

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



### And we did it!

Hello! We are so excited to announce that "WE DID IT!" The Camden Life Center is open and ready to serve our community at our new location at 20 Main Street, Camden. The amazing turn out of volunteers to help pack, move and clean our old location and help begin the set up in the new office made us feel so loved. We look forward to showing off our new space to the community in the near future - keep your eyes open for details!

With our move, all of our current services will continue to operate as previously held and new programs and services will be coming soon. Though we have many new things in the works, we would love to hear from YOU as to what you would like to see available here in Camden.

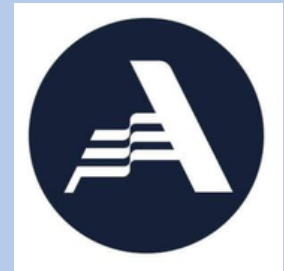
To help us grow, the Camden Life Center has openings for both volunteers and employment opportunities. For additional information on the volunteer opportunities see page 3 of this newsletter. Several employment opportunities are available in the human services field for bachelors and masters level providers as well as for community nursing. Call 315-820-2638 for more information.

### Quote of the Month

"At the end, it's not about what you have or even what you've accomplished. It's about who you've lifted up, who you've made better. It's about what you've given back

Denzel Washington

### Spotlight of the month:



The Camden Life Center is proud to be a host site for AmeriCorps Volunteers. Stephenie and Sydney serve within the community helping support the Camden Food Pantry, the Senior Luncheon, the school supply giveaway, the annual provider fair and many other local community events.

Did you know that your local AmeriCorps members brought in the CNY Mobile Food Pantry and the Food \$en\$e program (see pg 2) to help you stretch your food budget?

Additionally, AmeriCorps members can help you get connected to needed resources and agencies within the community.

Call to schedule an appointment today:  
Stephenie Hazlewood (315) 795-9378  
Sydney Dean (315) 832-0368

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**Food \$en\$e**

Food \$en\$e is a monthly food buying co-op for anyone who wants to stretch their grocery dollars.

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.

Location - Abundant Life Community Church, 86 Mexico Street, Camden NY.

Order - February 4th 9-11am

Pick up - February 24th 1-3pm

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. January's Pantry date is: Thursday, February 23 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.

**Why all this conversation about food resources?**

If you have ventured into a grocery store in recent weeks, you can't help but notice the increased cost of ALL the things. Additionally, Emergency SNAP will be ending at the end of February.

Since March 2020, Congress temporarily increased SNAP benefits because of the COVID-19 public health emergency. Supplemental EA SNAP benefits were issued to households in addition to their normal monthly SNAP benefit amount. As a result, households received more SNAP benefits each month than they would have normally been eligible for based on their income and expenses.

Congress passed the Consolidated Appropriations Act of 2023 in December 2022 that ended the supplemental EA benefits. February 2023 is the last month that supplemental EA benefits will be issued, and your SNAP benefits will return to the normal amount in March 2023.

You can check your household's SNAP benefit balance by visiting [www.connectebt.com](http://www.connectebt.com) or by calling 1-888-328-6399.

The Life Center offers many services to help you during this transition such as the food resources mentioned on the left and budgeting education and support through AmeriCorps. To learn more, call 315-820-2638.

**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](http://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.whenthereshelphthereshope.com](http://www.whenthereshelphthereshope.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](http://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](http://www.carenetcares.com).

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

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## HOPE Events

Join CFLR Recovery Peer Support, Ambur, for Camden HOPE events. HOPE stands for Healing Opportunities in Projects of Engagement and follow the 4 pillars of recovery – Home, Health, Wellness and Community. Basically, this means learning new ways of having fun and connecting with others.

February's HOPE events will be held on February 2nd and 16th from 6-7:30pm Check the Camden Life Center calendar of events and Facebook page for more information.

## Tax Prep Assistance

50 Forward MV- Parkway Center  
AARP Tax Aide Program

Tuesday and Wednesday AM  
February 7th - April 12th  
Free tax preparation/focusing on seniors and older adults

Call 315-223-3973 ext. 117 to make an appointment or for more information

## Volunteer Opportunities!

### 1. Camden Life Center

Consider volunteering at various events, working hands on with community service projects or donating your time and skill to the renovations.

### 2. 50 Forward & AmeriCorps Seniors

AmeriCorps Seniors allows adults 55+ to use their life experiences and skills to help solve community problems. You can volunteer in a variety of capacities including:

- Front Desk at the Life Center
- Driving seniors to their medical appointments
- Helping veteran's and their families
- Working with children in need
- Supporting individuals in our community
- Teaching classes to older adults
- Assisting non-profits with capacity building
- Help at a food pantry

As a volunteer you will receive a variety of benefits including flexible hours, the chance to learn something new every day, milage stipend, and supplemental accident & liability insurance.

For more information on available opportunities: Call - 315.223.3973  
Email: info@50forwardmv.org  
Visit: 50forwardmv.org/volunteer

## 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 the CLC has several "sprinkles"?

\*\*Senior Expert, Bonnie, comes to the Camden Life Center on the 2nd and 4th Wednesdays of the month from 9-11am to help you 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.

Coming soon:

- National Grid Customer Advocate on site
- Free, monthly education series.

For appointments, call 315-820-2638

## Office Information:

All services at the Camden Life Center operate during traditional business hours - Monday-Friday 8:30am-4pm. For assistance outside this time, contact the following services:

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



To make a donation to the  
Camden Life Center:

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# FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2 Care Net 12-4:30pm HOPE Event @6pm	3	4 Food\$en\$e 9-11am @ALCC
5	6	7 Helio Health 8am-3pm	8 Senior Services Rep 9-11am	9 Care Net 12-4:30pm	10	11
12	13	14 Helio Health 8am-3pm	15	16 Care Net 12-4:30pm HOPE Event @6pm	17	18
19	20	21 Helio Health 8am-3pm	22 Senior Services Rep 9-11am	23 Mobile Pantry @3pm HOPE Event @6pm	24 Food\$en\$e Pick up 1pm @ALCC	25
26	27	28 Helio Health 8am-3pm			<b>All events held at 20 Main Street unless otherwise specified.</b>	ALCC = Abundant Life Community Church, 86 Mexico Street,