

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



Progress, progress, progress

Hello! And Happy New Year! We are so excited for this fresh NEW year and all the NEW things it brings. We continue to operate at 40 Main Street at this time but should be in our NEW building at 20 Main Street very soon. Progress at 20 Main continues and final touches are happening now. Watching the transformation has been awesome and knowing that almost all those working to make this building a reality come from the local Camden community makes it just a little bit more special.

History, continued

Last edition we began talking about the origins of the Camden Life Center dating back to December 2019 and a friendly conversation to create one building that houses "everything for real life" (#reallife). Through the helpful guidance of the Community Foundation, Camden's Come to the Table Counseling was introduced to the Center for Family Life and Recovery. Learning of a shared heart for hope and wellness, this partnership became a fast "yes" and in May 2022, the Camden Life Center became a reality. Since then things have moved QUICKLY. As 2022 came to an end, we paused to reflect that all the Camden Life Center has accomplished in the last year. This includes:

- The purchase and completion of Phase 1 renovations of 20 Main St.
- Grant awards from the Community Foundation and Oneida County
- Acceptance in the inaugural class of Reaching Rural Fellows
- Growth in mental healthcare providers from 2.5 to 5.5
- New programming with CFLR including: Two new peer support advocates, the beginning of HOPE events in Camden and funding to hire two clinical providers to serve Camden
- New staff and increased services with CareNet
- Awards for Camden AmeriCorps by PeopleFirst and Cornell Cooperative Extension Change Club
- New food assistance with the CNY Mobile Food Pantry and Food\$en\$e
- Provide onsite Senior Services Expert referrals
- New staff and onsite Case Management Services with Helio Health

Spotlight of the month:



Helio Health is proud to provide substance use and mental health treatment to the Camden area. Our mission is to promote recovery from the effects of substance use and mental health disorders and other health issues.

Helio Health substance use services in Camden are led by Marcey G., Advanced CASAC and Team Lead. We are excited to announce the addition of Case Management services led by Joe R. to offer individuals quick connections to other community services and supports.

Marcey and Joe are on site every Tuesday from 8:00am-4:30pm and walk ins are always welcome.

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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 - January 7th 9-11am

Pick up - January 27th 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: January 26th 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 2023 Goals

Though much has already been achieved, the Camden Life Center continues to press on to ensure the needs of Camden and the surrounding committees are met here at home without having to travel to the cities for support. Our goals for 2023 include:

- Open services at 20 Main Street providing high quality and comfortable care
- Begin Phase 2 of 20 Main renovations to allow for increased youth and community services
- Continue to expand needed mental healthcare and recovery support services
- Increase our volunteers to allow for increased community services
- Explore community gaps by increasing conversations with community members

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.

The Next HOPE event is January 19th at 6pm and will run every other Thursday. Check the Camden Life Center calendar of events and Facebook page for more information.

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HEAP

HEAP opened 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 or our local AmeriCorps Volunteers

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

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

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 & the 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.**

For appointments, call 316-820-2638

Quote of the Month

"The greatness of a community is most accurately measured by the compassionate actions of its members."

Coretta Scott King



To make a donation to the Camden Life Center:

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

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JANUARY

SUN MON TUE WED THU FRI SAT

25	26	27	28	29	30	31
1	2	3	4	5	6	7
		Helio Health 8am-3pm		Care Net 12pm-4:30pm		Food\$en\$e 9-11am @ALCC
8	9	10	11	12	13	14
		Helio Health 8am-3pm	Senior Services Rep 9-11am	Care Net 12pm-4:30pm	Supporting Teens Workshop @CHS @5pm	
15	16	17	18	19	20	21
		Helio Health 8am-3pm		Care Net 12pm-4:30pm HOPE Event @6pm		
22	23	24	25	26	27	28
		Helio Health 8am-3pm	Senior Services Rep 9-11am	Care Net 12pm-4:30pm Mobile Pantry @3pm	Food\$en\$e Pick up 1pm @ALCC	
29	30	31	<p>1 All events held at 40 Main Street unless otherwise specified.</p> <p>2 ALCC = Abundant Life Community Church, 86 Mexico Street,</p> <p>3 Wes = Wesleyan Church, 21 Church Street, Oswego Street</p> <p>4 CHS - Camden High School, 55 Oswego Street</p>			