

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



Hello!

I don't know about you but I am READY for summertime. Sunshine, freshly mowed lawns, tilled dirt, bonfires, and the warm breeze make me so happy. Take a moment and notice all that late spring has to offer.

The Camden Life Center team is gearing up for the end of the school year later this month and the start of warmer (and less structured) days with our kiddo's. Because of this, we are doing a few things:

- Wellness Day will be held on Saturday, June 10th at the Camden Town Park. Stop in between 11am-2pm, grab yourself a cup of coffee or some empanada's and meet with 30+ local agencies ready to serve you and your family. Summer camps and activities to keep the kids busy will be on site to help with registrations and scholarship opportunities. While there, consider donating to our Summer Fun Packs for kids with items like bubbles, jump ropes, kick balls and other small, outdoor fun items.
- Our summer schedule will include many new and interactive events for adults and kids alike. See page 3 for information on our "sprinkles" for things already scheduled (dates and times listed on our website under "events") and "like" us on Facebook and Instagram to see new events pop up as we go.
- Do you have an activity or event you would like to see? Call us and make a recommendation - your event may just be the next great hit of the summer.

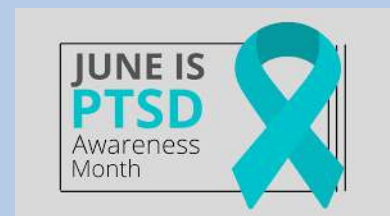
Thank you for your continued support of the CLC!

- Jessica

### Quote of the Month

"Rest is not idleness, and to lie sometimes on the grass under the trees on a summer's day, listening to the murmur of water, or watching the clouds float across the sky is by no means a waste of time." – John Lubbock

### Spotlight of the month:



June is National Post-Traumatic Stress Disorder Awareness Month. It is intended to raise public awareness about issues related to PTSD, reduce the stigma, and help ensure that those suffering from the invisible wounds receive proper treatment. Even though PTSD treatments work, most people who have PTSD don't get the help they need. Help us spread the word that effective PTSD treatments are available.

"Literally, trauma is a wound—the word's Greek origin means just that. Unhealed emotional wounds may impair our capacity to interact effectively with our world. When raw, they can trigger reactions that have more to do with the past than with the present; or, like scar tissue, they can be hard, inflexible, incapable of growth, lacking feeling." - Gabor Mate

Contact us at 315-820-2638 for more information on how you can support your community in healing trauma.

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## Confronting Mental Health Challenges in Rural America

Excerpts from NAMI. Full article available at: <https://www.nami.org/Blogs/NAMI-Blog/November-2022/Confronting-Mental-Health-Challenges-in-Rural-America>. Author: Jeff Winton is the Founder and Chairman of Rural Minds, a nonprofit organization that aims to end the suffering, silence and stigma surrounding mental illness in rural America. Excerpts from NAMI. Full article available at: <https://www.nami.org/Blogs/NAMI-Blog/November-2022/Confronting-Mental-Health-Challenges-in-Rural-America>

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Growing up on a dairy farm in upstate New York, where the nearest town had a population of about 500 people, I have firsthand perspective on living in rural America. Rural communities are typically small and friendly — and the people are fiercely independent, yet quick to come together and help their neighbors in need.

Over the years, however, I was aware that there was something going on in my small farming community that people kept hidden — a taboo topic. As I eventually discovered that there were people in my community who had a relative or a friend living with an untreated mental illness, such as depression, anxiety, bipolar disorder or schizophrenia. Yet, their struggles were met with silence because in this community — like in much of rural America — there was little information and few, if any, resources available.

The wake-up call for me and my family was in 2012 with the suicide of my 28-year-old nephew, Brooks. Like so many people who live in small towns and remote areas of our country, my beloved nephew kept his suffering to himself and couldn't bring himself to ask for help. Now, my mission is to end the suffering, silence and stigma around mental illness in rural America.

Beyond the lack of mental health resources, people living in rural areas face unique lifestyle barriers that play a role in determining whether they get the mental health care they need. They **often fear negative judgement** from family, friends and members of their communities (concerns include being perceived as weak or "incompetent" if they admit to having a mental health condition). As members of small, close-knit communities, many rural residents also worry about being able to maintain confidentiality concerning a mental illness.

The stigma associated with mental health challenges **can be** a major barrier to seeking help for many people living in rural communities. Some people don't readily understand or accept that mental illness is a legitimate medical condition but rather view it as a personal weakness or character flaw. Much of the stigma surrounding mental illness is a result of this unwarranted shame, which adds to the burden for someone already suffering from mental illness.

After Brooks' passing, many of our friends and neighbors urged my family not to talk about what really happened to my nephew, to instead say that he died from natural causes. But my mother, the matriarch of our family, insisted on confronting this issue to make sure it didn't happen to anyone else in our community. I was given the privilege of delivering Brooks' eulogy, and I spoke in detail as to what led to his untimely death. Following the service, we had several other farm families approach us about their own journeys in dealing with mental illness and thanked us for finally giving them permission to talk openly and freely about it.

Increasing awareness that mental illness is a health condition — just like cancer, heart disease or diabetes — is one way to help overcome the stigma in rural communities. In addition, talking openly with others about lived experiences with mental health challenges helps to normalize the conversation and diffuse the stigma surrounding mental illness. **The simple act of sharing stories can be an important first step for people to seek help for their own mental health challenges and encourage others to admit that they are struggling.**

It took my nephew's death to be my family's wake up call, and for me to come forward and provide a voice for the often-forgotten people of rural America. While some members of our community had wanted to sweep my nephew's tragic passing under the rug, my mom took a bold stand to talk about it with the goal of helping others.

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**Camden Life Center Partners**

**Come to the Table Counseling (CttT)**  
CttT offers behavioral health treatment for teens and adults both in person and 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. **Childcare available the first Thursday of the month from 12:30-2:30.** Contact Care Net, Camden at (315) 245-2364 or check our Care Net's website: [www.carenetcare.com](http://www.carenetcare.com).  
Office Hours Thursdays 12:00pm-4:30pm.

**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"? For more information on any of these programs, call us today.

**\*\*Steppin' with Stephenie** meets every Friday at 10am. Join Steph for a little exercise and a whole lot of fun.

**\*\*Camden Crafts** - Have you ever tried Book Folding? Come learn this new craze on June 8th or July 13 at 6:30pm. \$20 includes all materials and walk away with your choice of 3 projects. 12 and up welcome. Register today, spots are limited.

**\*\*Puppy Play Dates** - Do we really need to say more? Puppies....Every other Thursday from 3-4pm. June 8th and June 22.

**\*\*Get it together Get Togethers** - A quiet space, a nice snack, a little support and good internet can go a long way to getting those tasks you have been avoiding DONE. Adults: Mon 10-12pm; Teens: Tue/Thu 3-5pm. Hint, hint parents - you know they won't argue (as much) with someone else about cleaning out bookbags and figuring out a study schedule for exams. Send them our way! We will even feed them.

**\*\*Financial Literacy Education** - Managing money and stretching those dollars is a hard task under the best of situations. Learn more about what class might be the best fit for you.

**\*\*National Grid Consumer Advocate**, Martani, will be on site Tuesday, June 20th 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?

**\*\*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.

**Save the Date**

\*The Care Net Walk is scheduled for July 15 at Forest Park in Camden ,NY from 9:am to 1:00 pm. Donations can be send directly to CareNet PO Box 460 New Hartford,NY 13413. Please contact Carolyn Wise Director of Camden Care Net at 315-245-2364 or [carolyn@carenetcny.org](mailto:carolyn@carenetcny.org). for further information..

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Wellness OpportunitiesIntegrated Health and Wellness Coaching

Just in time for spring! An exciting opportunity is being offered here in Camden.

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- 315.281.6898

Mental Wellness Skills Group

Come to the Table Counseling is now accepting applications for 2 exciting opportunities!

1. Mental Wellness Skills: Build communication skills, practice mindfulness, learn how to balance emotions easily and increase your peace.
2. Parent & Child Mindfulness Class - Summer edition.

Call 315-533-2570 for more information.

Food Resources

Food \$ense 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: 86 Mexico Street, Camden

Order - Saturday, June 10th 9-11am

\*and again at Wellness Day\*\*

Pick up - Friday, June 23rd 1-3pm

Cash or EBT (SNAP) are accepted forms of payment. Need more info? Contact our AmeriCorps Member Stephenie Hazlewood (315) 795-9378.

The Mobile Food Pantry of CNY Food Bank comes to Camden on **Friday, June 30th 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

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 the Front Desk at the Life Center. For more information on available opportunities:

Call - 315.223.3973

Email: info@50forwardmv.org

Visit: 50forwardmv.org/volunteer

**Family Fun Opportunity!**

Camden High School is hosting the **National Premier Soccer League!**

Soccer is a great family activity and tickets are only \$10/person.

Concessions will be available.

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

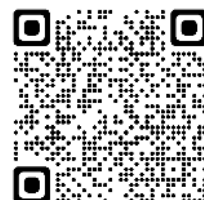
Never Use Alone:

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

Social Services After-Hours Emergency

- Oneida County - 315-736-0141

To help promote change in your community, consider a donation to the Camden Life Center:



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