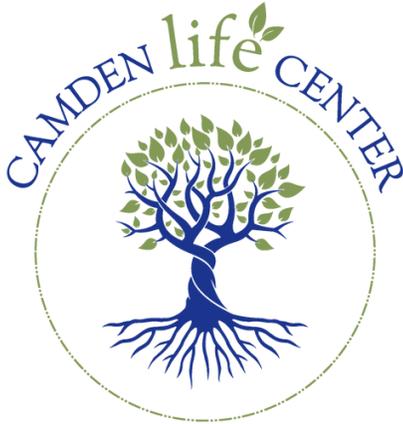


20 MAIN STREET, CAMDEN NY | 315-820-2638



## Looking head

Hello!

As I sit here writing this month's newsletter, I'm thinking about the fact that this edition is a few days late in sending out. My mind bounces between all the exciting things that have been unfolding over the last month. Our new April events of Puppy Play Dates and "Steppin' with Stephenie" continue with great success. We continue to spread the word about our Financial Education Workshop with our friends at M&T Bank. For May we are introducing our "Get it together Get-together" (learn more on page 2) with both adult and teen options will be offered. Maybe if I would have went, this newsletter wouldn't be so late 😊.

As we plan for spring, we continue to think about all the wonderful things we could do to make sure we enjoy every drop of fun and sun we can. Do you have ideas for us to consider?

Reach out to use at [CamdenLifeCenter@gmail.com](mailto:CamdenLifeCenter@gmail.com) and share!

We continue to look for volunteers and have open employment opportunities. For additional information on both, see page 3 of this newsletter.

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

## Quote of the Month

"There is no power for change greater than a community discovering what it cares about." – Margaret J. Wheatley

## Spotlight of the month:

# Wellness Day

Mark your calendar now to join us for our 3rd annual Camden Wellness Day on Saturday, June 10th from 11-2pm.

Wellness Day is your opportunity to meet 30+ businesses that are focused on helping you achieve optimal wellness. Information on activities for kids, adult hobbies, fitness opportunities, and other resources and service providers will be available. Add in some fun activities for the kids, tasty food and great conversation and it will sure to be a wonderful day.

Would you like to host a table at this event to showcase your wellness service here in Camden? Contact us at 315-820-2638 for more information

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### How one-stop models help rural communities

Last month we began learning a bit about how we, as a rural community, lack the resources needed to create and sustain healthy, thriving community members as well as the ways that stigma keeps us from seeking help. This month let's learn a bit about ways we, as a rural community, can begin to work against these barriers.

The one-stop shop model combines multiple health and human service providers in a single location to deliver services to rural families. Bringing together services in one location can benefit rural families in accessing healthcare, transportation, referrals, and services for children without having to travel to multiple locations.

Strong partnerships are critical to the success of the one-stop model. Community buy-in is essential for the success of this model because strong partnerships between local governance and community organizations form the foundation of one-stops. Rural one-stops must work closely with local physicians and school staff for referrals and also conduct community-wide education about the services offered at the one-stop.

One-stops must develop information systems that help with information sharing between providers and determine eligibility for all the programs offered through the one-stop. A common intake process helps to avoid duplication of effort and reduce the burden on the person coming in for care, who would otherwise be required to fill out applications for multiple programs.

This is the goal of the Camden Life Center. With many service providers in one space, it allows you to make one trip and access all the great stuff that we offered. With the addition of MAS transportation at the Center, we can help ease the burden of getting to appointments.

Curious to learn more about how this works? Call us or come walk in. Our team would love to show you around.

<https://www.ruralhealthinfo.org/toolkits/services-integration/2/one-stop-shop#:~:text=The%20one%2Dstop%20shop%20model,referrals%2C%20and%20services%20for%20children.>

### Get it Together Get Together

Do you have a bunch of "stuff" that you need to take care of and seem to find a million other things to do instead in efforts to avoid? Or just have trouble finding that focus you need to get things completed? Join us on Monday's from 10am-12pm for our "get it together get together" and take advantage of our quiet space with plenty of wi-fi and coffee and get that stuff done!

**Parents:** Every Tuesday and Thursday from 3-5pm till the end of the school year we will be offering Teen Get it Togethers.

Make sure you spread the word to your teens! Summer is just around the corner but there are TONS of assignments and tests in the way. Let us help them (and you) navigate end of the year assignments and beat the end of the school year stress (and fighting).

Free Wi-Fi and snacks provided.

Did you know?

In place of "real" people, many have turned to YouTube videos where someone else is working for a study buddy!! Come and try the real deal.

### Financial Education Workshop Continue

A monthly Financial Education Workshop continues on the first Wednesday of the month from 4:30-6pm at the Camden Life Center. Join [AmeriCorps](#) and [M&T Bank](#) as they cover topics such as banking basics, budgeting, work, identity protection and more. **Due to limited seating, please register for this event.**

Ages 16 and up welcome to sign up. Call Stephenie at 315-795-9378

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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

Monthly specials can be purchased in addition to the box.

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

**Order - Saturday, May 6th 9-11am**

**Pick up - Friday, May 26th 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 on **Friday, May 26th at 4pm.**

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, **DO NOT LINE UP** on the road or in the parking lot before 3pm. You will be asked to move

Location: 86 Mexico Street, Camden

## 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 Tuesday, May 16th 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.

**\*\*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:

- Free, monthly education series.
- Chair Yoga
- Book Folding Classes

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

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## Wellness Opportunities

### Integrated Health and Wellness Coaching

Just in time for spring! An exciting opportunity is being offered here in Camden. Bonus - be one of the first 5 clients and receive 6 30-minute coaching sessions at no charge!

An integrated health and wellness coach can help you:

- Assess current health
- Find motivation to make changes
- Set realistic goals
- Recognize and overcome obstacles that prevent change
- Provide an accountability partner

Contact Sherri Thornton at 315.281.6898 for details

### Mental Wellness Skills Group

Come to the Table Counseling is now accepting applications for our Mental Wellness Skills Group. Build communication skills, practice mindfulness, learn how to balance emotions easily and increase your peace. Call 315-533-2570 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
- Youth engagement

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](mailto:info@50forwardmv.org)  
Visit: [50forwardmv.org/volunteer](http://50forwardmv.org/volunteer)

## Employment Opportunities

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)

### Recovery Peer Advocate:

#### QUALIFICATIONS

- Lived-experience in recovery
- 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.

For more information, please contact us at 315-820-2638

To help promote change in your community, consider 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 (press 1 for the Veterans Crisis Line)

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

[HTTP://CAMDENLIFECENTER.COM/](http://CAMDENLIFECENTER.COM/)