help serve in various programs including administrative services, art programs, computer lab, Grandparents as Parents program, special events, health and wellness services, library, and seniors vs. crime.</p>	<p><b>850-891-4000</b></p>
<p><b>TALLAHASSEE MEMORIAL HOSPITAL VOLUNTEER PROGRAM</b>  <a href="http://tmh.org/volunteer">tmh.org/volunteer</a>  Adult Auxiliary Program provides volunteer opportunities at Tallahassee Memorial Hospital.  Call the number listed above for an application packet.</p>	<p><b>850-431-5331</b></p>