

40 MAIN STREET, CAMDEN NY | 315-820-2638



Progress, progress, progress

Hello! Thanks for joining us for the second edition of the Camden Life Center newsletter, created to help keep you up to date on all the latest happenings with programs and services now offered in Camden. We have greatly appreciated your response to our newsletter AND to our services.

We continue to operate at 40 Main Street awaiting the completion of our new building at 20 Main Street. Progress at 20 Main continues at an exciting pace! Office painting is slated to start on November 28th followed by flooring and ceilings installation the following week. It's been an amazing experience to watch this building come together and we cannot wait for all the great things that will happen within these walls.

History

Many have asked about the origins of the Camden Life Center. As you learned in our last edition, the Camden Life Center is a partnership between Come to the Table Counseling & Center for Family Life and Recovery. The primary goal is to inspire hope, provide help, promote wellness and transform lives in the Camden area. The initial dream and beginning steps of the Life Center began in December 2019 when friends decided to purchase 40 Main Street and offer the office space to Come to the Table Counseling to expand needed community services. No one could have anticipated that a conversation among friends about creating one building that houses "everything for real life" (#reallife) would grow and expand so quickly. Within two years and with partnerships with CareNet of CNY, AmeriCorps and Insights of Helio Health, the need for a new building quickly became a pressing issue. Enter – the Community Foundation and Center for Family Life and Recovery.

For more history of the CLC, make sure you check out next month's edition of the CLC News to see how this opportunity all came together.

Spotlight of the month:



Center for Family Life and Recovery (CFLR) supports individuals struggling with addiction, mental health and behavioral issues by inspiring hope, providing help, promoting wellness and transforming lives.

CFLR in Camden is excited to have Ambur, a recovery peer support, already on site with several more CFLR staff gearing up to help support our Camden community. Check out the first HOPE event of "Coffee and Recovery Conversations on Thursday, December 22nd from 6-7:30 at 40 Main Street, Camden.

For more information, check out <https://www.whenthereshelpthereshope.com> or call (315) 733-1709.

FOLLOW US AT [HTTPS://WWW.FACEBOOK.COM/CAMDENLIFECENTER](https://www.facebook.com/camdenlifecenter)

40 MAIN STREET, CAMDEN NY | 315-820-2638

Food \$en\$e

Food \$en\$e is a monthly food buying co-op for anyone who wants to stretch their grocery dollars. Food \$en\$e provides a monthly box of 12-15 grocery items at a discounted price.

Monthly Package- \$20.50

A sample food box includes:

- 4-5 meat items like chicken, ground beef, and fish
- 4-5 staple items like pasta and rice
- 4-5 fresh produce items like carrots or oranges

Monthly specials like stuffed pork chops, American cheese, meatballs, and chicken tenders can be purchased in addition to the box.

December 16th Pick up is 1-3pm at the Abundant Life Community Church, 86 Mexico Street, Camden NY. Cash or EBT (SNAP) are accepted forms of payment. Need more info? Contact our AmeriCorps Member Stephenie Hazlewood (315) 795-9378.

Mobile Food Pantry

The Mobile Pantry of CNY Food Bank comes to Camden! There is no income guidelines for families to receive food. While supplies last. Please note: To allow for other scheduled events and Pantry set up, you will not be able to line up for the Mobile Pantry before 2pm. December's Pantry date is: December 29th at 3pm.

Camden Area Food Pantry

The Camden Area Food Pantry continues to operate on an appointment-only basis. To make an appointment, call 315-335-4615. Calls will be returned during normal pantry hours: Tuesday & Thursday: 10am-12:30pm. People wishing to make donations of food or non-food items should call the above number and make an appointment to take your donations.

Camden Life Center Partners

Come to the Table Counseling (CttT)
CttT offers behavioral health treatment for teens and adults both in person and through TeleHealth. Both self-pay and insurance options available.

Call 315-533-2570 or visit www.cometothetablecounseling.com

Center for Family Life and Recovery
Center for Family Life and Recovery supports individuals struggling with addiction, mental health and behavioral issues through a variety of services. Peer Support services and recovery outreach and prevention education available in Camden. Call 315-733-1709 or go to our website www.whenthereshelpthereshope.com

AmeriCorps Members in Camden NY
AmeriCorps provides community service development, outreach and case management support. Additional services include Food \$en\$e, CNY Mobile Food Pantry and more. For information or to request services, contact (315) 832-0368 or (315) 795-9378. Office Hours Monday - Friday 9:00am-3:00pm.

Helio Health in Camden NY
Helio Health offers a wide range of treatment, counseling, and support programs for individuals suffering from substance use disorders. For more information, contact (315) 724-5168 or check out their website: www.helio.health

Office Hours Tuesdays 8:00am-4:00pm

Care Net Pregnancy Center
Care Net offers free services including pregnancy testing, ultrasounds, parenting classes, pregnancy loss support, as well as baby items. Contact Care Net, Camden at (315) 245-2364 or check our Care Net's website: www.carenetcares.com.

Office Hours Thursdays 12:00pm-4:30pm.

CLC Help needed:

You can help support the Camden Life Center in many ways.

1. Spread the word! Advocacy will help this project grow. Whether it's spreading the word to help build community awareness, reduce stigma, fundraise, or reaching those who are in need of the services at the Camden Life Center, your voice is a powerful tool. The Camden Life Center has both a Facebook Page and an Instagram account. Follow us and share with others.
2. Volunteer. Consider volunteering at various events, hands on with community service projects or donating your time and skill to the renovations.
3. Donate. Donated funds can help with building renovations, community needs and future staffing. All donated funds remain in the Camden community. To donate scan the QR code below.

**Quote of the Month**

"No one is more cherished in this world than someone who lightens the burden of another."

Author Unknown

FOLLOW US AT [HTTPS://WWW.FACEBOOK.COM/CAMDENLIFECENTER](https://www.facebook.com/camdenlifecenter)

40 MAIN STREET, CAMDEN NY | 315-820-2638

HEAP

HEAP opens November 1, 2022 for the 2022-2023 heating season:

What is HEAP?

The Home Energy Assistance Program (HEAP) can help eligible New Yorkers heat and cool their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.

Questions regarding the HEAP program should be directed to our local HEAP department at: 315-356-2840.

HEAP may be able to help you if you heat your home with:

- Electricity
- Natural Gas
- Oil
- Coal
- Propane
- Wood/Wood Pellets
- Kerosene
- Corn

Also - coming soon, our favorite National Grid Advocate, Martani, will be coming to Camden!

Salvation Army Kettle Bell Ringers Needed!

Bell ringers are needed in Camden at both Kinney Drug Store and Tops Market on Fridays and Saturdays from now through December 23.

Did you know? Ninety percent of all the money collected in Camden is used within the boundaries of the Camden School District. Last year the Camden Area Food Pantry received nearly \$4,000.00 from this campaign. Funds were used to purchase the ingredients of Thanksgiving dinners for our neighbors. Call Judy Pfister at 315-264-0988 to sign up

50 Forward needs volunteers!

Volunteer Drivers are needed to expand 50 Forward's Transportation Program in the Camden area to bring seniors to the Verona Beach Center and also provide rides to non-emergency medical appointments. For more information call 315-798-8710.

CLC Sprinkles

We like to think of them as sprinkles - you know, that thing you add to the top of an already good thing? Yep, it's a sprinkle. Did you know that Camden CLC has several "sprinkles"?

****Senior Expert, Bonnie, comes to the Camden Life Center two times a month to help navigate the confusing system of senior and aging services. Need assistance with services for yourself or those of a loved one? Let Bonnie help you sort through the options available.**

****Those who wish to create, explore, heal, or deepen their relationship to God can do so in a safe and confidential meeting with a knowledgeable and compassionate person. Judy is an experienced spiritual leader with a bachelor's degree in Biblical Studies.**

For appointments, call 316-820-2638

Office Information:

All services at the Camden Life Center will be open with reduced staffing from Monday, December 26th - Friday, December 30th. For emergency assistance, see the numbers below:

Mental Health Emergency:

- MCAT - 315-732-6228
- Crisis Life - 988

Emergency Substance Treatment Services:

- Outreach and Engagement team - (315) 401-4288

Never Use Alone:

- 800-484-3731 or <https://neverusealone.com>

Social Services After-Hours Emergency

- Oneida County - 315-736-0141

Hygiene Drive with Camden Student Leadership**

Camden High School Student Leadership & Camden Life Center will be collecting hygiene items for families in the Camden area December 5-15. Collection boxes for donations can be found in the Camden High School Main foyer, the Camden Life Center (40 Main St.) and Shorty's Deli.

Items requested include: Toilet Paper, paper towels, tissues, hairbrush/comb, tooth brush, tooth paste, floss, mouthwash, body wash, shampoo & conditioner, lotion, hand soap, feminine products, chapstick

DECEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
All events held at 40 Main Street unless otherwise specified.	ALCC = Abundant Life Church, 86 Mexico Street, Camden	Wes = Wesleyan Church, 21 Church Street, Camden		1 Care Net 12pm-4:30pm	2	3 Food\$en\$e 9-11am @ALCC OR Annsville El. 10am-5
4	5 Hygiene Drive with Camden CSD Starts	6 Helio Health 8am-3pm	7	8 Care Net 12pm-4:30pm	9 Holiday Stroll 5-8pm	10
11	12 Hygiene Drive with Camden CSD Starts	13 Helio Health 8am-3pm	14 Senior Lunch 12pm@Wes *Last till March 2023	15 Hygiene Drive ends Care Net 12pm-4:30pm	16 Food\$en\$e 1-3pm@ALCC	17
18	19	20 Helio Health 8am-3pm	21 Senior Lunch 12pm@Wes *Last till March 2023	22 First!! Coffee & Convo 6-7:30 Care Net 12pm-4:30pm	23	24
25 Christmas Day	26 CLC Staff working on limited basis 12/26-12/30	27 Helio Health 8am-3pm	28	29 Care Net 12pm-4:30pm Mobile Food Pantry 3pm@ALCC	30	31 New Year's Eve