

WELCOME TO CENTRAL NEW YORK

A great place to focus and get away from it all.

A relocation guide for accelerated nursing students.



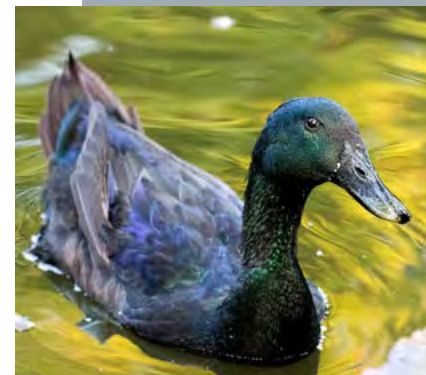
FOCUS ON TOMORROW. MAKE THE MOST OF TODAY.

Welcome to Central New York: A great place to focus on your future.

We know you have lots to consider when deciding to earn a nursing degree and no shortage of options to make it happen. We think you'll find making the decision to relocate to Central New York will not be a choice you'll regret.

We also realize you probably have some questions about the region before you commit to moving here to focus on your nursing future, such as finding the best places to live and play while pursuing your degree as well as landing a job after you graduate.

We hope you can find the answers in this guide and ultimately come to the same conclusion we did: **there's no better place to start your nursing career than Central New York.**



BIG-CITY CONVENIENCE WITH A SMALL-TOWN FEEL.

Syracuse is the epicenter of historic charm and urban energy.

Many consider Syracuse, New York, the home of our ABSN learning site, the geographic center of the state, but it is also a center of economic opportunity, entertainment options and scenic beauty. It's conveniently close to the rest of the region's natural splendor at just 20 miles away from the Finger Lakes region and 30 miles from Lake Ontario while sitting on the shore of beautiful Lake Onondaga. At the same time, it boasts pockets of historical charm in the form of restored downtown districts and modern shopping hotspots, dining options and cultural attractions. But perhaps what makes Syracuse and the rest of the region so worthwhile: **You can't find many other places more affordable to live.**

DID YOU KNOW?

Famous faces from Central New York include **BMX biker Dave Mirra, the band Gym Class Heroes and author David Foster Wallace.**



Syracuse is home to the nation's one and only **upside-down stoplight.**

Syracuse is the **fifth most populous city in the state of New York.**

SYRACUSE AREA* BY THE NUMBERS

2,779

Square miles
(Census Bureau, 2010)



656,500

Metro population
(Census Bureau, 2016)

30.6

Median age of residents
(Census Bureau, 2012-2016)

\$32,704

Median household income
(Census Bureau, 2012-2016)

\$63,190

Average annual wage for RNs
(U.S. Bureau of Labor Statistics, May 2016)

\$30.38

Average hourly wage for RNs
(U.S. BLS, Occupational Employment Statistics, May 2016)

*Includes Madison, Onondaga and Oswego counties in New York.

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REGIONAL RANKINGS

#1

Most annual snowfall
in the country
(tied with Utica, New York)
at 123.8 inches
(National Oceanic and Atmospheric Administration)

#4



Most Secure Places
to Live, 2011
(Farmers Insurance study)

#4

Top 10 Places to Raise
a Family, 2011
(Forbes)



ENJOY AN ECONOMICAL, COMFORTABLE WAY OF LIFE.

Syracuse and Central New York offers a lot for not a whole lot.

Just like the rest of the region, the Syracuse metro area is synonymous with affordability and convenience. That's why it's the perfect destination for nursing students on a budget, specifically when it comes to housing compared to New York City. On an index of 100, the average cost of living in Syracuse is 83, meaning it's about 17 percent cheaper to live here compared to the rest of the country.

Median monthly gross rent

Syracuse \$737
New York \$1,294

Source: U.S. Census Bureau, 2012-2016



Median monthly gross rent

Category	Syracuse / Liverpool	New York City	Overall
Overall	83	180	100
Grocery	99.3	125	100
Housing	42	313	100
Transportation	106	107	100
Health	96	110	100
Utilities	104	128	100
Miscellaneous	102	120	100

Statistics based on research from Sperling's Best Places.
Each cost of living index is based on a national average of 100.



CENTRAL TO OPPORTUNITIES IN HEALTHCARE.

It makes sense to start your nursing career here.

Why should you start your nursing journey in Central New York? For one, the demand for your skills will be high here over the next decade. The diversity of clinical rotations you complete in and around the Syracuse-Liverpool area will also set you up for professional success once you graduate. Plus, in an area that's friendly to hiring recent nursing grads, there's a high likelihood of landing a job in the region once you obtain your nursing license.



CENTRAL TO DIVERSE CLINICAL PLACEMENTS

As an ABSN student, you'll be able to hone your nursing skills in a wide array of patient care settings thanks to our clinical ties to healthcare facilities in and around the Syracuse-Liverpool area. We can't guarantee when or where your clinical rotations will take place, but in the past students have completed their practice hours at:

- Crouse Hospital
- Loretto Healthcare Facilities
- Faxton St. Luke's Healthcare
- SUNY Upstate Medical University
- Faxton St. Luke's Home
- SUNY Upstate University Hospital Community Campus
- Hutchings Psychiatric Center
- Syracuse Veterans Affairs Medical Center
- Iroquois Nursing Home



CENTRAL TO OPPORTUNITIES IN HEALTHCARE.

CENTRAL TO JOB OPPORTUNITIES FOR ABSN GRADUATES

As with the rest of the nation, advancements in technology, an aging population and increasing life expectancy (at birth) are slated to drive the demand for skilled nursing jobs in Central New York through the next several years.



The demand for registered nurses in the state is projected to grow by

17.1%

by 2024.



Nursing jobs in Central New York hospitals are on track to increase by 8.6% by 2022, with an average annual salary of

\$62,343

Ambulatory healthcare services
RN jobs in the region are slated to grow by

8.6%

by 2022, with average annual wages of \$56,328.



Sources: Quarterly Census of Employment and Wages (QCEW); Occupational Employment Statistics; Employment Projections program; New York Bureau of Labor Market Information, Division of Research and Statistics report

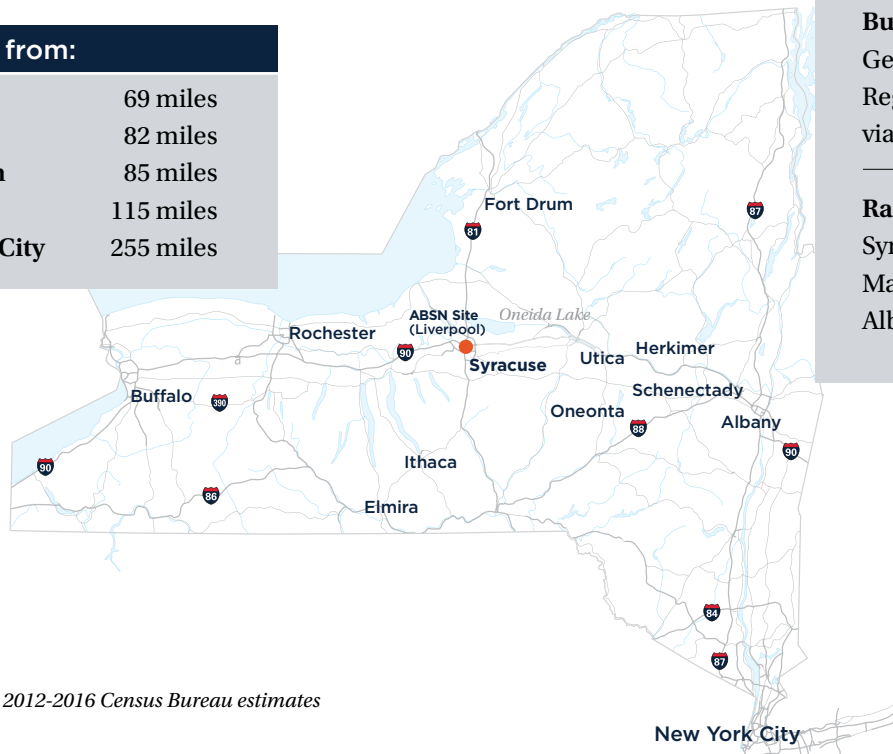
PLENTY OF ACCESS TO AFFORDABLE TRANSPORTATION.

Experience the best of city living without the traffic hassles.

Whether by land, rail or air, Central New York's plethora of public transportation options makes navigating the region economical and convenient. You'll probably need a car to get to most places you'd want to go within Syracuse, which has an average commute time of 18 minutes*, but traffic and parking is generally never an issue for most places you'd need to travel for your clinical rotation shifts.

Distance from:

Herkimer	69 miles
Rochester	82 miles
Fort Drum	85 miles
Oneonta	115 miles
New York City	255 miles



*According to 2012-2016 Census Bureau estimates

Transportation options:

Major Roads

Syracuse is located at the intersection of Interstate 81, which runs north-south, and Interstate 90, which runs east-west

Airport

Syracuse Hancock International Airport is the region's largest airport

Bus

Get around Syracuse and its suburbs via the Central New York Regional Transportation Authority (Centro), or travel outside the city via Greyhound Lines and Trailways

Rail

Syracuse lies on Amtrak's Empire Service, Lake Shore Limited and Maple Leaf lines, which connects the city to Buffalo, Rochester, Utica, Albany and NYC Penn Station



CENTRAL NEW YORK: AT THE CENTER OF IT ALL.

Area attractions offer something for everyone.

A vibrant urban spirit paired with idyllic natural scenery are at the center of what makes Syracuse such a great place to be. It offers big-city amenities and attractions from shopping centers to nightlife, all while maintaining the small-town feel that makes it so special. Visit a museum, take in a show or cheer on one of the local minor league teams in town, or if you love connecting with nature and crave quiet, know you can get away from it all without going too far.



THE GREAT OUTDOORS

Central New York includes more than a dozen outdoor state and national historic sites and upwards of 350 miles of trails, giving outdoor enthusiasts plenty to explore, from lakes and waterfalls to campsites and public gardens.

- **Onondaga Lake Park**, dubbed “The Central Park of Central New York,” in Syracuse includes a dog park, 16,000-square-foot skate park and a 7.5-mile linear greenway with four trails
- **Onondaga Creekwalk** runs from the Onondaga Lake shore to Armory Square District in downtown Syracuse
- **Lake Ontario**, one of the five Great Lakes, is a mere 30 miles away, while the beautiful **Finger Lakes** region is within 20 miles of Syracuse
- **Old Erie Canal State Historic Park**, a 36-mile stretch of woodland and wetland terrain just outside Syracuse, offers a prime spot for hiking, picnicking, horseback riding and canoeing

CENTRAL NEW YORK: AT THE CENTER OF IT ALL.



ARTS AND CULTURE

Syracuse pays homage to its history and regional identity with museums while looking toward the future with contemporary live performance venues.

- **Everson Museum of Art** houses more than 11,000 American paintings, sculptures, drawings, videos and graphics and the largest holding of international ceramics in the U.S.
- **Famous Artists Broadway in Syracuse** has presented the city with classical concerts, opera, ballet and musical theater for more than 60 years
- **Lakeview Amphitheater**, a live performance venue that stages all the national recording artists who make tour stops in town
- **Museum of Science and Technology**, a hands-on museum that includes a planetarium and the only domed IMAX® theater in New York State
- **Erie Canal Museum** showcases the only existing weighlock building in the country, a full-size replica canal boat and canal-related art and artifacts



CENTRAL NEW YORK: AT THE CENTER OF IT ALL.



Fresh Flavors

Breweries, distilleries, hard cideries, wineries, family-run farms and farm stands abound in Central New York, making it a top destination for fresh food and brews — so much so that *Wine Enthusiast Magazine* named New York State Wine Region of the Year in 2014.

Map out a brewery tour at
brewcentralny.com

or fresh farm stand tour at
cnyfresh.com

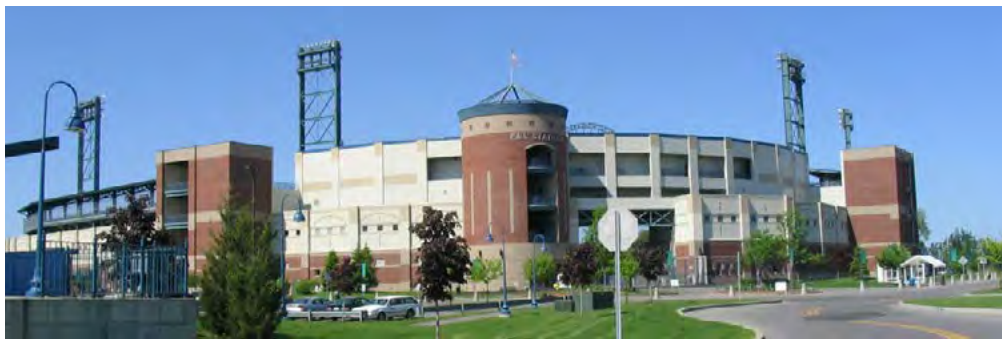


SHOPPING AND ENTERTAINMENT

From an indoor entertainment destination to hip historic districts lined with boutiques and restaurants, there's no shortage of amusements in Syracuse.

- **Destiny USA**, the state's largest mall that is also an indoor entertainment complex. It houses more than 250 stores, a hotel, world-class restaurants, the world's largest suspended ropes course and the Muzium, which features traveling interactive exhibitions.
- **Armory Square**, what was once the city's warehouse district today features specialty restaurants, boutique shops and hip entertainment venues
- **Rosamond Gifford Zoo**, home to 700 animals on 43 acres, it is ranked among the top 10 percent of zoos in the country
- **New York State Fairgrounds**, where you can be wowed by SnoCross, take in the beauty of the Chinese Lantern Festival or revel in the campy goodness at the Great New York State Fair, held every August

CENTRAL NEW YORK: AT THE CENTER OF IT ALL.



SPORTS

Whether you want to take in a minor league game, pay homage to some of the greats or hit the slopes, if you're a sports enthusiast, Central New York has plenty of options for you.

- **Ski areas and resorts**, most notably Tuggenburg Mountain Winter Sports Center (35 minutes away in Fabius), one of the top ski and snowboarding resorts in Upstate New York
- **NBT Bank Stadium**, home of the **Syracuse Chiefs**, the city's minor league baseball team
- **Oncenter War Memorial Arena**, home of the **Syracuse Crunch** ice hockey team and the Major Arena Soccer League team **Syracuse Silver Knights**
- **National Baseball Hall of Fame and Museum**, just a 90-minute drive away in Cooperstown, contains more than 40,000 artifacts that tell the story of America's National Pastime

Find even more things to do at

visitcentralnewyork.com or visitsyracuse.com



Student-friendly housing and relocation support.

Students enrolling in the ABSN program will find the following apartments accommodating to the needs of the ABSN student. Norstar Apartments, Clayton Manor Apartments and Vintage Properties grant our students access to:

- **A relocation specialist** who will identify properties that match your criteria then schedule appointments for you to view these living spaces.
- **A pre-approved rental application** that helps you secure a new apartment as quickly as possible.
- **A 16-month lease** that keeps you from worrying about renewing your lease after 12 months or paying month-to-month fees.



DISCLAIMER: The information provided in this relocation guide has been compiled but not been independently verified by Utica College. Prospective relocating students should perform their own research regarding relocation information and resources.



RELOCATION RESOURCES



VINTAGE PROPERTIES

Contact: Diane Bland
Address: 4320 Arlington Circle
Liverpool, NY 13090
Phone: 315.451.8807
Email: diane@vintagemgt.com
Website: uc.vintagemgt.com



NORSTAR APARTMENTS

Contact: Jessica Primavera or Tie Jones
Address: 4784 Norstar Blvd.
Liverpool, NY 13088
Phone: 315.457.0250
Email: jprimavera@siaramanagement.com
Website: norstarapartments.com



CLAYTON MANOR APARTMENTS

Contact: Jill McCormick
Address: 300 Clayton Manor Drive S.
Liverpool, NY 13088
Phone: 315.451.5083
Website: apartments.com/clayton-manor-apartments-liverpool-ny/rxhnr2/

Other Vintage Properties include:

LAWRENCE TERRACE - NORTH SYRACUSE

apartments.com/lawrence-terrace-syracuse-ny/heft8y2/

KINGSWOOD GARDENS - LIVERPOOL

apartments.com/kingswood-gardens-apartments-liverpool-ny/zze7p8w/

PINETREE APARTMENTS - LIVERPOOL

apartments.com/pine-tree-apartments-liverpool-ny/vcmcpgf/

RIDGEWOOD APARTMENTS - LIVERPOOL

apartments.com/ridgewood-apartments-liverpool-ny/16x21c7/

BRIARCLIFF ESTATES - SYRACUSE

apartments.com/briarcliff-estates-syracuse-ny/wkv0eej/

CLASSIC AMERICAN TOWNHOMES AND APARTMENTS - SYRACUSE

apartments.com/classic-american-townhomes-and-apartments-syracuse-ny/6c0ceqt/

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City of Syracuse-Liverpool

Liverpool Public Library

lpl.org

(find other libraries at onlib.org)

Onondaga County Parks

onondagacountyparks.com

Department of Public Works

syrgov.net/Dept_of_Public_Works.aspx

Syracuse Fire Department

syrgov.net/Fire_Department.aspx

Syracuse Police Department

syracusepolice.org/

Centro Bus

centro.org

Long-distance Movers

Allied Van Lines

800.689.8684 | allied.com

American Van Lines

888.593.0996 | americanvanlines.com

Atlas Van Lines

800.638.9797 | atlasvanlines.com

Mayflower

877.720.4066 | mayflower.com

North American Van Lines

800.228.3092 | northamerican.com

Two Men and a Truck

800.345.1070 | twomenandatruck.com

DISCLAIMER: Utica College does not endorse any long-distance moving services.
The information provided is not screened or audited by Utica College in any way before posting.





ABSN alumni on why they relocated to Central New York.



Dominique
*ABSN Class
of December 2017
Relocated from
Cypress, California*

What kind of support did you receive to help you plan your move to Syracuse?

I was in Idaho at the time, originally from California. My advisor really did all of the hard work for me, which was perfect because I was still in school for my undergrad. She helped me with finding a place to live and gave me a list of available housing. She was very friendly.

What made you choose to move to Syracuse for nursing school?

I didn't know where Syracuse was in relation to New York City. It's obviously completely different. I was excited about that because I knew that the rent wasn't going to be as expensive. My advisor gave me a list of housing that had 16-month leases, which is perfect because I'm done in 16 months. I don't have any obligation for a two-year contract.

What surprised you most about Syracuse after you moved here?

It's a good area to focus and get work done. My apartment is also about 10 minutes from the school, and right next to where students need to go — Walmart, Target, Trader Joe's. It's perfect. ... Also, I came from California. I didn't know anyone here. My advisor actually got me with my roommate, and my roommate is one of my best friends now. And my cohort really welcomed me. That made the difference.



Lester
*ABSN Class
of August 2017
Relocated from
New York City*

What kind of support did you receive to help you plan your move to Syracuse?

When I came here for a tour, the site director, Chris, helped me out. He showed my dad and me a lot of apartment complexes and their leases. Many complexes had 16-month leases, which was perfect. There was a bunch of options.

What was the most important factor for you when considering where to relocate for nursing school?

My biggest concern with coming here was that I wanted a roommate. I wanted it to be a little cheaper for me. The apartment finding wasn't a hard thing for me. It wasn't something that was drawn out. ...I was living on my own when I first came here. Then I found a person who was coming in a semester behind me who was looking for a roommate, so we moved in together.

What are your plans after graduation? Do you plan to stay in the area?

I might actually stay up here after graduation. I want to go to nurse anesthetist school in a few years, but you need to work in an intensive care unit. I'm from the city, and a lot of hospitals there don't hire new grads. Here, they do hire new grads into the ICU.



Utica College ABSN Program
acceleratednursing.utica.edu

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Suite 200
Liverpool, New York 13088
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