

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



## You are invited!

Hello!

As I write this I am encouraged to know that the beginning of spring is just 20 short days away. I'm excited for warmer temperatures and more time outdoors. Spring always reminds me of new life. New opportunities. Fresh starts.

I'm excited about another fresh start too - Phase 1 of the Camden Life Center is complete and we can't wait to show it off! Join us for our Open House and Ribbon Cutting on Wednesday, March 15, 2023 from 2:00pm to 5:00pm. The Ribbon Cutting is planned for 3:00pm. Stop in for a quick tour, meet your new neighbors and celebrate the Ribbon Cutting! We look forward to seeing you on March 15th. Please RSVP 315-733-1709.

As we continue to grow, we have openings for both volunteers and employment opportunities. For additional information on both, see page 3 of this newsletter.

Check the calendar on page 4 for the return of the Wesleyan Senior Lunch on March 15th with our AmeriCorps members. Also, keep your eyes peeled for the return of our famous puppy playdates with Lewis Manor Labradoodles! Who can resist those cute faces??

Thank you for your support of the Camden Life Center - Jessica

## Quote of the Month

It's amazing how we can light tomorrow with today."

Elizabeth Barrett Browning

## Spotlight of the month:



Did you know that CareNet was the first partner at the Camden Life Center? Joining the Life Center in March 2020, CareNet brings a wealth of supports to our community - many of which are unknown. Yes, they offer pregnancy testing but did you know they also offer:

- free ultrasounds?
- pregnancy education?
- parenting classes?
- FREE diapers, wipes and other baby/toddler items?

All of the above services are FREE to our community. Honestly - if you have kids, you know that parenting is HARD and sometimes just having a caring and sympathetic ear can make all the difference in the world. Stop in and see Carolyn, you will be glad you did.

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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 - Saturday, March 4th 9-11am

Pick up - Friday, March 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 are 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. The next pantry date is: Thursday, March 30th 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. 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.whenthereshelpthereshope.com](http://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 mental health and addiction. 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.

## CLC Sprinkles

**\*\*National Grid Consumer Advocate, Martani, will be on site March 7 and March 21 from 10am-4pm. Why would you want to stop in and see her?**

- Are you finding yourself overdue on your bill for the first time ever? Does it seem that everything that you are doing isn't moving the debt?
- Did you just want to stop just to review and regroup what needs to be done to get the bill straightened out?
- Is that offer of reduced energy bills really the deal that it presents itself to be?

Martini can help. Stop on in

**\*\*Senior Expert, Bonnie, comes to the Camden Life Center every 2nd and 4th Wednesdays of the month from 9-11am to help navigate the confusing system of senior and aging services. Let Bonnie help you sort through the options available. Note: Advantage Medicare changes end March 31 - don't miss out**

**\*\*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:

- By popular demand - Puppy Play Dates will be returning!!
- Get-it-together Get Together
- Free, monthly education series.

**For more information, call 315-820-2638**

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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.

This months HOPE events will be held on March 2nd and 16th from 6-7:30pm Check the Camden Life Center calendar of events and Facebook page for 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
- Supporting individuals in our community
- Teaching classes to older adults

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

## Employment Oppertunities

Open positions with the Center for Family Life and Recover in Camden  
**Benefits:** 401(k), health, dental and vision insurance, Employee Assistance Program (EAP), flexible schedule, and paid time off.

More information is available at: [whenthereshelpthereshope.com/careers](http://whenthereshelpthereshope.com/careers)

### Family Peer Advocate:

#### QUALIFICATIONS

- Lived-experience as a primary caregiver of a child/youth with a social, emotional, behavioral, mental health, or developmental disability
- High School Diploma and 2-4 years of related experience in human services, education, mental health/addictions field.
- Experience in public speaking and program delivery
- Current and valid NYS driver's license

### Family Support Navigator:

#### QUALIFICATIONS:

- Bachelor's degree in human services with a CASAC and 5 years' experience; master's degree in human services related field.
- Experience with mental health and substance abuse services, and volunteer management.
- Strong leadership skills and experience.

## 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:

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

# MARCH

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